



## WHAT WOULD YOUR DESK SAY ABOUT YOU?



L A I D B A C K

# LUCAS

THE HORIZONTAL HOARDER

Lucas is so laid back he's almost horizontal. He places no importance on having an organised desk and is quite happy to share his with a mountain of files, crumpled paper, empty cups, broken pens and dirty plates. How he manages to do his job, goodness knows.

Lucas is anything but a picture of health, and at certain times his lethargic attitude can really affect his performance. He doesn't see the point in using a foot support and back support to ensure comfort whilst sat at his desk, but he's using a pile of books to raise his desktop monitor and there's a cushion pushed into the back of his chair. But that just about sums him up as the ultimate mister make-do.

Don't sit back like Lucas...  
Start actively working well!

Bad Habit Betty hasn't quite got it together. There's a lot to admire about the way she tries to organise herself. Betty certainly has noble intentions but there's definitely room for improvement.

With so many things on her desk, she's frequently navigating through 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 foot support she's really struggling to adopt the best posture.

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



B A D H A B I T

# BETTY

THE DISORDERLY DOCUMENTARIAN

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 time for plenty of short breaks to exercise his legs. We just wish he'd take his turn at making the coffee!

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



H E A L T H Y

# HUGO

THE WELLBEING WARRIOR

Struggling Stella lives her life in the fast lane and is always on the go. She works wherever work takes her – and this can mean sharing a desk in the office, hot desking, 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 fails miserably to put it into practice. So wherever she's working on whatever kind of desk the scene is always one of total disarray. Paperwork is strewn everywhere and cups of coffee are left to go cold whilst Stella is slouched over her laptop feeling painful twinges in her neck, back and wrists. No wonder she always feels 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!



S T R U G G L I N G

# STELLA

THE CHAOTIC CRUSADER