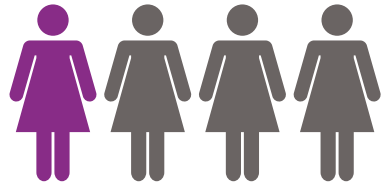
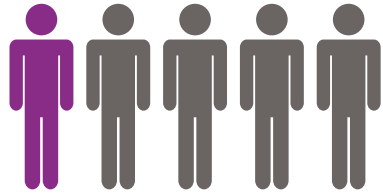


# Physical Activity and Musculoskeletal Health (MSK)



**1 in 4 (25%)** women and



**1 in 5 (21%)** men are classed as physically inactive (doing less than 30 minutes of moderate physical activity each week).



**1 in 3 adults** in England live with a **long-term health condition**, and they are twice as likely to be among the least physically active.



Employees who are in **good health** are less **likely to need time off work** and are likely to be **more productive**.

The UK Chief Medical Officer recommends that adults should achieve at least **150 minutes** of moderate intensity activity a week or **75 minutes** of vigorous intensity activity a week. Adults should also undertake strength exercises on two or more days a week.

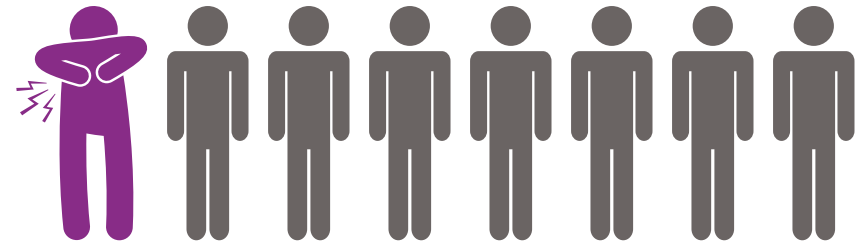


**Sedentary behaviour** in the workplace can cause **MSK problems**, such as back, shoulder and **knee pain**.

The average UK office worker sits **10 hours each day**, with almost **70% of sitting** taking place at work.



**1 in 8** of the working age population reported having an MSK.





**31m days** of sickness absence are attributed to MSK. MSK is one of the leading causes of sickness absence accounting for **23% of all working days lost**.

Supporting employees to increase their levels of **physical activity** is a positive step towards helping them

maintain **good physical and mental health** and a **healthier weight**.



	Physical Activity and Musculoskeletal Health (MSK) Level 3: Criteria	Local/National Resources:
	<p><b>Provide employees with facilities/ schemes enabling them to participate in physical activity and active travel.</b></p> <p><b>Guidance:</b></p> <ul style="list-style-type: none"> <li>Consider ways that you can invest in facilities or schemes to support physical activity and active travel in the workplace and beyond. This could be achieved by pooling facilities with other local organisations where possible.</li> <li>Examples of facilities/ schemes include providing changing facilities with showers and lockers, bike sheds and storage, electric or pooled bikes, walk and cycle to work schemes, corporate gym memberships, vegetable gardens, mileage allowance for journeys by foot and cycle, discounted activities and programmes etc</li> <li>Building on your approach from level 2, consider increasing the number and diversity of physical activity opportunities in the workplace</li> <li>Consider making better use of any indoor or outdoor areas to enable physical activity opportunities.</li> </ul>	<p>BITC physical activity, healthy eating and healthier weight <a href="#">toolkit</a></p> <p>BITC MSK <a href="#">toolkit</a></p> <p>Gov.UK cycle to work scheme employer <a href="#">guidance</a></p> <p>WCC be active <a href="#">webpage</a> including health walks <a href="#">information</a></p> <p>Active HW <a href="#">website</a> including activity finder</p> <p>PHE <a href="#">campaigns</a></p> <p>Better Health - Get active <a href="#">webpage</a></p> <p>NHS exercise <a href="#">website</a> including <a href="#">workouts</a></p> <p>ParkRun <a href="#">website</a></p>
	<p><b>Develop and implement a physical activity action plan with ongoing employee engagement, supported by senior leaders.</b></p> <p>This plan should:</p> <ul style="list-style-type: none"> <li>Outline the physical activity/ active travel activities, events, initiatives, campaigns</li> <li>Ensure initiatives/ activities/ changes are monitored and evaluated to demonstrate impact and inform and shape further developments</li> <li>Provide evidence of employee engagement including regular employee surveys/ feedback mechanisms and evidence of how survey recommendations are progressed.</li> </ul> <p><b>Guidance:</b></p> <ul style="list-style-type: none"> <li>The action plan could be part of a wider health and wellbeing plan</li> </ul>	<p>BHF 'be active' <a href="#">challenge</a> and 'stair climb' <a href="#">challenge</a></p> <p>Get Britain Standing <a href="#">website</a></p> <p>NICE physical activity <a href="#">guidance</a></p> <p>Physical activity <a href="#">recommendations</a></p> <p>e-LfH all our health physical activity <a href="#">course</a></p> <p>On Your Feet <a href="#">website</a></p>

	<b>Physical Activity and Musculoskeletal Health (MSK) Level 3: Criteria</b>  <b>Develop a workplace culture and environment to support physical activity and good MSK health within the workplace.</b> <b>Guidance:</b> <ul style="list-style-type: none"><li>• Your approach will depend on job roles, tasks, working locations etc. It is important to develop a proactive approach that focusses on impact over time.</li><li>• For more sedentary roles, consider how you can alter workplace design and culture to encourage employees to move more and support good MSK health. This could include;<ul style="list-style-type: none"><li>» Creating accessible walkways that will make it easier for employees to move around the office when they take breaks from their desks</li><li>» Centralise bins and photocopiers to encourage people to get up from their workstations</li><li>» Reviewing equipment and operational procedures/ guidance</li><li>» Making changes to support active travel etc.</li></ul></li><li>• For more manual roles, consider how you can alter the workplace environment (tasks, processes and procedures, culture etc) to encourage employees to move safely and support good MSK health. This could include;<ul style="list-style-type: none"><li>» Providing opportunities to improve posture and positive activity such as yoga, swimming</li><li>» Making reasonable adjustments</li><li>» Reviewing equipment and operational procedures/ guidance</li></ul></li><li>• Consider how you can encourage and support behaviour change within the workplace</li></ul>	<b>Local/National Resources:</b>
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