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Corporate Clinic

Loaded Questions

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Do you recall the last time you were asked a question that instigated feelings of intrigue and challenge on you part? Although you wanted to respond, you wanted to do so carefully because of the question's multifaceted response possibilities. "Loaded questions" are rarely introduced as such, but keep in mind that you can usually identify them by noticing whether the following attributes are present:

Loaded questions:

- Call for a seemingly simple response;
- Pave the way for many probable responses;
- Often force the respondent to draw upon past experience, observation and education in order to answer the question.

By now you may be wondering where I'm heading with this information. That's right. I'm heading toward asking you a few questions. Let us begin with some background information. I, like many of you, am a people watcher. I find it fascinating to observe people's expressions, postures and movements during both work and leisure activities. Circumstances in my practice led me to ultimately focus my attention on people who sit while they work; technically defined as sedentary workers. My observation, combined with research, proved that many significant problems occur, virtually unnoticed, that decisively impact people's performance and health. If you haven't considered examining the causes and effects of postures and movement, and their impact on performance and health, you now have the opportunity to do so. ***The "Loaded Questions"***

Carefully examine this illustration and answer the following questions:

- 1) Identify what appears to be wrong with this individual's posture. Hint: list at least four body parts.
- 2) What problems could this posture and accompanying movements cause? Hint Answer this question from both employer and employee perspectives.
- 3) What can be done to solve these problems?

Use this exercise as a self test or better yet, use it as an opportunity for interactive discussion within your company. You need not write a lengthy discussion about each question, but merely list your thoughts if you wish.

What you say as well as what you do not say will help this column fit your needs. You're interesting and definitive responses may be published in subsequent issues of *Inside LINCOLN BUSINESS* with your permission and credit. At this point, it does not necessarily matter that you answer every question exactly, but that you and/or your employees make the attempt.