WHAT WOULD YOUR DESK SAY ABOUT YOU?

**LAIDBACK LUCAS**

**THE HORIZONTAL HOARDER**

Lucas is an old-school tech aficionado. He places no importance on having an organized desk and is quite happy to share his with a mountain of files, crumpled paper, empty cups, broken pens and dirty diapers. How he manages to do his job, god only knows.

Lucas is anything but a picture of health, and at certain times his lethargic attitude really affects his performance. He doesn’t have the time on his head to find a fast support and back support to ensure comfort while sat at the desk, but he’s using a pile of books to make his desktop monitor and there’s a cushion pushed against the back of his chair. But first he just needs his seat to be supportive.

Don’t sit back like Lucas…
Start actively working well!

**BAD HABIT BETTY**

**THE DISORDERLY DOCUMENTARIAN**

Betty has a quirk; she quite fits it together. There’s a lot to admire about the way she tries to organise herself. Betty certainly has a subtle attention but there’s definitely room for improvement.

With so many things on her desk, she’s frequently navigating piles of paperwork to locate her pen, memory stick, the important document – or even her lunchtime snack.

On the plus side, it’s good to see she uses a monitor support to raise her screen to the most comfortable viewing position, but unfortunately she’s failing to sit up straight despite having a back support. And without a fast support she’s really struggling to adopt the best posture.

Come on Betty, it’s time to start actively working well!

**HEALTHY HUGO**

**THE WELLBEING WARRIOR**

Struggling Stella lives her life in the fast lane and is always on the go. She works whenever work takes the lead – and this can mean staying a desk in the office, her desk, driving, working on the train or catching up on emails, reports and presentations in a hotel room.

She understands the importance of working in a healthy way but finds funniness is put into practice. So whenever she’s working on whichever kind of desk the cause is always one of total stress. Popcorn is a frequent snack and cup of coffee is often too cold whilst Stella is slouched over her laptop feeling painful hunch in her neck, back and wrists. No wonder she always looks under pressure. If she continues to work like this she’s running the risk of causing some serious damage, which could result in a lifetime of agony.

Don’t struggle like Stella…
Start actively working well!

**STRUGGLING STELLA**

**THE CHAOTIC CRUSADER**

Everyone in the office looks up to Healthy Hugo, and his desk is a true reflection of the high standards he keeps.

Hugo’s desk is his temple – a pristine workspace that’s meticulously organised and incredibly efficient for healthy and productive working. Everything he needs is within easy reach, and he has all the right ergonomic supports to ensure his posture is perfect for working in comfort and staying healthy.

But even though Hugo’s desk takes the top award for ergonomic excellence, he still makes use of plenty of short breaks to exercise too. He just wishes he knew his form at making the coffee.

Take a leaf out of Healthy Hugo’s book and start actively working well!