

The Movement for Ergonomic Growth

Comfortable, safe and healthy workspaces enable employees to be more productive

- Minimize stress on your body and find the right chair for the right job

- Small ways to make a big difference when designing an ergonomic workspace



Ergonomic Value

Here's some insight into what's happening in workplaces like yours. Occupational Musculoskeletal Disorders (MSDs) are extremely common. It's what happens to employees who engage in work activities that are frequent and repetitive without correct posture. It can affect any part of the body from the back and neck to wrists and hands. These disorders are induced and intensified by work-related activities.

Approximately 34% of work days lost can be attributed to MSDs. Out of the \$15 to \$20 billion in worker's compensation paid out annually by employers, MSDs are responsible for \$1 of every \$3 in costs. Research has shown that for every MSD you can prevent in your office, your company will save about \$22,500 in direct costs. Given all this, the most amazing statistic of all is that the average cost to an employer to alter one workstation can be as low as \$150.

Got your attention? It's time for you to move on this, and we can help. Meet with your health and safety business partners to discuss this information. Invite your representative to join you. We can help tailor an ergonomics solution for your specific work environment, including an ergonomic standards program. A workspace that's comfortable and safe is one of the best productivity investments you can make.

It reduces distractions. It limits absences. Even better, it makes work a more positive experience for your entire team.

Take a moment to analyze the individual tasks of everyone in your office. Does continuous filing around their workspace force them to move in an unnatural motion? The solution could be a mobile file or the right adjustable task chair. Is there a tall person in your office sitting in the same kind of chair as everyone else? Their comfort and productivity could increase with a high-back chair designed to support their back and a pedestal to bring their monitor to eye level. From chairs with pneumatic seat height adjustment to keyboard wrist rests, there are a lot of small ways to make a big difference in a workstation. See Design Is in the Details in this flyer to discover more products that accomplish this.

The products within this flyer are only the beginning of what we have to offer you in ergonomic solutions. It's a small investment that allows you to benefit financially, and increase the quality of your office output. Let's work together to make your workplace a comfortable and safe environment. //

Find the Right Chair for the Right Job



Pneumatic Seat Height Adjustment regulates height of chair relative to floor.



Back Height Adjustment positions lumbar support within a fixed range.



Seat Depth Adjustment positions chair back relative to seat.



Tilt/Tilt-Tension Control knob controls rate and ease of recline.



Knee Tilt pivot point near front of chair keeps feet flat on floor while chair reclines.



Synchro-Tilt lets back recline at 2-to-1 ratio to seat angle so you can recline while keeping seat cushion relatively level to floor.



Posture Mechanism/Lock adjusts back independently of seat.



Multitask Control adjusts seat and back angles independently.



Asynchronous Control is a high performance system to modify angle of back relative to seat, tilt and forward tilt.



Adjustable Arms minimize neck and shoulder tension.

WHAT'S NEW

Comfortable Conversation

Some of the best ideas are generated through conversation. The problem is collaboration ends when your body feels the discomfort of standing. Bring some tables in. Make it easy for your team to share ideas ranging from strengthening process to heightening quality control. You'll be surprised at the results when everyone is comfortable.



Roll With It

Sometimes our jobs require repetitive tasks. So just go with it and get yourself some wheels. Constant filing, printing and data entry are easier on your back and body when you can move work right to where you need it.

Back on Track

Pain is distracting. The solution to back pain can be as simple as a seat that helps maintain the natural curve of your spine. The result is better back support and a more focused and productive you.



Design Is in the Details.

Things to look out for when designing individual ergonomic workspaces.

- 1** A **monitor pedestal*** or an adjustable chair positions the top of a screen to be slightly below eye level to lessen neck strain.
- 2** For areas with a lot of natural or artificial light, a screen **glare filter*** can be useful.
- 3** Don't hold the receiver between your head and shoulder. A headset or **shoulder rest*** will make hours on the phone more comfortable and productive.
- 4** A mobile chair makes it easy to center your body in front of the monitor and keyboard.
- 5** Lessen your reach for the mouse with a wireless one. Saves time and effort.
- 6** Adjustable armrests on a chair will allow your forearms to be level or tilted upward slightly for comfort.
- 7** An adjustable tilt-back chair will support the lower back of those who spend hours in it.
- 8** Wrists that hang or are held too high while typing will create stress on your hands. A **wrist rest*** will allow you to continue typing all day.
- 9** Referring to documents that are laying flat on your desk isn't the most comfortable for your neck. A **document holder/stand*** makes reference easier and more comfortable.
- 10** Headaches can be the result of poorly lit work areas. Extra **desk lamps*** will solve this.
- 11** An adjustable chair with a waterfall-edge seat will keep your upper legs horizontal and reduce pressure on the spine.
- 12** Feet should always be resting flat on the floor. If a chair is not height adjustable, a **footrest*** is a good investment.
- 13** Chairs with five or more legs at the base help ensure stability and will increase your safety factor.
- 14** Temperature and noise are important things to consider. Fans, heaters and walls can combine to control these issues.
- 15** For those who continuously file in different areas of their office, a mobile file is the best way to make life easier.

