

HWS

YOUR COMFORT - TAKEN SERIOUSLY

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dataflex

feeling at work

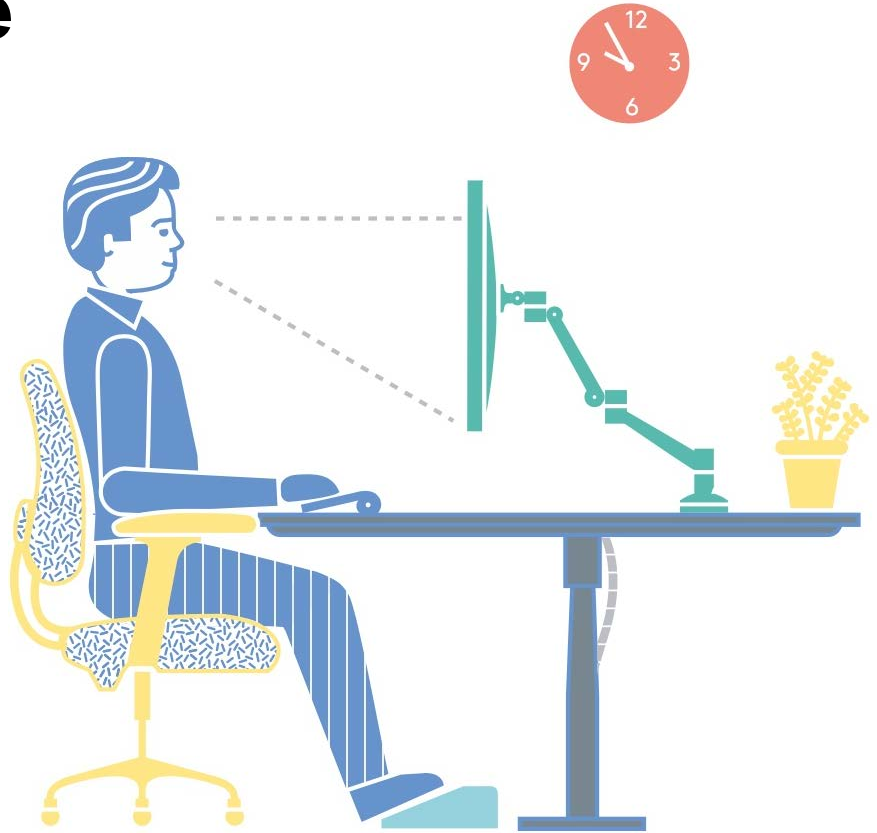


How to get yourself shipshape in ergonomics

Dataflex designs ergonomic products to enhance the physical and mental well-being of the people who use them.

An ergonomic workplace

- Environment
- Activity
- Workstation

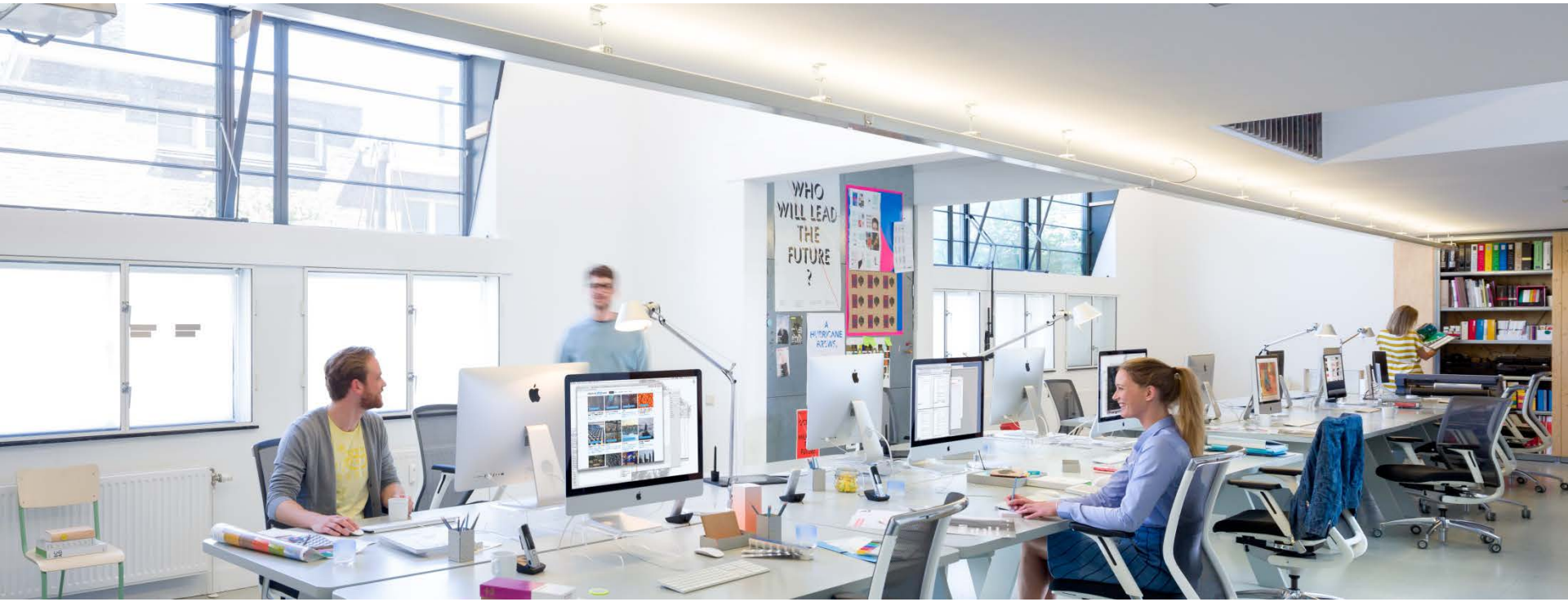


Environment

- Light and lighting
- Acoustics
- Climate
- Well-organised workplace
- Plants

Environment

Light and lighting



Environment

Acoustics



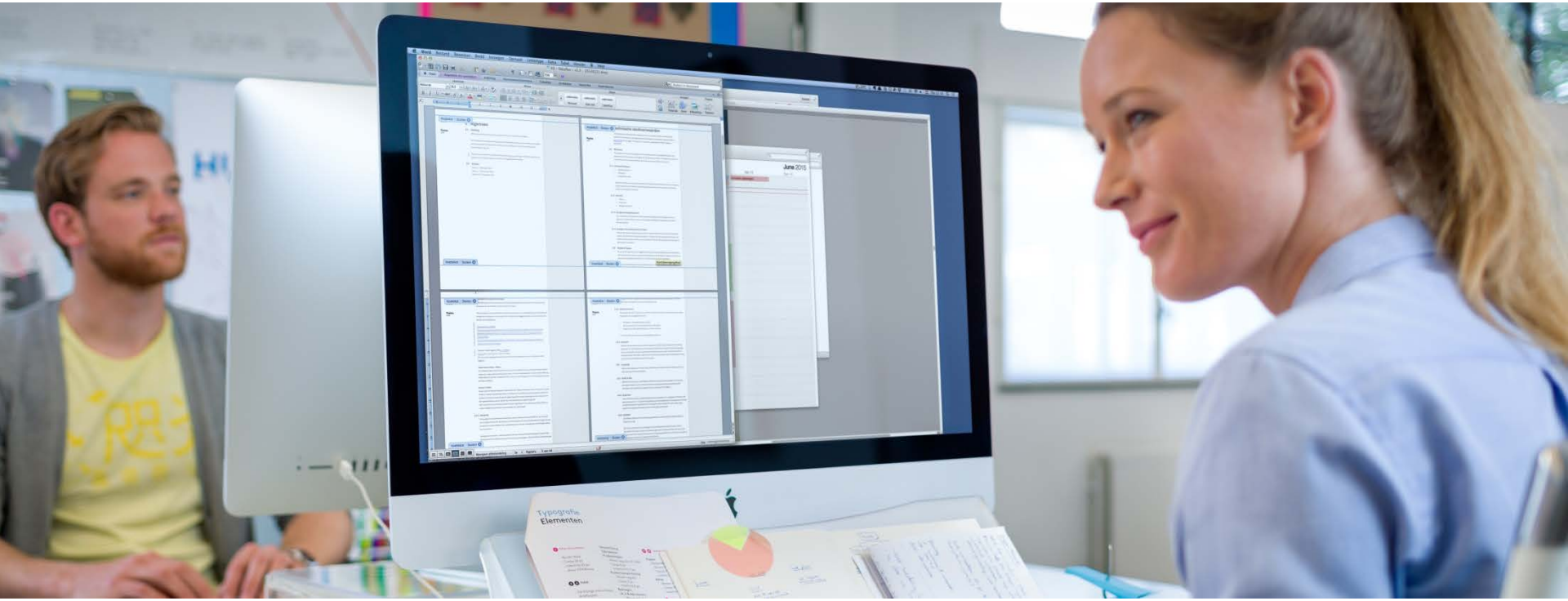
Environment

Climate



Environment

Well-organised workplace



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Environment Plants



Activity

- The price of inactivity
- Sport alone is not the answer
- Break up the shutdown
- Exercise routines
- A change is (almost) as good as a rest
- Hydration
- Get fit, keep fit.

Activity

The price of inactivity



Sport alone is not the answer

The effects of a day slumped behind your PC
are not erased by a brisk 10k cycle
home from work.

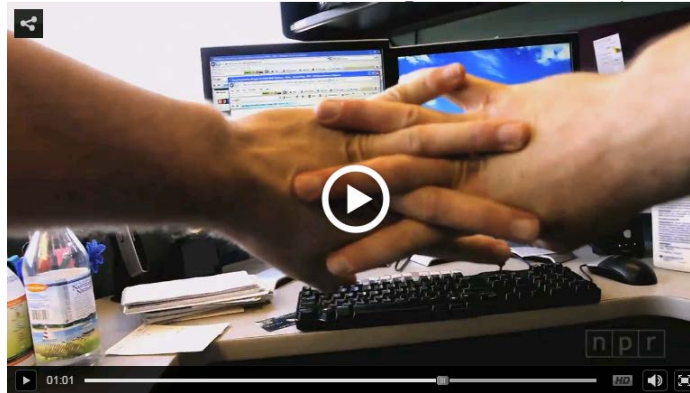
Break up the shutdown

What should you be doing to avoid bodily 'shutdown'?

- **Get off your butt and walk around**
 - **Do some light exercises**

Activity

Exercise routines



A change is (almost) as good as a rest

Computer-based workers who spent up to 20% of their work time surfing the internet were on average 12% more productive than those goody-two-shoes colleagues who didn't.

Activity

Hydration

‘do I feel thirsty?’

Activity

Get fit, keep fit

Exercise at least 4 hours a week.

Workstation

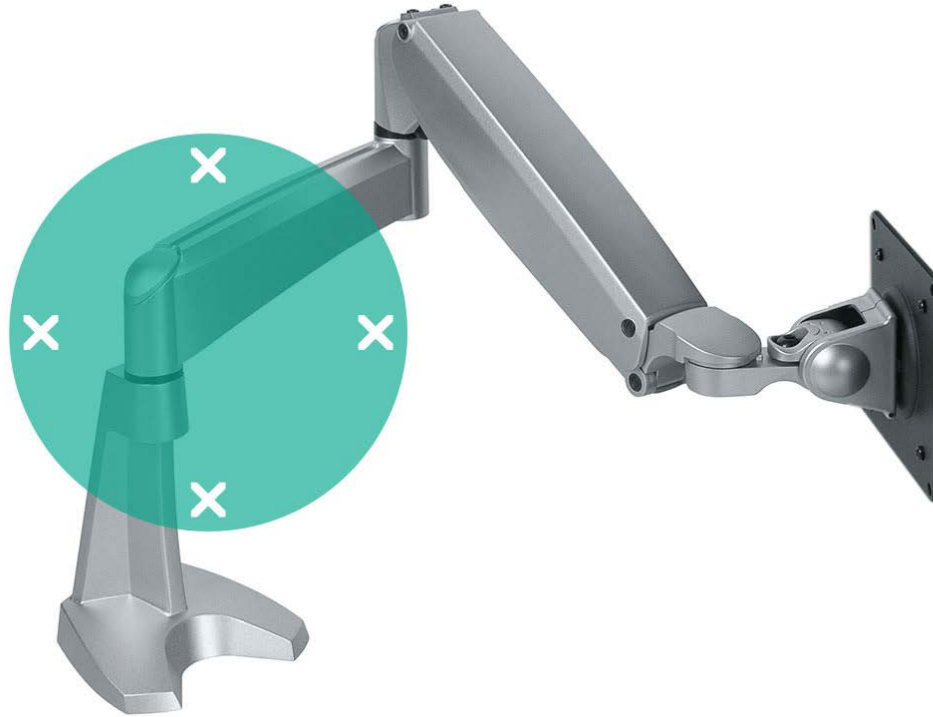
- A limited picture
- Beyond desks and chairs
- The 3 pillars
- Getting it right

A limited picture

Why do so many organisations, just like so many people, tend to think ergonomics is only about the correct positioning of desks and chairs?

Workstation

Beyond desks and chairs



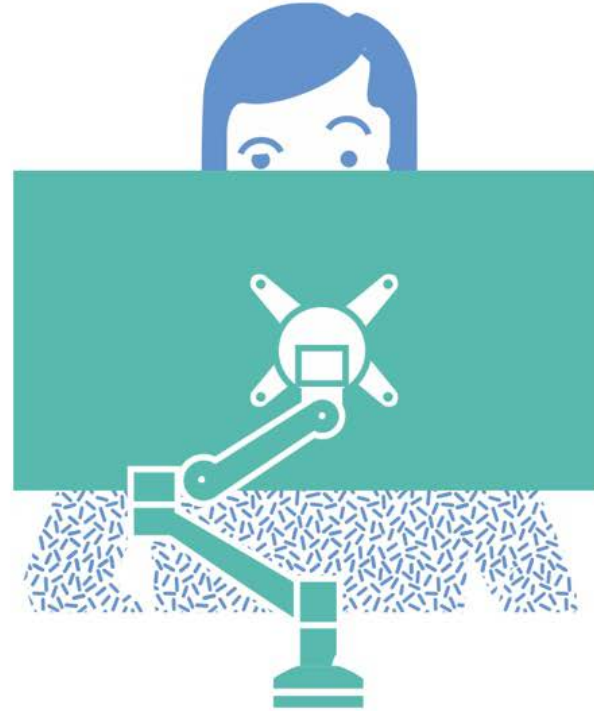
Workstation

The 3 pillars



Workstation

Getting it right



An ergonomic organisation

If ergonomics can have such an effect on an individual's physical and mental health and general well-being, then that effect simply multiplies for an organisation.

The bottom line

- Productivity
- Cost savings
- Absenteeism
- Well-being and positive attitude

The bottom line

Productivity

-25%

Error rates

+40%

Active work time

The bottom line

Costs savings

Systematically reducing physical ergonomic risk factors will for the average employer mean making significant inroads into 33% of their compensation costs.

The bottom line

Absenteeism

+10-15%

Productivity

-14%

Absenteeism

The bottom line

Well-being and positive attitude

Aside from the fact that people feel better and therefore perform better, they will likely also have a more positive attitude to you as an employer.

Good ergonomics: tailor-made not off-the-peg

- Every organisation is unique
- Good practice evolves
- Company culture

Good ergonomics

Every organisation is unique

9 to 5

Vs.

NWOW

(new ways of working)

Good ergonomics

Good practice evolves

Tomorrow:
who knows?

Good ergonomics

Company culture

**You have to do what will work best
for your organisation.**

How Dataflex can help





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