

Fellowes

GETTING YOU WORKING WELL FOR LIFE

CREATURES OF HABIT WORKPLACE HABITS



86% FORGET TO GIVE THEIR EYES A BREAK FROM THE COMPUTER

77% **CROSS THEIR LEGS** UNDER THE DESK

78% **SLOUCH** AT THEIR DESK

85% **COME TO WORK UNWELL**

71%

See some of the habits they have at work contributing to ailments such as back ache, neck pain or eye strain



96%

BELIEVE BEING COMFORTABLE AT THEIR DESK HELPS THEM BE **MORE PRODUCTIVE** AND PERFORM BETTER AT WORK
48% AGREEING 'TO A GREAT EXTENT'

91%

Agree being comfortable at work improves their overall **QUALITY OF LIFE**