



POSTURITE.CO.UK

ACTIVE WORKING

HOW SIT-STAND DESKS WILL IMPROVE YOUR BUSINESS

DESK-BOUND BRITAIN: A SEDENTARY NATION

WHY IS THIS RELEVANT?

Britain is a nation of sitters. Many of us find ourselves sitting at work, sitting at home and even sitting while we travel between the two. In fact, the average Brit now spends 60% of their waking hours sitting down¹, and some of us even more. Technology plays a huge part in our increasingly sedentary lifestyles, as we find ourselves rooted to our computers, smartphones, tablets and laptops both at home and in the workplace.

This is bad news for employers. Prolonged sitting is known to cause a host of cardiovascular and musculoskeletal problems that can impact workflow, absenteeism and productivity. In 2014 the most cited reason for taking sick leave was back, neck and muscle pain - resulting in a loss of 31 million work days, a massive 25% of the total days taken off sick in the country². This figure doesn't even cover those who stay at work but suffer in silence.

OFFICE WORKERS - WE'RE ALL AT RISK

When considering risky working environments, we're more likely to think of the emergency services, or manual workers than the average open-plan office. But according to a growing body of research, the sedentary nature of office work is significantly damaging the quality of life for millions of people. In fact, after manual workers people who work in offices take the most sick days of all professions in the UK³.

THE IMPACT ON BUSINESSES

Sedentary office life can be highly damaging for the health and happiness of individuals - and this is bad news for the businesses they work for.

It is now widely accepted that sedentary behaviour can:

- increase the risk of developing type II diabetes
- increase the risk of developing cardiovascular disease
- increase the risk of some cancers
- reduce life expectancy
- increase occurrences of musculoskeletal disorders (MSDs)
- cause unhealthy ageing and poorer bone health later in life⁴.

ACTIVE WORKING

How sedentary working can impact businesses



Lower concentration



Reduced productivity



Lack of morale



Increased absenteeism



Disrupted workflow



Strain of covering workload



Recruitment difficulties

ACTIVE WORKING: HOW CAN IT HELP US?

The more we can move at work, the better. Staying in one position for too long - whether that's sitting or standing - is bad for us. The best solution is to adopt an active working culture. This requires us to change our way of thinking and the way we interact with our working environment.



Managers leading by example



Standing up on the train to work



Use the stairs instead of the lift



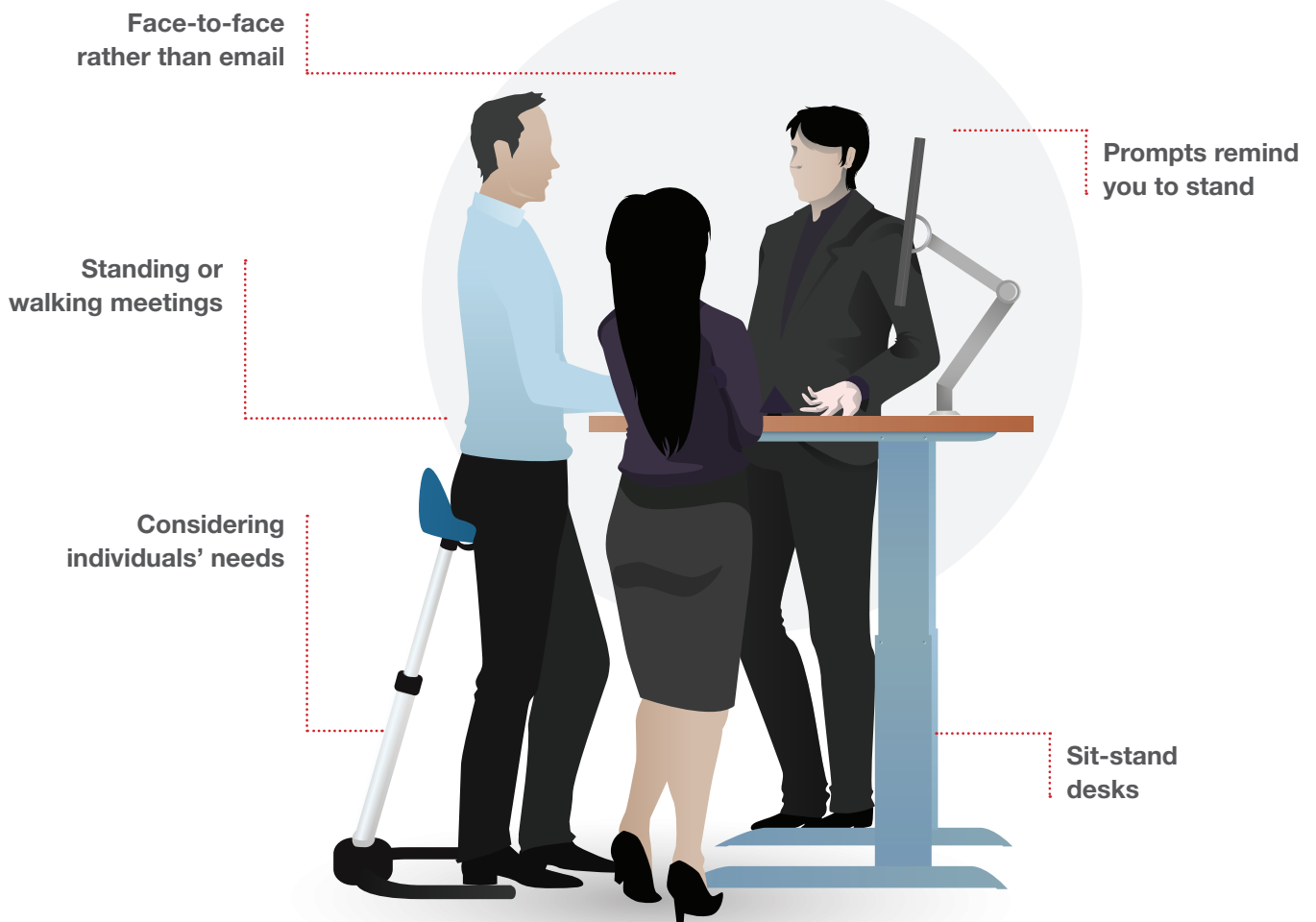
Walking lunch



Active breaks - away from our screens



Healthy nutrition & hydration



WHAT IS SIT-STAND DESKING?

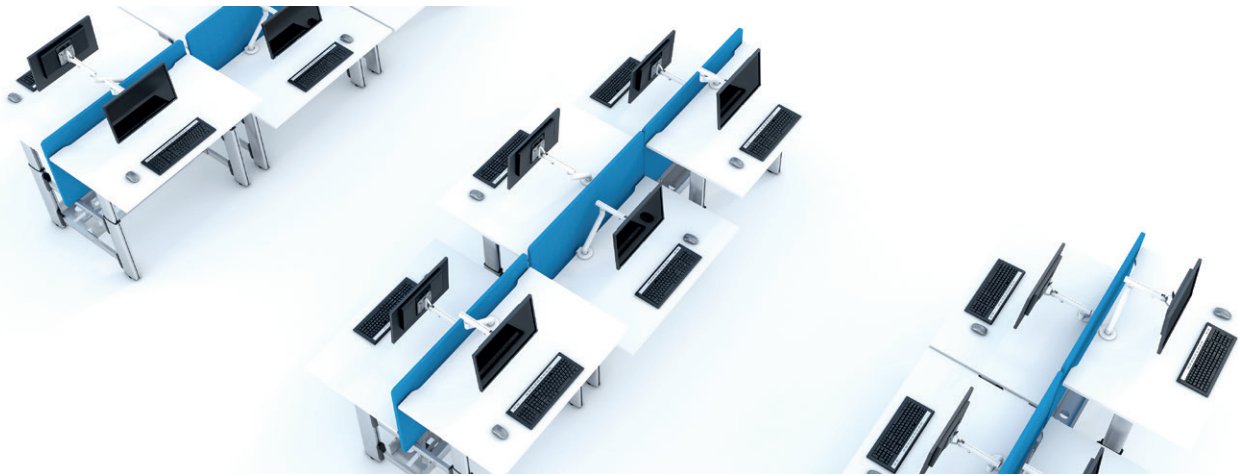
Sit-stand desking is an important cog in an active working culture. A sit-stand desk can be manually or electronically adjusted to a seated or standing height. This encourages users to change their position throughout the day, which relieves stress on the body and reduces the risk of sitting-related MSDs.

Leading by example in this area is Scandinavia, with data showing that 90% of office workers there have access to sit-stand workstations. In the UK that figure is just 1%.

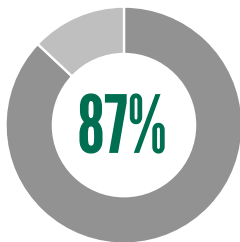
DOES IT WORK?

Is sit-stand desking just a modern fad, or does it actually work? The evidence has been there for some time, but has gained momentum in recent years, and studies show overwhelming results in favour of sit-stand desking.

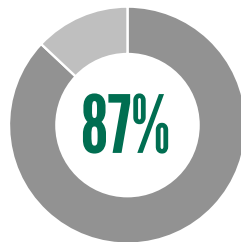
One 2011 study by The Centre for Disease Control and Prevention found that those given sit-stand desking at work felt happier, healthier and less stressed⁵.



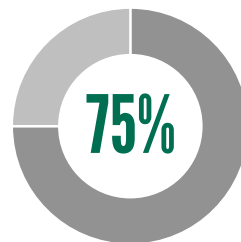
The effects of adopting an active working policy



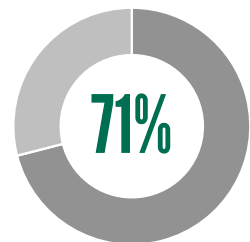
MORE COMFORTABLE



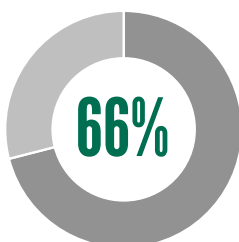
MORE ENERGISED



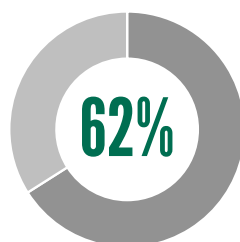
HEALTHIER



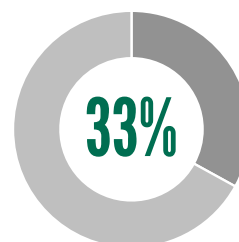
MORE FOCUSED



MORE PRODUCTIVE



HAPPIER



LESS STRESSED

HOW CAN POSTURITE HELP?

Active working is something we've been advocating ever since our first product (the globally successful Posturite Writing Board) hit the shelves. We weren't content with just supplying equipment - we wanted to make sure that people knew how and when to use it to experience the full potential health benefits.

We started selling sit-stand desks as early as 1994, the same year important research emerged showing a significant decrease in MSDs as a result of using sit-stand desks⁶. Working with UPS (USA) researchers found that workers who spent more than 23% of their time at work standing reported a 62% drop in body discomfort. What's more, it cut the occurrence of injuries and illnesses by more than half.

EDUCATION - THE HEART OF ACTIVE WORKING

Today Posturite is the UK's largest independent supplier of sit-stand desking and devices. However, we never promote sit-stand deskling alone as a quick-fix for companies. Active working is not just about spending money on new equipment - it's a mindset and a philosophy that takes time to adapt to. We're creatures of habit. It's difficult to encourage an office full of people to break a routine they've followed for months, years, or even decades.

One group of researchers⁷ set out to find out just how important a part education plays in rolling out sit-stand deskling in an office. They found that just providing people with the technology wasn't enough to get them to use it. However, when they introduced educational programmes alongside the equipment, they noticed a significant reduction in workers' sitting time.

With every sit-stand desk we sell, we offer the option of set-up by one of our fully trained ergonomic experts. They visit you and show you the best way to use your products to really get the most out of them. Not only this, but we have a number of valuable resources which can help educate employees, and help you get the most from your sit-stand desks.

POSTURITE IN NUMBERS

1991

The year our CEO invented an ergonomic writing board in his shed and Posturite was formed

1994

The year we sold our first sit-stand desk

25

The number of years we've been working, learning and researching in the world of ergonomics

5,000

The number of sit-stand desks we've sold in the last three years

8,000+

People we help with musculoskeletal problems per month

80

The number of fully-trained experts we have setting up ergonomic equipment in offices across the country

75

The number of FTSE 100 companies that are our clients

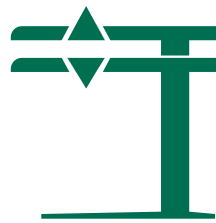
1500

The number of ergonomic products we offer on our website

HOW MUCH WILL IT COST YOU?

One of the biggest obstacles for businesses when it comes to implementing an active working culture is money.

Yes, sit-stand desks are more expensive than most static desks outright, but considering the costly impact of sedentary working to businesses and the UK economy, this is a relatively small investment in the long-term health, happiness and productivity of Britain's office workers.



Cost of a
sit-stand desk

=



20p per day
over 10 years

According to some research, having a sit-stand desk can encourage people to work for longer and actually increase time spent at the desk. Research by Miami University of Ohio showed that users of sit-stand desks took fewer AND shorter breaks throughout the day. Users who did not alter their positions (sedentary workers) took nearly 50% more breaks (47%) and in addition to this the breaks were, on average 56% longer⁸.

LET'S LOOK AT THE FIGURES...

You can buy a high quality sit-stand desk with full cable management from Posturite from around £500. Over the product's guaranteed 10-year life span this works out at just £50 per year - or 20p per day. That's the cost of a piece of fruit, or a sip of your favourite coffee!

For the cost of just one apple per employee per day, it's hard to argue against the merits of sit-stand desking. Combined with the right educational tools and advice, we believe this is an excellent step towards creating a fresh active working culture in your workplace. Not only does standing up throughout the day have physical benefits, it also shows staff that you value their health and happiness. This is absolutely crucial for creating an engaged, productive and loyal team.

We've been helping businesses all over Great Britain implement active working cultures for 25 years and we've seen first-hand just how transformative it can be not only for individuals, but for quality, workflow, creativity and ultimately - for company profit.

Talk to us and we'll help you join the active working revolution today.

DESKRITE

Simply the best range of sit-stand desking today.



DeskRite 500
Premium Electric



DeskRite 300
Electric



DeskRite 200
Crank

DESKRITE

Sit-stand desking

We live and work in an age of ergonomic enlightenment, coupled with an increasing commitment to flexible work environments. The question is how to provide a workstation that is both ergonomic for the individual yet appropriate for everyone. The DeskRite range embraces this juxtaposition to provide the most versatile solution.

DESKRITE 500

We offer the DeskRite 500 in four desktop shapes and many sizes ranging from 1200-1600mm in width.

DESKRITE 300

Our basic electric range is available in two desktop shapes. Choose between our standard rectangular writing surface and our 'cockpit' corner workstation. Switch controls lift (43mm/sec) between 705-1165 mm.

DESKRITE 200

Our crank height adjustable DeskRite 200 is available in five rectangular desk sizes and represents the most economical way to provide height adjustable sit-stand desking. A simple crank handle allows the user to adjust height between ranges of 705-1165 mm.



Don't just sit there

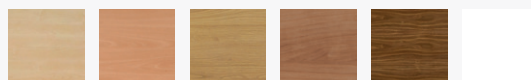
Improve your circulation, concentration and productivity by regularly changing from sitting to standing. DeskRite encourages a healthy workforce.

Frame



Silver (SIL) Black (BLA)

Desktop



Maple (MAP) Beech (BEE) Oak (OAK) Cherry (CHE) Walnut (WAL) White (WHI)



DESKRITE EVOLVE.

Height adjustable sit-stand bench desking system.



Writing
Rectangle w/ Scallop Back



Dual Desk
Bench System



Quad Desk
Bench System

DESKRITE EVOLVE

DeskRite Evolve is the new bench system of affordable electric sit-stand desking for the office.

Based on the existing DeskRite range, Evolve allows you to simply and easily configure your office from just two desks up to as many as you need.

FEATURES

By using a shared frame, incorporating full cable management, desk screens and optional electrical packages, we now have a system of sit-stand desks for your project, previously unavailable at this price.

The desk tops are 25mm thick, and come in a range of sizes and finishes (including MFC and Veneer) to suit your requirements. As ever, we can help with your space planning to ensure that you make the most of your office space, while ensuring that your staff are not only comfortable and productive, but healthy too.

With built in safety features, which prevents 'trapping' between adjacent height adjustable surfaces, the desk complies with all the necessary safety standards.

The choice of screen finishes is almost unlimited, including magnetic, pinnable, acoustic or standard screens. And the fabric choice is entirely up to you.

With the proven health and productivity benefits of height adjustable now more compelling than ever, DeskRite Evolve is an easy choice for you and your business.



Electric Switch

Go from sitting to standing and back again with minimal effort. Change the height of your desk at the push of a button. Let the built-in mechanism take care of the rest.

Frame



Silver
(SIL)

Desktop



White
(WHI)



Maple
(MAP)



Beech
(BEE)



Oak
(OAK)



Cherry
(CHE)



Walnut
(WAL)

Specification

Liftable weight kg	60
Speed mm/second	43
Height range mm	705-1165
Surface Thickness mm	25

5 YEAR
GUARANTEE

VARIDESK.

Sit-stand desking without the cost of a new desk.



Pro
Single Platform



Pro Plus
Independent Keyboard Tray

VARIDESK

VARIDESK is a range of height-adjustable desktop platforms that allow you to transform your workspace by switching from a sitting position to a standing position, and back, easily. The VARIDESK sits atop your existing desk, making it one of the least disruptive and most cost effective methods of obtaining sit-stand functionality for your workstation.

- Free companion app gives you sit and stand alerts
- Switches from sitting to standing position in just 3 seconds
- Ergonomic design adjusts to any user's height
- Fits most desks in any office or cube
- Spring-assisted lift
- Fully assembled; easy set-up

PRO

VARIDESK comes in two sizes – 30 (one monitor), and 36 (dual monitor). It requires no assembly, no fixed installation and sets up in under five minutes.

PRO PLUS

The VARIDESK Plus adds a lifting keyboard tray to ensure ergonomic comfort for your arms and shoulders whether sitting or standing.



Anti-fatigue Mat

Provides sturdy, cushioned support, incorporating a bevelled non-trip, non-slip design.

Colour



Black



White
(WHI)

Specifications



Weight capacity:
15.8 kg

MODEL	PRO 30	PRO 36	PLUS 30	PLUS 36
Platform size (WxD) mm	813 x 711	965 x 762	762 x 679	914 x 679
Min Flat height mm	178	178	108	108
Min extended height mm	394	394	447	447
Max extended height mm	406	406	457	457

Case study: WOOL OVERS



WOOL OVERS

“ Sit-stand desks are a great investment to really help the natural health of our staff. Hopefully many other companies will follow suit and also see that there is a payback in creating a happier healthier workforce

Mark Shenton, Founder of Wool Overs

ABOUT WOOL OVERS

Wool Overs is a world-class knitwear retailer which started in 1989 and now supplies nearly 750,000 customers with men's and ladies classic and contemporary knitwear all around the globe.

Wool Overs currently employs 130 people and as a relatively small company is very in touch with what works for them within the workplace, ensuring safety and wellbeing is top of the agenda.

WHAT THEY REQUIRED

The health detriments of being seated at a desk all day are currently at the centre of a plethora of debates, the long-terms effects of which are currently coming to light.

Wool Overs decided to make a stand against seated desk work, providing its employees with the chance to work at electric sit-stand height adjustable desks.

WHAT WE DID

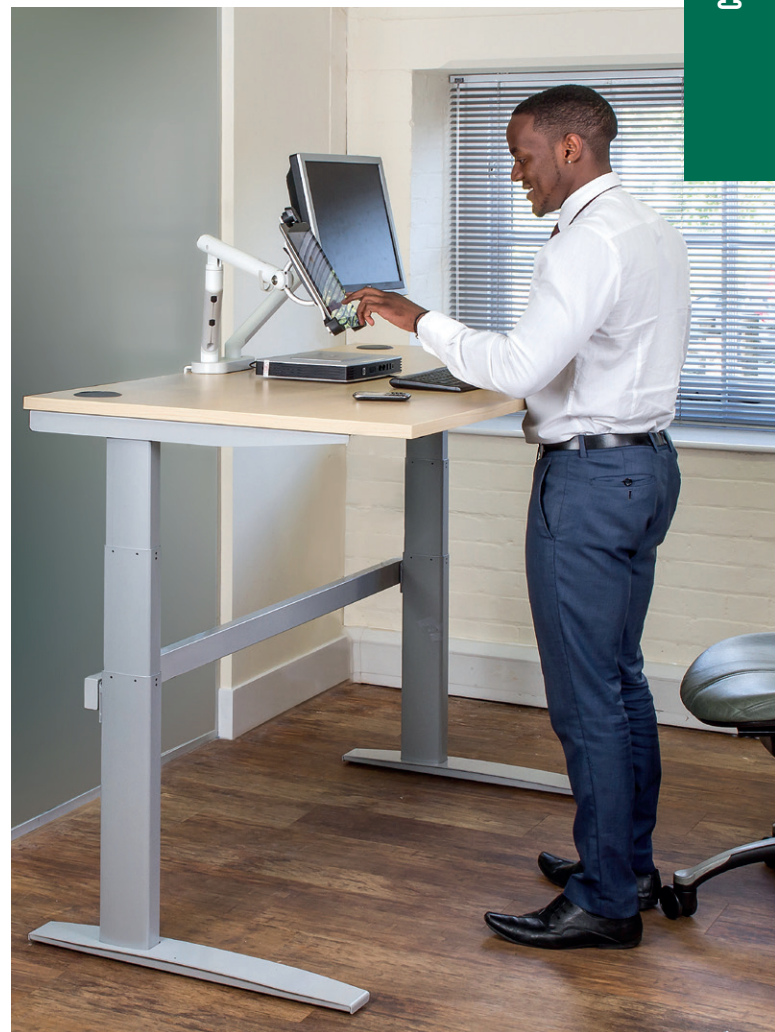
We helped Wool Overs to select our DeskRite 300 height adjustable desk.

After the selection process we supplied, delivered and installed their 30 new electric height adjustable desks to their head office in West Sussex.

WHAT THEY SAID

“I have long been concerned about the effects that prolonged sitting is having on the wellbeing of my employees. Humans are simply not designed to sit for hours in front of a computer screen, our bodies need movement to help its functioning in a multitude of ways.

“Whilst we cannot un-invent this modern way of working, we can change the way we work around our new environment. I see these new desks as a great investment to really help the natural health of our staff. Hopefully many other companies will follow suit and also see that there is a payback in creating a happier healthier workforce!”



CASE STUDY

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