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Mini-Guides

The afternoon starts in the morning

How small strains sap performance – and what you can do about them.

The afternoon slump does not come out of nowhere.
Strain builds up over the morning: physical, mental and often unnoticed. An awkward posture here, repetitive tasks there, lifting and carrying, long distances or too little movement. Individually, these factors barely stand out. Together, they make productive work harder. There are many things you can change directly. Elsewhere, the right workplace can take some of the load.

01 Five small strains that add up.

The cold start

Straight from stillness into work: no movement, no preparation, full output immediately. The body needs a little time to get moving.

What helps: Start with a few minutes of movement or daylight. This gets the body going before the work really starts.

The static posture

Working in the same position for too long makes the body stiff and restless. Often, you only notice the strain once your body is already tired.

What helps: Switch regularly between sitting, standing and moving. A height-adjustable workstation makes the change easier.

Stale air

In enclosed rooms, air quality declines over time. This can make focused work even harder.

What helps: Air the room briefly but thoroughly at regular intervals.

The lunchtime slump

A heavy meal, too little to drink and then straight back to work: not a good starting point for a productive afternoon.

What helps: Choose a lighter meal, drink enough and move around for a few minutes after lunch.

No recovery

Calls, messages, noise and the next task: if you work without breaks, you stay permanently on alert.

What helps: Plan short breaks. Every 60–90 minutes, a few minutes of movement or simply looking away from the workstation is enough.

Quick check: where's the strain?

Tick anything that feels familiar from your working day:

- I only notice late on that prolonged sitting or standing is taking its toll. ☐
- I perform many similar manual tasks one after another. ☐
- I regularly lift, carry, push or pull loads. ☐
- I often do not get enough movement or breaks during the working day. ☐
- Towards the end of the working day, I notice my stamina and concentration dropping. ☐

Assessment:

0–1 tick: The basics are right. Focus on the point that still comes up regularly.

2–3 ticks: There are clear areas to improve. Start with the point that has the biggest impact on your working day.

4–5 ticks: Alongside your habits, review your workplace and immediate working environment.

02 What you can change yourself – and where the workplace helps.

More movement, regular ventilation, enough fluids and short breaks are things you can address directly. For strain linked to posture, working height or moving loads, it is also worth taking a look at the equipment.

Do you work in the same position for long periods?

Make it easier to switch between sitting and standing.

- **For more movement during the working day:** Electric height-adjustable desks, sit-stand workstations and standing desks
- **For smarter sitting:** Swivel chairs and office stools
- **For less standing in one place:** Anti-fatigue mats, standing desks and workshop desks

Does your posture not suit the workstation?

Check the seat height, work surface and position of your work equipment.

- **For a posture that works with you:** Swivel office chairs and foot rests
- **For the right viewing angle:** Monitor arms and monitor mounts
- **For the right working height:** Lift tables and scissor lift trucks

Do lifting, carrying and pushing take their toll?

Turn muscle power into material flow.

- **For less strain on your back:** Lifting aids, vacuum lifters and slewing jib cranes
- **For easier pushing:** Hand pallet trucks, low-lift trucks and electric transporters
- **For shorter routes with less effort:** Sack trucks, platform trolleys and roll containers
- **For less manual lifting:** Conveyors, lift tables and scissor lift trucks

Practical tip: heavy – light – heavy.

Where possible, do not schedule physically demanding tasks back to back. A lighter task in between gives the body a break, without slowing down the workflow.

Conclusion

The afternoon slump often has several causes. Small changes that tackle several areas at once can therefore make a real difference: more movement, short breaks and a workplace that makes everyday work easier.

The better it fits the task and the people, the easier it is to work well.

We plan workplaces that work with you.

They make movement easier, reduce strain and create better conditions for everyday work – tailored to spaces, tasks and people.

Request a consultation

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