

DID YOU KNOW?

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

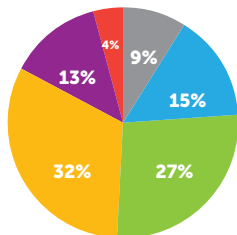
Ergonomics in the Workplace

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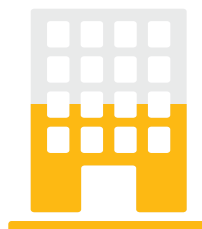
Ergonomic strain and discomfort has an impact on workplace productivity

49%

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



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

Source: Loran Marketing Group, May 2015.

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