

Take micro-breaks

Reset in 20 seconds to make a difference.

SPOT IT: Pause when you find yourself with cumulative strain from repeating the same korikori (movement) or holding the same position over time.

These are signals that you need a break.

- 'My feet are feeling sore...'
- 'I'll just push on through...'
- 'I'm starting to feel stiff...'

DO IT: 20-second reset.

Always:

- Pause for 20 seconds.
- Change position or posture.
- Shake out your body.
- Take a slow breath.

SAY IT: What you can say to others.

'I'm feeling a bit stiff, I'm going to do a quick shake out before continuing.'



movewell

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Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: