

workspacewellness

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

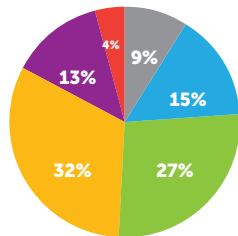
DID YOU KNOW?

Ergonomic strain and discomfort has an impact on workplace productivity

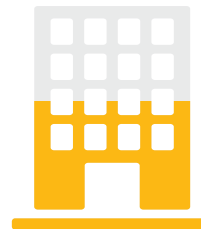
49%

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

● 0 hrs ● 3-4 hrs ● 8-10 hrs
● 1-2 hrs ● 5-7 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

Source: Loran Marketing Group, May 2015.

Fellowes® Workspace Wellness Solutions

Using Fellowes® workspace wellness products can help improve productivity and enhance health.

STAPLES

Business Advantage®

DID YOU KNOW?

8 out of 10 people suffer from pain linked to the way they work at their desks*.

SOLUTION:

Follow the 4 well-being zones to remove risk from your workplace.



ZONE 1 - BACK TENSION

Back and foot supports can help reduce discomfort and promote neutral posture.

Staples No. 683665 | Mfr. No. 8037601

PROFESSIONAL SERIES
BACK SUPPORT WITH
MICROBAN® PROTECTION



ZONE 3 - NECK, SHOULDER & EYE STRAIN

Keyboard managers, monitor/laptop supports, and document holders place your keyboard, mouse, screen and documents in the optimal viewing position for neutral posture.

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PLATINUM SERIES
DUAL MONITOR ARM



ZONE 2 - WRIST PRESSURE

Wrist Supports help to align your wrists and redistribute pressure points to help relieve pain and prevent potential injury.

Staples No. 821471 | Mfr. No. 9180601

GLIDING PALM SUPPORT
WITH MICROBAN® PROTECTION



ZONE 4 - STOP STAGNATION

Alternate between sitting and standing to actively reduce the health risks of sedentary working.

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LOTUS SIT-STAND
WORKSTATION



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