

How to Work Well Every Day

From October 20–26, we're proud to join the Australian Chiropractors Association (ACA) in celebrating **WorkSpace Week 2025**. This annual initiative shines a light on the importance of reducing work-related musculoskeletal disorders (WMSDs) — the leading workplace health and safety issue in Australia.

Why It Matters

WMSDs affect millions of workers, from tradies and drivers to office staff and healthcare providers. They account for more than half of all workers' compensation claims and cost the economy over \$55 billion annually in lost productivity and healthcare expenses.

The good news? Many WMSDs are preventable. By recognising early warning signs and making small changes at work — such as adjusting posture, improving ergonomic setups, and managing stress — employees can protect their spinal health and overall well-being.

Chiropractic and Workplace Health

Chiropractic care can play a vital role in helping Australians work well every day. Whether it's easing back or neck pain, addressing posture issues, or supporting recovery from repetitive strain, chiropractic helps the body move and function at its best.

Here are a few simple ways you can reduce your risk of WMSDs and keep your spine healthier at work:

- **Check your workstation setup.** Make sure your screen is at eye level, your chair supports your lower back, and your feet rest flat on the floor.
- **Take regular movement breaks.** Every 30–45 minutes, stand up, stretch, or walk to reset your posture and circulation.
- **Mind your posture.** Keep shoulders relaxed, avoid slouching, and remember the “ears over shoulders” rule when using devices.
- **Lift and bend safely.** Use your legs (not your back) when lifting, and avoid twisting while carrying heavy loads.
- **Manage stress.** Mental stress can show up physically. Practising relaxation techniques and regular exercise can reduce tension headaches and muscle tightness.

Even small changes can make a big difference when repeated daily.

Take Action This WorkSpace Week

This WorkSpace Week, take a moment to check your workstation, rethink your posture, and put your health first. After all, a healthy spine supports a healthier life — at work and beyond. Have questions or ready to book a visit? We're here to help! Give our team a call.