

Take micro-breaks

Reset in 20 seconds to make a difference.

The risk

Repetitive tasks and static postures load the same muscles, joints and tendons again and again, which can lead to injury. Even light tasks can add up to injure you.

How repetitive tasks lead to injury

- Blood flow is reduced, which slows down recovery.
- Muscles get fatigued.
- Tissues become irritated rather than recovering.

How to prevent injury: take two micro-breaks per hour

A micro-break is a **20-second** pause to change position or korikori (movement). There's no special routine required; just move differently. Micro-breaks are about staying able, not reacting to pain.

Take a micro-break every 30 minutes when:

- a task has a lot of repeated korikori (movements), like wiping surfaces or vacuuming
- you have been holding one position for a while, like standing or screen use
- you notice tightness or stiffness.

During a micro-break, you could:

- change posture or position
- gently move a different part of your body
- shake out your hands or roll your shoulders
- take a slow breath and reset your pace.

If it still isn't safe...

If micro-breaks aren't enough to reduce the strain, **stop the task** and ask for support, equipment or a different approach, such as rotating the task with a colleague.

You'll be supported by your leader to rethink the approach or delay until the right help is available.

Reflection

Think of a time in your mahi (work) when you do repetitive tasks or hold a static position.

Do I tend to just push through instead of pausing?

What would remind me to take two 20 second micro-breaks each hour?



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Resources

Move Well: Skills for kaimahi
elearning

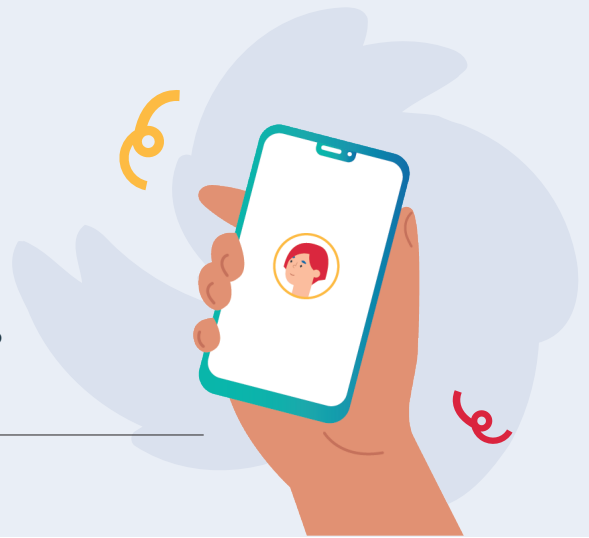
- Holistic wellbeing and videos
- Te Whare Tapa Whā

Helplines

Emergency: 111

Healthline (NZ): 0800 611 116

**Employee Assistance
Programme (EAP):** _____



Where can I find the equipment I need?

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: