

PRESS RELEASE
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New study reveals how to reduce the risks of sedentary work

Scientists have long observed that sedentary behaviour is one of our greatest hidden health risks*. A new scientific study from Chalmers, the Swedish University of Technology, shows a clear difference in health between those using an RH Logic 400 chair that supports varied sitting positions and those with a standard chair. Based on the study, market leader Scandinavian Business Seating in collaboration with ergonomists have developed practical tips on how the risks of sedentary work may be reduced whilst improving health and work performance at the same time.

Most of us have at some point heard the words "sit still on your chair". Generations of children have been forced to defy their natural impulses of movement and forced to sit straight and still - a faulty behaviour that we as adults have brought with us to our daily workplace.

"When you sit down in a car for the first time most of us make the necessary seat adjustments before we drive off. But in a workplace, many of us sit down and start to work without thinking about how the chair is set. Adjusting the height, ensuring that the tilting function is open and making sure your legs and lower back have support are some simple things that has to be in order to protect your health", says Erlend Weinholdt, Lead Ergonomist at Scandinavian Business Seating.

Today, many people spend their days sitting in front of a computer. Several reports have concluded that a sedentary lifestyle is detrimental to our health and can lead to long-term health problems such as cardiovascular disease, diabetes type 2, hypertension and obesity. Today the chair is our most used work tool. At the same time as our sedentary lifestyle is equated with smoking in assessments of key health risks. The study, by researchers at Chalmers University of Technology in cooperation with Ergonomihuset and Scandinavian Business Seating, shows that a chair with several individually adjustable features allows for varied sitting providing comfort during long workdays and may therefore reduce the risks that come with office work.

The study mapped the effects on a test group that used the chair RH Logic 400 from Scandinavian Business Seating and compared the results with another group using other high quality chairs. Among other things, the first group experienced decreased pain in neck, shoulder and back as well as improvement in their overall well-being. Seven out of ten participants in the study experienced improved working conditions and 50 % noticed a clear reduction of tension and pain in the neck and shoulders.

The study from Chalmers also points out that many people do not know how to adjust their chair correctly and therefore don't know how to use it in the best way. The personal workspace is becoming rarer and many new offices only have so called hot desks. It is therefore even more important that all seats in the office are ergonomic, facilitate active sitting and that the people using them know the importance of adjusting them to their personal needs.

Sources

* Van der Ploeg, 2012, P. Katzmarzyk, 2009 och E. Ekblom-Bak, 2012

Scandinavian Business Seating

Scandinavian Business Seating designs, develops and manufactures chairs for offices, meeting rooms, conference rooms and canteens for both the private and public sectors. The following brands are included in the group: HÅG (1943), RBM (1975) and RH (1977), which all work together to achieve the company's common goal of making the world a better place in which to sit.

Scandinavian Business Seating's in-house «Product and Brand Concept Team» bases its innovative work on the fact that people have not been designed to sit still. Consequently they are working on the development of solutions which will promote movement and variety in order to ensure users are able to achieve optimum performance and simultaneously look after themselves, their health and our environment.

For further information and photos please visit the following websites: www.sbseating.co.uk, www.rhchairs.co.uk or contact:

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