

Are your employees **Actively** Working Well

A **third of employees** have suffered work related back and/or neck problems



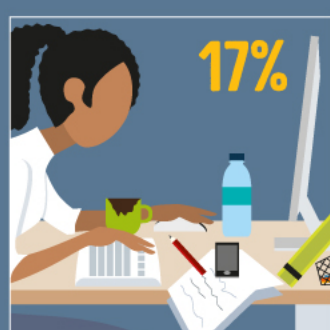
suffer with back ache



suffer with sore wrists



suffer with neck ache



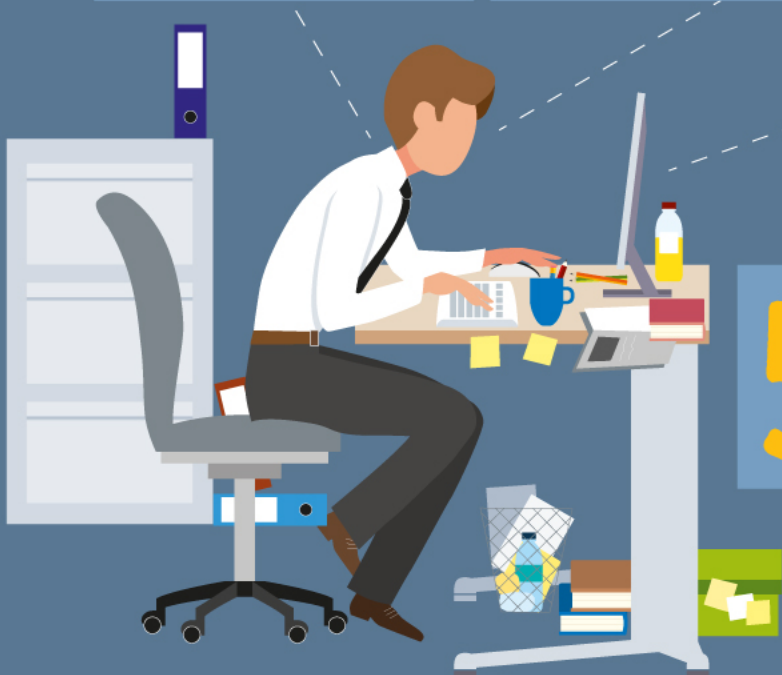
suffer with fatigue

and **almost half of** them admit to poor posture at their desks

49% Poor posture when I'm sitting at my desk

41% Sitting at my desk for too long with out taking a break

28% Too much clutter and paper work on my desk



Presenteeism is potentially **as big an issue as absenteeism**

56%

of people say they have gone to work and their productivity and performance have been affected by their condition.

Your employees **aspire** to be more **active** during the **working day**

35%

Use software apps to track lifestyle behaviours

28%

Use device such as FitBit to monitor physical activity

71%

Say that, the **longer they sit** at their desk, the **harder it is to stay alert**.

68%

Wish that they could be more active at work.

34%

Have **considered moving jobs** because of the **impact the work environment is has on their health**



Bad habits and workstation risks are causing employee pain and discomfort and compromising performance.

Connect workspace with wellbeing using Fellowes 4 Zone Approach® in all desk-based environments.

ZONE1

PREVENT BACK TENSION

ZONE2

AVOID WRIST PRESSURE

ZONE3

RELIEVE NECK STRAIN

ZONE4

REDUCE INACTIVITY

find out more at ergo.fellowes.com