



an essential ICT resource

Are you sitting comfortably?

STAFF working for HJS Essentia, part of Southampton based HJS Solutions, are used to sitting in front of a computer for most of the day.

They are the highly skilled team who support many businesses across the South in their IT and Communications needs.

So when they were offered the chance to seek expert advice about looking after their backs, they jumped at the chance.

To tie in with National Back Week, experts from Therapeutics in Stoneham Lane paid them a visit to carry out an assessment of the workplace.

Physiotherapist Kim Chesterfield said: "We assessed the team and while overall the set-up was fine - there were just a few minor amendments that can make all the difference."

Back pain is estimated to cause 120 million lost work days in the UK each year. It can lead to headaches for both employees and employers.

Quite literally back and neck pain can cause debilitating headaches - and metaphorically members of staff off sick due to back pain cause employers a headache as they cope with cases of long term sickness.

Kim explained: "Little things such as having your chair at the correct height and your computer monitor at the right angle can make all the difference."

James Gibson, Director of HJS Essentia said having their workplace assessed by the trained physiotherapists at Therapeutics had been a positive experience, one that could be recommended to their customers.

"The team members appreciate it because they are individually assessed, and it's great for us as a company to know what we should be doing to ensure everyone has healthy backs and a comfortable environment. It is our intention to ensure that our customers can also benefit from this service as we often spend time installing new office equipment for them, adding to their working environment," he said.

Here are Kim Chesterfield's handy tips for a healthy back

- Ensure your work station is set up correctly
- Take regular posture breaks.....STAND UP & STRETCH
- Drink plenty of waterNOT TEA & COFFEE

- Take a brisk walk at lunchtime for at least 20 minutes.....DON'T SIT AT YOUR DESK
- Exercise regularly outside of work
- Take responsibility for your own health

Ends

- For more details contact Therapeutics Southampton Ltd. 02380 653707