

# My Office Is Killing Me: Uncovering the Hidden Dangers in Your Workspace



## My Office Is Killing Me!: The Sick Building Survival

**Guide** by Jeffrey C. May

★★★★☆ 4.7 out of 5

Language : English  
File size : 3824 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 342 pages



You spend a significant portion of your life at work. In fact, for many people, their office is their second home. But what if your workplace is actually harming your health? A growing body of research suggests that the modern office environment is a breeding ground for a variety of health problems, from musculoskeletal disorders to cardiovascular disease. In his groundbreaking book, *My Office Is Killing Me*, Dr. Ron Lacher exposes the hidden dangers lurking in your workspace and offers practical solutions for creating a healthier, more productive environment.

Dr. Lacher, a board-certified occupational physician and former director of the National Institute for Occupational Safety and Health (NIOSH), has spent decades studying the health effects of the modern workplace. In his book, he presents a compelling case that our offices are making us sick. He cites research showing that:

- Sedentary office workers have a 54% increased risk of death from all causes compared to those who are more active.
- Office workers are twice as likely to develop musculoskeletal disorders, such as back pain, neck pain, and carpal tunnel syndrome.
- Office workers have a higher risk of developing cardiovascular disease, diabetes, and obesity.
- The stress of the modern workplace can lead to a variety of health problems, including anxiety, depression, and sleep disorders.

So, what can you do to protect yourself from the hidden dangers of your office? Dr. Lacher offers a number of practical solutions, including:

- Get up and move around frequently. Take breaks to walk around, stretch, or do some light exercises.
- Make sure your workstation is ergonomic. This means having your chair, desk, and computer monitor at the correct heights and distances for your body.
- Take breaks from your computer screen. Every 20 minutes, look away at something else for at least 20 seconds.
- Reduce stress. Find ways to manage stress at work, such as taking breaks, exercising, or talking to a therapist.
- Talk to your employer about making changes to your workplace. This could include providing standing desks, allowing for more breaks, or offering wellness programs.

*My Office Is Killing Me* is a must-read for anyone who works in an office setting. Dr. Lacher's research-based insights will help you understand the hidden dangers of your workspace and empower you to take steps to protect your health and well-being. By making simple changes to your workplace, you can create a healthier, more productive, and more enjoyable environment for yourself and your colleagues.

## **Reviews**

"*My Office Is Killing Me* is a wake-up call for anyone who works in an office. Dr. Lacher's research is eye-opening, and his practical solutions are

invaluable. This book is a must-read for anyone who wants to stay healthy and productive at work."

- **David Pogue**, author of *New York Times* bestseller *Make It So: Live a Star Trek Life*

"Dr. Lacher has written a timely and important book. *My Office Is Killing Me* is a comprehensive guide to the health hazards of the modern workplace. It is essential reading for anyone who wants to create a healthier and more productive work environment."

- **Dr. David Agus**, author of *New York Times* bestseller *The End of Illness*

"*My Office Is Killing Me* is a game-changer. Dr. Lacher's research is groundbreaking, and his solutions are practical and effective. This book is a must-read for anyone who wants to improve their health and well-being at work."

- **Dr. Mark Hyman**, author of *New York Times* bestseller *The Blood Sugar Solution*



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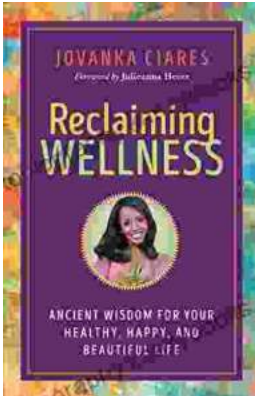
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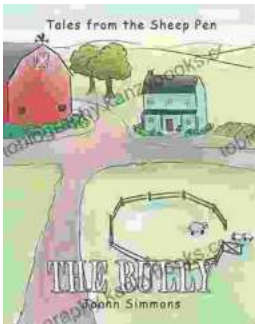
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