

Resource Guide

[October 2025]

Microbreaks for macro health

- When you are working in an office setting, it is important to take microbreaks to reduce your risk of ergonomic injuries.
- Microbreaks are taken approximately every 20 minutes and can last between 30 seconds to 5 minutes. Here are some things you can do during a microbreak:
 - Look away from the computer screen
 - Perform a light stretch at your desk
 - Stand up if you have been seated or sit down if you have been standing
 - Walk around the office or building
 - Go to the restroom or get a cup of water



Find more safety-related information
from your *Health and Safety Board*.