

Take Back the **BREAK** Challenge

YOUR TASK: EWSNetwork is challenging you to take at least ONE short rest break, every day, for a period of 1 month! This means stopping what you're doing at work for 1 to 5 minutes.

ARE YOU UP FOR THE CHALLENGE?



ATTENTION!

Ergonomic research suggests limiting continuous sitting to **no more than 2 hours** over an 8-hour workday for static work postures (Commissaris et al., 2006).

Sources: Commissaris, D., Douwes, M., Schoenmaker, N., & de Korte, E. (2006). Recommendations for sufficient physical activity at work. Paper presented at the *Proceedings of the IEA 2006 Conference, Maastricht*.

Henning, R., Jacques, P., Kissel, G., Sullivan, A., & Alteras-Webb, S. (1997). Frequent short rest breaks from computer work: effects on productivity and well-being at two field sites. *Ergonomics*, 40(1), 78-91.
<http://www.stanford.edu/>

RETHINKING THE 'BREAK'

Keep it SHORT.

A short break (1-5min) capitalizes on the quick recovery rate that occurs during the *initial* portion of a rest period without compromising your work!

"The more time I put in, the more work I'll get done, right?"

Not necessarily.

Employees *need* to detach from their work and their workspace to recharge their internal resources!

According to the National Institute for Occupation Safety and Health, studies indicate that **short breaks from continuous computer work can benefit worker productivity and well-being** (Henning et al., 1997)!

"My neck and back hurt..."

How many times have we said this before?

Short, frequent breaks are suggested to **reduce musculoskeletal discomfort, especially when it involves physical activity such as *stretching***.

Make it an ACTIVE break!

Research from U of Connecticut found that short rest breaks that included *physical activity* were more effective than *passive* rest breaks for continuous, computer mediated work!

Importantly, **worker productivity benefited when the breaks were accompanied by *stretching*** (Henning et al., 1997).