



Desk Wellness Essentials: Physical Health for Office Workers

Duration: 5 Days

Language: en

Course Code: PO2 - 128

Objective

By the end of this training, participants will be able to:

- Understand the key principles of workplace ergonomics.
- Identify and correct common postural and workspace mistakes.
- Apply quick desk exercises and stretching routines to prevent strain.
- Incorporate short movement breaks into daily workflows.
- Promote a culture of physical wellness in office settings.
- Recognize early signs of musculoskeletal discomfort and fatigue.
- Adjust work tools and furniture to reduce physical stress.

Audience

This course is ideal for:

- Office workers and remote employees.
- HR and wellness coordinators.
- Team leaders and managers.
- Occupational health and safety officers.
- Anyone experiencing physical discomfort from desk work.

Training Methodology

Participants will engage in:

- Instructor-led sessions with step-by-step demonstrations.
- Visual tools to assess workstation ergonomics.
- Guided stretching and desk movement routines.
- Practical checklists and workspace self-assessments.
- Case scenarios of workplace wellness improvements.
- Interactive discussions and implementation exercises.

Summary

Prolonged sitting and poor desk setups are now recognized as silent threats to employee health, productivity, and focus. This course offers a practical and engaging approach to building healthier

desk habits. It combines the science of ergonomics with simple movement strategies that can be seamlessly integrated into a busy workday.

Participants will learn how to create ergonomic workspaces, avoid common physical strain issues, and boost energy levels through desk-friendly exercises and movement breaks. The course empowers professionals to take control of their physical well-being—even within a sedentary office job.

Course Content & Outline

Section 1: Introduction to Ergonomics at Work

- The impact of sedentary work on long-term health.
- Ergonomics: what it is and why it matters.
- Common causes of strain and repetitive stress injuries.

Section 2: Desk Setup Essentials

- Ideal chair, screen, keyboard, and mouse positions.
- Adjusting desk height and monitor level.
- Organizing your workspace to support posture and comfort.
- Using accessories: footrests, wrist supports, and lumbar cushions.

Section 3: Posture Awareness and Correction

- Recognizing poor posture habits.
- Training the body for better alignment.
- Real-time posture checklists and reminders.

Section 4: Movement Breaks and Their Benefits

- What science says about movement and productivity.
- How to schedule microbreaks without losing focus.
- Examples of office-friendly movement intervals.

Section 5: Desk Exercises and Stretching Routines

- Stretching for the neck, back, shoulders, and wrists.
- Seated and standing exercises that energize the body.
- Illustrated movement cards and printable routines.

Section 6: Creating a Culture of Wellness

- Encouraging movement breaks in teams.
- Sample workplace wellness policies.
- Communicating ergonomic and movement initiatives to staff.

Section 7: Prevention and Early Intervention

- Spotting warning signs of musculoskeletal fatigue.
- When to seek ergonomic evaluations or medical input.
- Practical habits to prevent injury before it starts.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

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Tags

Ergonomics, Physical Health, Office Workers, physical wellness

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