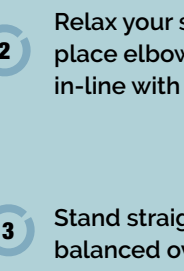
Fellowes

COMBINE STANDING WITH SITTING AT YOUR WORKSTATION TO REDUCE INACTIVITY

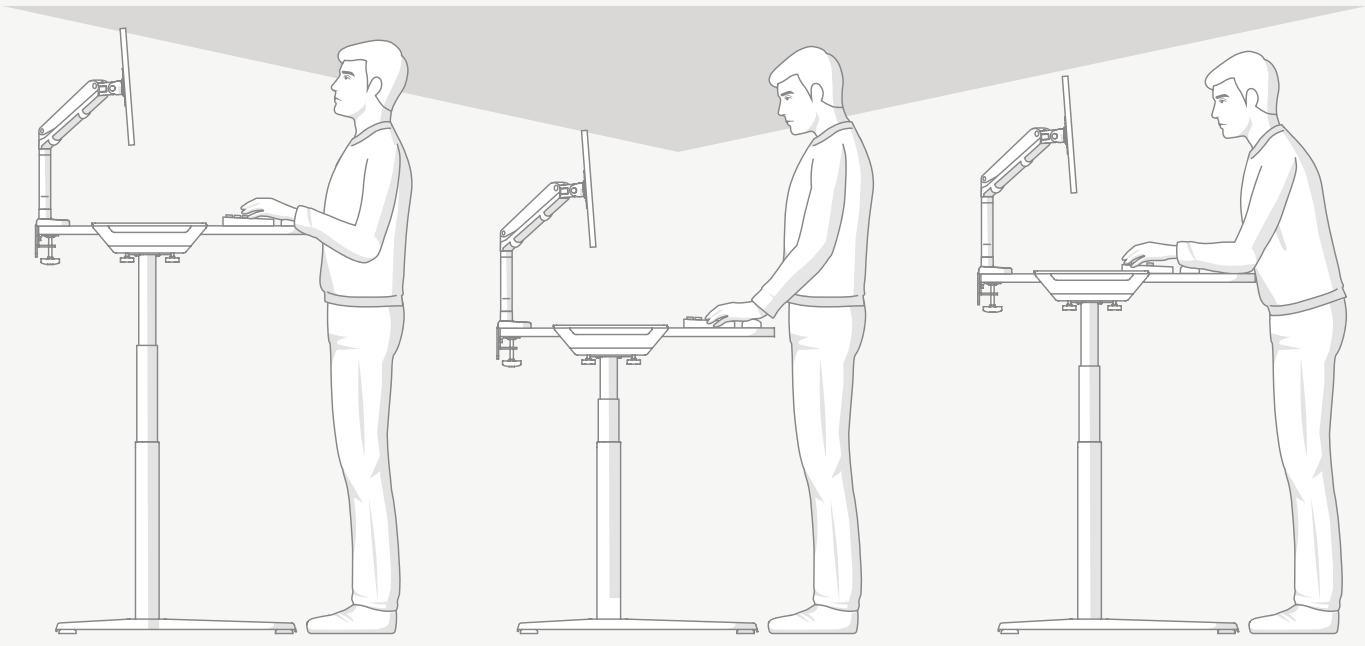


ZONE 4
REDUCE INACTIVITY

Sitting at your desk for long periods of time can increase health risks such as obesity, high blood pressure and heart disease.

Our guide below provides tips on how to reduce inactivity at your workstation and boost health and productivity throughout the day.

HOW NOT TO STAND



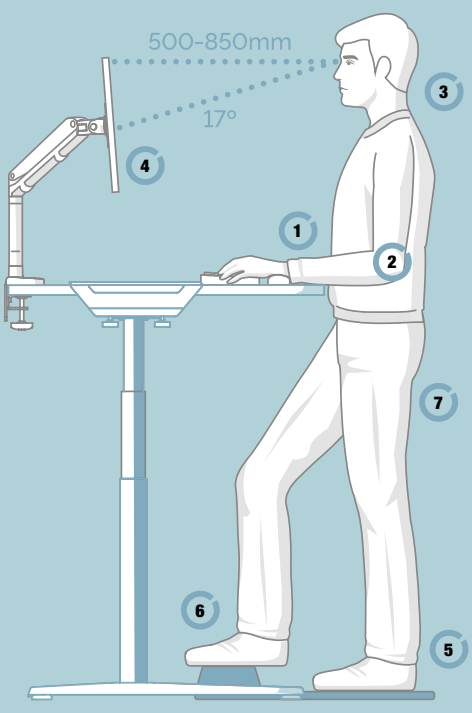
Desk too high

Desk too low

Don't lean

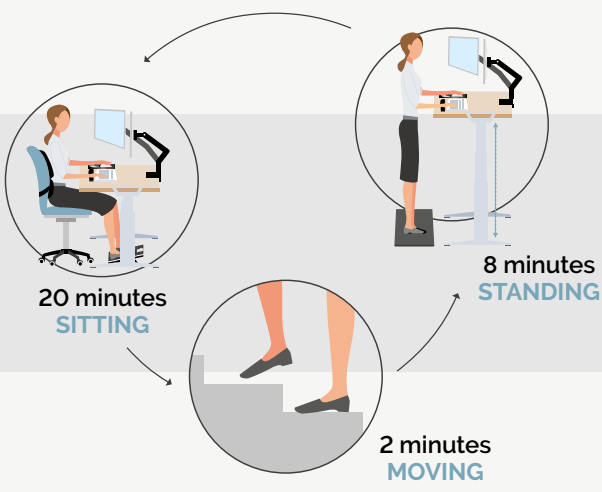
HOW TO STAND CORRECTLY

1. Adjust your height adjustable desk or sit-stand desk convertor until your forearms are parallel with the desktop /platform.
2. Relax your shoulders and arms and place elbows close to your body, in-line with your shoulders.
3. Stand straight with your head balanced over your shoulders.
4. Ensure your screen/s is placed at arm's reach and the top of your screen/s is in line with your eyes.

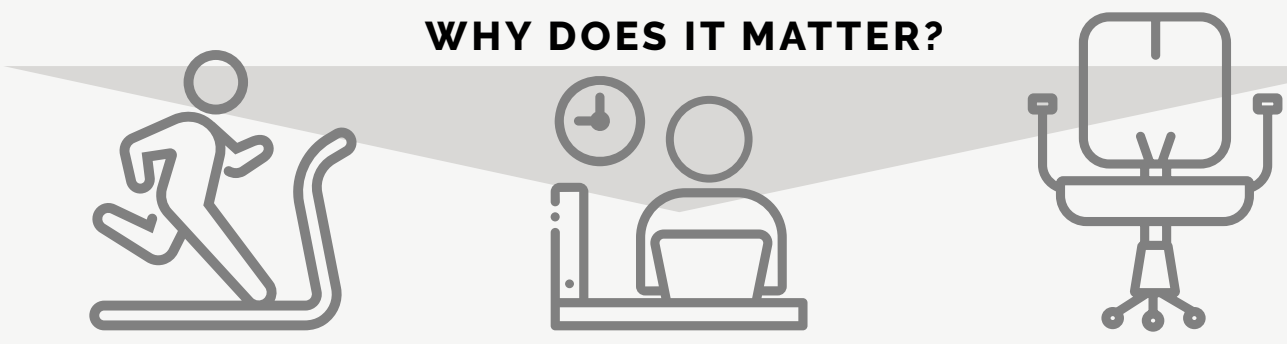


5. Ensure you are wearing appropriate shoes.
6. A sit-stand mat can increase comfort and movement whilst standing.
7. Remember to alternate between sitting and standing throughout the day.

DR ALAN HEDGE'S IDEAL WORK PATTERN[1]



WHY DOES IT MATTER?



48%
struggle to move/exercise each day[2]

40%
admitted to spending 7+ hours sitting at their desk[3]

86%
'often' or 'sometimes' spent too much time sitting down at work[2]

VIEW OUR RANGE OF ERGONOMIC ACCESSORIES DESIGNED TO HELP REDUCE INACTIVITY.

All our products are **ergonomically certified** and are built to last with an extended **5-year limited warranty**.

Height Adjustable Desks | Sit-Stand Convertors | Sit-Stand Mats

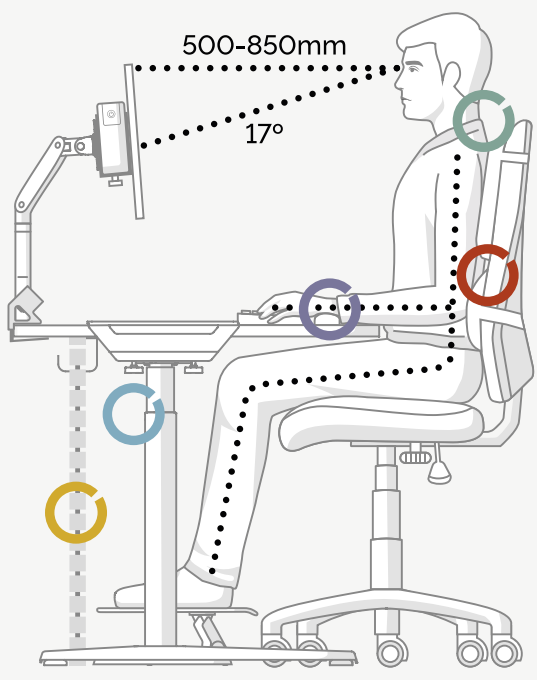
WANT TO LEARN MORE ABOUT WORKSPACE ERGONOMICS?

DISCOVER THE FELLOWES WORKSPACE ZONE APPROACH™

and improve your health, comfort & productivity today!

ZONE 1 *PREVENT BACK TENSION* | ZONE 2 *AVOID WRIST PRESSURE* | ZONE 3 *RELIEVE NECK STRAIN* | ZONE 4 *REDUCE INACTIVITY* | ZONE 5 *MINIMISE CLUTTER*

Click for more information on The Fellowes Workspace Zone Approach™



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[1] https://statics.teams.cdn.office.net/evergreen-assets/safelinks/1/atp-safelinks.html
[2] Advancing workforce well-being – Deloitte Insights
[3] Fellowes Work Colleague of the Future (WCOTF) research 2019