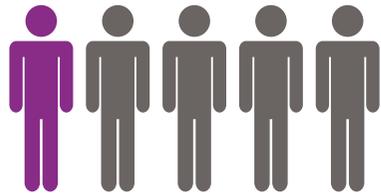


Physical Activity and Musculoskeletal Health (MSK)



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.



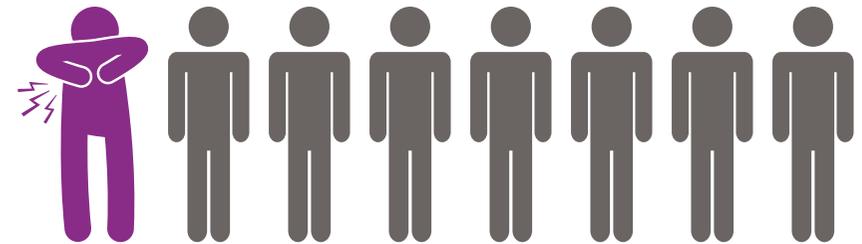
Sedentary behaviour in the workplace can cause **MSK problems**, such as back, shoulder and **knee pain**.

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



Regular physical activity is associated with a **reduced risk** of a range of diseases including some **cancers and dementia**.

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 2: Criteria	Local/National Resources:
	<p>Develop an active working environment for employees and encourage employees to move more and reduce sedentary behaviour</p> <p>Guidance:</p> <ul style="list-style-type: none"> • It is important to work with employees to create a positive environment for physical activity which should also improve mental health and wellbeing and prevent MSK problems. • This could include: <ul style="list-style-type: none"> » Proactively encouraging employees to take breaks from prolonged sedentary activity where possible. » Promoting standing or walking meetings and provide meeting spaces and equipment that enable this behaviour e.g. standing desks » Encouraging employees to consider opportunities to reduce periods of sedentary activity e.g. use the stairs instead of lifts where possible, stand during telephone conversations etc » Active travel opportunities e.g. walking or cycling 	<p>Physical activity guidance</p> <p>BITC physical activity, healthy eating and healthier weight toolkit</p> <p>WCC be active webpage including health walks information</p> <p>Active HW website including activity finder</p> <p>PHE campaigns</p> <p>Better health - get active webpage</p> <p>NHS exercise website including workouts</p> <p>ParkRun website</p> <p>BHF 'be active' challenge and 'stair climb' challenge</p> <p>Get Britain Standing website</p> <p>NICE physical activity guidance</p> <p>Physical activity recommendations</p> <p>e-LfH all our health physical activity course</p> <p>On Your Feet website</p>
	<p>Offer physical activity opportunities within the workplace</p> <p>Guidance:</p> <ul style="list-style-type: none"> • Ensure opportunities are accessible for all including those with physical and mental health needs, different working sites and different shift patterns. • This could include: <ul style="list-style-type: none"> » Workplace Challenges » Lunchtime walks or sessions such as Zumba, yoga » Running, walking or cycling opportunities » Virtual activities (e.g. online yoga, stretching, fitness) » Workplace allotments » Charity Challenges 	<p>MSK health</p> <p>BITC MSK toolkit</p> <p>Gov.UK supporting MSK health at work information</p> <p>HSE MSD toolkit</p> <p>Arthritis UK website</p> <p>British Pain Society information</p>

	Physical Activity and Musculoskeletal Health (MSK) Level 2: Criteria	Local/National Resources:
	<p>Ensure that your organisation develops its approach to prevent and reduce MSK problems</p> <p>Guidance:</p> <ul style="list-style-type: none">• Employers have a legal duty to provide safe workplaces that do not damage employees health, and a key part of this is considering risk around MSK health. Each organisation has its own circumstances that can impact on employee MSK health positively and negatively.• Consider how the working roles/ environments/ patterns pertinent to your organisations can impact on MSK health and what action could be taken to prevent and manage issues. This could include health and safety processes and practices, adjustments, education, awareness and opportunities to engage in understanding good MSK health etc.	