

How I might be feeling?

- Day to day activities are a big effort and I am not as fit as I used to be.
- Certain manual handling tasks in work cause strain on my body.
- Sitting at my desk for long periods of time causes strain through my back and arms.
- I have had an injury in work that is causing me pain.

What might help me?

- Consider the [Fitin50 programme](#) or the [Cycle to Work Scheme](#).
- Look at my organisation's [health and wellbeing intranet pages](#).
- Refer to my organisation's [Manual Handling Policy](#).
- Discuss the issue with my manager.
- Contact my organisation's [People Team](#) about a manual handling course.
- Refer myself to the [Occupational Health](#).
- Take a pause every 20 – 30 minutes to stretch at my desk.
- Every hour get up from my desk to do an alternative task.
- Consider the [Fitin50 programme](#).
- Ensure I've had a DSE assessment, but if this is not possible, self-assess my workstation setup using my organisation's [DSE guidance](#).
- Refer myself to the [Occupational Health](#).
- Inform my manager and complete the relevant [Incident Reporting documentation](#).
- Try and stay fit and active.
- Refer myself to the [Occupational Health](#).
- If symptoms are not improving after 2 weeks or I consider this a significant injury, contact my GP.