

Workplace Wellbeing at Tonsley

There are growing concerns over how many Australians are meeting recommended guidelines for physical activity. Busy work and lifestyles limit opportunities for regular physical activity, especially for office workers. Encouraging incidental workplace physical activity such as walking and stair climbing can contribute to daily targets of physical activity.

Project Title: Stairs@Tonsley

Research Team: Dr Yasmin van Kasteren, Dr Tamara Agnew, Professor Anthony Maeder, Professor Trish Williams, Dr Ivanka Pritchard, Professor Murray Drummond, A/Prof Claire Drummond, Dr Lynda Norton, Ginger Mudd, Kim Hawtin

Project timeline: 2019

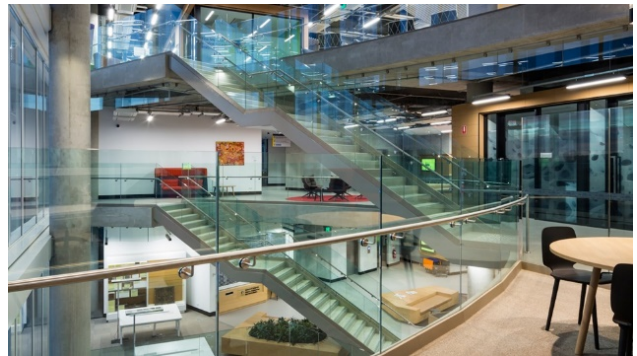
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The Stairs@Tonsley project looked at how digital displays can be used to promote stair climbing at work. We aimed to increase stair use in the Flinders University Tonsley building.

The Tonsley building, opened in 2015, is a modern research and teaching institute located within the Tonsley innovation district. It has wide, glass banister stairs in different locations across the building and two centrally located lifts.

We used digital screens located next to the lifts to promote the health, fitness and time-saving benefits associated with stair use. Screens used a range of material, which changed every 15 sec to maintain interest. Floor decals were also used to point to the near stairs. Data were collected using discrete WIFI connected bi-directional people counters on all staircases and building entrances. Hubs captured data from the counters. Manual audits for stairs and entrances were conducted to verify the electronic data collection methods. We ran 12 weeks of data collection: 4 weeks baseline data, 4 weeks intervention and 4 weeks follow-up.



Project Title: Physical Activity@Work

Research Team: Dr Yasmin van Kasteren, Dr Stephanie Champion, Professor Anthony Maeder, Professor Trish Williams, Professor Robyn Clark, Dr Ivanka Pritchard, Dr Belinda Lange, Dr Lucy Lewis, Dr Chris Barr

Project timeline: 2018

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The Physical Activity@Work project monitored the activity of office workers at the Tonsley campus, using Fitbit trackers. Our aim was to gain a better understanding of how workers at Tonsley moved around their workplace during the day.

We recruited 15 office workers to be tracked 24 hours a day for 2 months in March and April of 2018. We collected several activity measures, including step count, distance and elevation travelled, activity intensity, calories, heart rate, and sleep quality and quantity, and conducted semi structured interviews with participants.

Our data showed that Tonsley office workers were predominately sedentary during office hours, spending 80% of their minutes at work completely stationary. Participants often remained stationary for hours at a time, with infrequent breaks to visit the printer, kitchen and bathroom. These findings suggest more needs to be done to encourage physical activity amongst workers at Tonsley.



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