

EMAIL APNOEA TO TECH NECK - HOW OFFICE WORK CAN KILL YOU

The modern-day office is a far cry from the way people used to work. Computers, the internet and smartphones are delivering something quite unexpected, and our health is suffering in insidious new ways. Left unchecked, it could prove fatal.

The latest issue of leading business publication **INTHEBLACK** explores the health threats to the office worker of 2017. The risk of sedentary death syndrome has never been higher, and there are also unlikely dangers such as email apnoea and tech neck.

The report examines the latest research into combating these risks, including a personal daily check-list you can turn into a habit to keep yourself on top of things.

ARE OUR POWER PROBLEMS ABOUT TO GO INTO MELTDOWN?

What happens if we run out of power this long, hot summer? The politicking and lobbying has been high-stakes in recent times, with power companies being publicly berated for high prices and the much-vaunted Finkel Review into our future energy needs forcing vested interests into heated battle. So how close to the wind are we sailing right now, and what will serve us best?

A special report in the latest issue of leading publication **INTHEBLACK** explains the pathway that has been established for our energy needs in the future, amid a political juggling act to keep all key players onside and on point.

Ultimately, though, there are increasing demands on delivering power to the people and this summer could provide a very tough audit of the current weaknesses in the system.

ATO CRACKDOWN ON WORK EXPENSES – GUARDIAN OR GRINCH?

It seems Australia has plenty of dirty laundry: more than one-in-two workers claim clothes cleaning as a tax expense. Just how creative are you when it comes to claiming workplace expenses?

The ATO has signalled a crackdown on job-related claims, raising the question of whether such a campaign is necessary (or fair).

A report on the website of leading business publication [INTHEBLACK](#) investigates whether we're really claiming too much, and how we stack up against other countries. [See the report here](#)

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THE INDUSTRY CONFERENCE – HOW TO MAKE IT A LIFE-CHANGER

We've all attended an industry conference at some point in time, some of us on a regular basis. But for many people, it's a missed opportunity. Here are all the key movers-and-shakers in your world – the ones who might just change your life for the better – and what you need is a plan.

Rather than just cherry-picking a few presentations and socialising with your favourite colleagues, here is the ultimate chance to seize the day.

A special report on the website of leading business publication [INTHEBLACK](#) explains the simple techniques you can put into play at your next industry conference, to quite possibly propel your life forward in a significant way. [See the report here](#)

TO ORGANISE INTERVIEWS:

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