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Fellowes identifies unhealthy work practices

Michelle Sturman, 20 May 2016

Recent research undertaken by Fellowes UK reveals the impact bad work habits have on employees.



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Recent research undertaken by Fellowes UK reveals the impact bad work habits have on employees.

According to Fellowes, the results highlight a worrying trend among UK office workers with 25% having taken time off work due to health problems associated with working at a computer, and 45% having taken medication.

Part of this is due to workers practicing unhealthy workplace habits, despite knowing they contribute to health problems such as backache, neck pain and eye strain. The survey found, for example, that 94% of employees sit for long periods of time without moving around, 86% forget to give their eyes a break from the computer screen, and 78% slouch at their desk.

While employers must do more to educate staff and dispel any embarrassment around workplace wellbeing, over half of employees (58%) are more likely to suffer in silence than raise concerns about their health. This is despite 91% agreeing that being comfortable when they are at work improves their overall quality of life.

Coffee and beverages firm Keurig says a well-designed office breakroom should definitely be among a list of considerations to help bring out the best in employees.

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Survey provides boost for breakroom resellers

Results from a new survey of UK businesses will make interesting reading for those selling into – or looking to get into – the office breakroom category.

The research highlighted that most respondents associated themselves with being a 'Bad Habit Betty', with 52% saying they try to take good care of themselves, but have some bad habits.

One-third (29%) considered themselves to be 'Healthy Hugos' who take good care of themselves both physically and mentally, and are therefore least likely to suffer from ailments caused by their working environment.

Just 3% of office workers identified with 'Laidback Lucas', who does not prioritise taking good care of themselves, and 16% felt they were 'Struggling Stellas' who find it hard to take care of their physical and mental wellbeing, even though they know it to be important.

A few simple changes could have a significant impact on employee wellbeing, with foot rests, wrist supports and height adjustable desks cited as some of the ergonomic products that would help reduce absences caused by work-related ailments.

Doncaster, UK

Tags: ergonomics, furniture, health, Fellowes

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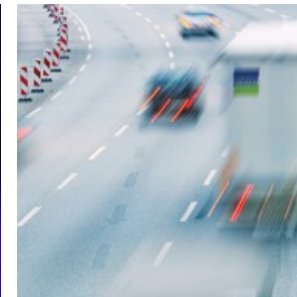
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