

Stand Up For Comfort



Adam Labelle, Ergonomist for Humanscale Consulting Canada, presented “Stand Up for Comfort” in our atWork showroom. Adam spoke on the benefits of adding standing work tools into your workday to increase your health and work productivity.

Here are a few take-aways inspired by his presentation.

1) Use great work tools for health and productivity

Height-adjustable desk tables, collaborative work spaces, and multi-height surfaces are all excellent tools for incorporating dynamic movement to your team's workday.



2) Take time to teach yourself and your team how to use a new workspace

Much like simply having a treadmill in your basement does not guarantee that you will lose weight and decrease your blood pressure, simply having height-adjustable desks in your office does not guarantee your staff will reduce their back pain-induced sick days and increase their office productivity.

Using these new office furniture items cannot feel burdensome, difficult, or time-consuming, otherwise their acceptance and usage will be limited or non-existent. Your staff need to know that you are not looking to add to their work burden by giving them another 'thing to do' but are investing in their personal health.



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3) Change habits

Behavioural psychology tells us that it takes 30 days to make or break a habit. Build motivation into the commitment to change for 30 days, in order to give an “active workday” a chance.

Encourage the use of computer reminder apps or timers to get your staff to change their work posture, get away from their desk and move during their workday every 45 minutes or so. Some research indicates that the magic ratio for optimum health and productivity is 2 hours of standing or moving per 8 hour work day. Ideally, those 2 hours of movement would not come all at once, but would be spread out over the course of the day (for example, 15 minutes out of every hour of the day).

4) Experience and track personal benefits

Encourage your team to make note of how they feel physically, how much work they are able to accomplish in the day, and how their mental focus and stamina fares. Productivity is poorer in sedentary offices than in offices with dynamic movement options. Those who typically sit for their entire work day end up taking more frequent and longer breaks because they are sore, uncomfortable, and fatigued. Those with office spaces that allow for dynamic movement are more comfortable, more alert and more productive.

Connect with us for more assistance adding movement to your workday.

