



BOSCH

BKK

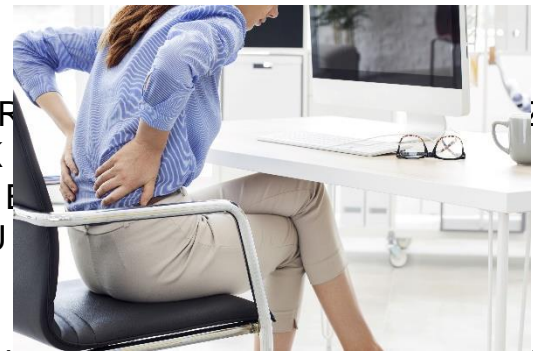
Health tip

ORELOH ZRVUMDQKH DOWK\ WKUR
GLILFXOW WLP HV

Don't forget about your health when it comes to mobile working. Even small series of movements help you to have a healthy work routine.

► Be careful when it comes to forced postures

\$ IRUFHG SRVWXUH LV ZKHQ WKH
HTXLSPHQW RU WKH ZRUN HQYLUR
VPDOO DPRXQW RI PRYHPHQW 7K
GHYHORSHG DZDUHQHV V RI \RXU
FKDQJHV LQ SRVLWLRQ HYHQ PRU



N
ZV D

► Health consequences

\$FWLYLWLHV ZLWK IRUFHG SRVWXUH V\WHP HQHUJH ORP DIIHFV V
PXVFXORVNHOWDO V\WHP WKH DEGRPLQDO PXVFOHV U
DQG WKLW SODFHV WKH VWUDLQ RQ WKH VSLQH DQG GLJH
DQG UHVSLUDWRU\ RUJDQV

► Counteract strain with key movements

'\QDPLF VLWWLQJ L H UHJXODUO\ FKDQJLQJ \RXU VHDWH
SRVLWLRQ RU SRVWXUH UHGXFHV WKH VWUDLQ RQ WKH P
JURXSV LQYROYHG &KDQJH \RXU VHDWHG SRVLWLRQ LQ
FKDLU VWDQG XS ZKLOH ZRUNLQJ DQG WDNH VKRUW DFW
EUHDNV UHJXODUO\)RU H[DPSOH HDVH WKH EXUGHQ RQ
\RXU VWUDLQH G PXVFOHV E\ DFWLYDWLQJ WKHLU FRXQWI
LQVWHDG

► Holistic benefit

3K\VLFDQ DFWLYLW\ DQG YDULHG
EHQHILWV WR \RXU SK\VLFDQ KHD
SURGXFWLYLW\



MXV
RPRV

You can find movement tips and plenty of useful information concerning the topic of working from home at: <https://bosch.bkk-fokussiert.de/mediathek/>

NXHVVWRFN DGREH FRP