

Working Solutions

Tuesday

Stream B

Session 4

1430– 1515

Session 5

1600– 1645

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Can workplace Health and Wellbeing initiatives increase activity in the workplace?

This Theory session is aimed at Adult and Child Care in a Acute and Community setting at Novice and Experienced Trainers and Strategic Advisors

Biography:

My role supports staff and patients within acute and community care. I complete workplace assessments on staff following, injury, sickness absence and I assist them with their DSE set up. I support staff members in the nursing setting with complex moving and handling. I have completed my certificate in education, training all trust staff at their mandatory training as well as a teacher on our university key trainers course, I worked as a Moving and Handling Trainer for 10 years before I accepted the role as Junior Ergonomist in 2017 just before I completed my masters at Loughborough university in 2018.

Abstract:

Objectives: Current health and wellbeing strategies within the NHS encourage workers to stay healthy and active however research shows that large proportions of workers are demonstrating sedentary behavior at work. The studies aim is to explore physical activity in the workplace, barriers and motivators and the effects of a health and wellbeing intervention upon sedentary workers within the NHS.

Methods: Qualitative and Quantitative data has been collected for this exploratory study. 1. Stakeholder interviews (n=5) Exploring views on health and wellbeing initiatives within the organization, their role, and physical activity they engage in. 2. Self-completing questionnaire's (n=20) Exploring sedentary behavior at work, physical activity performed at work. Barriers and motivators to be physically active and ideas for future physical activity interventions 3. Data Collection (n=10), Week 1: Participants demonstrating normal behavior, activity recorded via a pedometer. Week 2: Physical activity intervention, activities were given to participants, activities chosen to complete a (2 minute bout of activity every 20 minutes) activity recorded on a pedometer and activity recorded in a diary. Participants reminded via an technology reminder. Participant's behavior, pain, stress levels and perceived exertion were captured.

Results: Physical activity increased when reminded with a technology reminder. Workers engaged in physical activity on average every 27/28 minutes. Stress and musculoskeletal pain reduced or disappeared after completing a week of physical activity at work. Once technology reminders stopped physical activity at work reduced.

Conclusions: Results show that workplace health and wellbeing initiatives can increase physical activity at work. Technology reminders have proven to be successful increasing workers activity levels. Whilst active workstation's like sit / stand desks have received much interest, this study has proven that alternative inexpensive approaches have been successful in increasing physical activity, reduce stress and musculoskeletal pain

Objectives:

Attendees to think about how they can inform future health and wellbeing strategies within their own organisation
Awareness of the research project I completed, its results, effectiveness and future plans