

Is your work making you ill?

Feel tired all the time? Aching back? It could just be your job that's the culprit...



A recent German study showed that half of office workers suffer from complaints more commonly associated with a long-haul flight, due to poor working conditions. But there are things you can do to help avoid these problems...

DEEP VEIN THROMBOSIS (DVT)

Symptoms: The formation of a blood clot in your leg veins. In 25% of cases, symptoms aren't apparent until hospitalisation, although painful swelling, redness and dilated veins are the most easily spotted. Anyone who sits down for most of the day could be at risk.

DIY solution: Uncross your legs, make sure your chair doesn't squeeze your thighs, and walk around every hour for five minutes.

Try this: Mediven Travel Stockings, between R300 and R500 depending on your requirements. Call 011 472 2294 and they will direct you to your nearest specialist as you need to be measured for the correct size.

REPETITIVE STRAIN INJURY (RSI)

Symptoms: The overuse and misuse of your hands, wrists and shoulders – an errant mouse, incorrectly designed workstation or any kind of repetitive work are common culprits. Symptoms start with a sporadic, mild ache progressing to a sharp, shooting pain and numbness.

DIY solution: Warm up and cool down the muscle used, take breaks – every half hour, rotate and shake out your hands and wrists, then drop your shoulders to prevent tension.

Try this: Most often, computer use can be the problem; try Microsoft's Comfort Curve keyboard, R330; Soft Skin Gel Wrist Rest Mousepads, R150 and for notebooks and laptops, try Ergo-Tilt™ which reduces strain on your back, neck and wrists, R150. All available at Incredible Connection.

BACK PAIN

Symptoms: Stiffness, limited flexibility, dull ache, and muscle spasms.

DIY solution: Don't stand with a bent back; try to make sure work surfaces are at a comfortable height. Don't stretch too far when painting or