



# Take a STAND-NL



Change posture every 20-30 minutes (1-2 minute microbreak)



Walk to co-worker instead of messaging



Take the stairs



Plan walking meetings



Stay hydrated

Sit less, move more, take stretch breaks.



Alternate tasks



Include "standing" breaks in meetings



Stand and use telephone headset



Stretch regularly



Use technology to set reminders

Reduce your risk of Musculoskeletal Injury (MSI)

[www.workplacenl.ca](http://www.workplacenl.ca)

**WorkplaceNL**

Health | Safety | Compensation