

## DID YOU KNOW?

Workplace pain and discomfort as a result of sitting for long periods of time is widespread

# Ergonomics in the Workplace

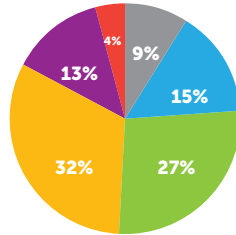
## DID YOU KNOW?

Ergonomic strain and discomfort has an impact on workplace productivity

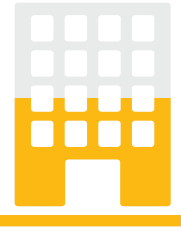
# 49%

of employees spend **5+ hours** sitting in the typical workday

- 0 hrs
- 1-2 hrs
- 3-4 hrs
- 5-7 hrs
- 8-10 hrs
- 11+ hrs



**4 out of 5** have experienced pain or discomfort while sitting during the typical workday



# 51%

have had to miss work at some point in **the past three years** because of the pain & discomfort experienced from sitting at work

Those suffering from physical strain or stress tend to manage the pain on their own:



**74%**  
take OTC painkillers/medication



**32%**  
use heat/cold packs



**28%**  
create makeshift/DIY ergonomic solutions



**23%**  
schedule physical therapy, chiropractic or massage sessions

Among those who have experienced pain and discomfort as a result of sitting at work...



**experience pain on a daily basis** (22% experience it throughout the day)



**ONLY 25%**

currently use ergonomic products specifically designed to reduce physical pain or stress  
*Chair and mousepad wrist rest are most frequently used*

## Fellowes® Ergonomic Solutions

Using Fellowes® ergonomic products can help reduce discomfort and promote a neutral work posture.

Learn more at [www.fellowes.com/ergonomics](http://www.fellowes.com/ergonomics)

Source: Loran Marketing Group, May 2015.

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