

'DON'T TYPE WITH YOUR MOUTH FULL'

This is the most disgusting article you will ever read. So, only read on if you have a strong stomach!

BY CLAUDIA REIZNER

What could possibly be disgusting in a business supplies publication?' I hear you ask. But if I told you it is more hygienic to eat your lunch off a toilet seat than your desk what would you say to that?!

And that is the finding of a study from the University of Arizona. You could argue that Americans are pretty disgusting (and being one I would tend to agree!) but the reality is that this is not just confined to Stateside. It's here too... in your office. How on earth could it be true? The answer is simple when you think about it. Most desks are slums (I bet you wish now you read our piece on clean desk policies), many are cleaned at best weekly

and at worst only when someone leaves and that could take years! But company loos are cleaned daily with strong disinfectant. I did say it was simple.

So, if your desk is a terrible place to eat from a hygiene perspective, the worst place is in fact your phone. Can you honestly remember the last time your phone was cleaned? Makes your skin crawl doesn't it?

That's enough stomach turning for now. There are other reasons for not eating at your desk and these are rather more palatable. Many consider eating in as opposed to eating out saves time and money and therefore makes you more productive. The reality is rather different though. Exercise (albeit a walk up to the park with your sand-

wich) and a change of scene help to avoid that 'afternoon slump'. We need to recharge our batteries, both mentally and physically. Eating at our desks is on the up. Apparently as many as 42% of us are doing it and as many suffer as a result from afternoon apathy.

Personally I think it is a shame not to use your lunch break to socialise. As a girl, I love to gas on about nothing and do it with a willing party. Lunch provides the perfect opportunity for this. Get out of the office, gossip about who got off with whom on the company night out. Why not? As well as doing a valuable service to the company, by recharging my batteries, I am also ultimately being more productive at the same time – hey, who said multi-tasking was difficult?! ■

TIPS FOR HEALTHY EATING AT WORK

- >> Use your lunch hour to release tension – the change of scene will do you good
- >> Stress is thought to be a major contributor to indigestion – give yourself time to enjoy your lunch
- >> Eat a well-balanced lunch to avoid the afternoon slump
- >> Go out to lunch – meet up with a friend – have a little fun!
- >> Disinfect your desk (obviously, the cleaner doesn't!)

