

Focus on ergonomics.

Advantages stand-up/sit-down workplaces.



The office is more than just a functional room in today's working world: it has become a part of life – and one in which you have to feel good in order to perform well. Which naturally also includes physical well-being.

Numerous studies have shown that back pain and muscular tension are the commonest health problems at work. Permanent spinal damage is essentially due to activities with little movement, which are mostly undertaken in a seated position.

Such damage is not only painful but also expensive: Muscular and skeletal ailments in particular lead to rates of absence due to sickness that are way above the average.

Flexible stand-up/sit-down workplaces effectively help to prevent such damage:

- Changing from a sitting to a standing position and moving activates the cardiovascular system and relieves the musculature, vertebral disks and spine.
- Monotonous posture, wrong posture and one-sided strains are avoided.

Dynamic movement at work promotes creativity and good health:

- Regularly changing from sitting to standing and general movement keeps the circulation going and improves both concentration and performance.
- A dynamic workplace boosts staff satisfaction, motivation and potential creativity.

An investment with two-fold benefit:

- Investing in furniture quickly pays off by reducing absenteeism and thus eliminating higher personnel costs.
- The employees are happier, more motivated and produce better results.

