

Brits sedentary for up to nine hours a day in the workplace alone, study finds

New research released today has discovered that the majority (81%) of UK office workers spend between four to nine hours sitting at their desks each day, equating to an average of 67 sedentary days per year.

Almost half (45%) of the 1250 office workers, questioned by the office equipment specialists Fellowes, said they sat at their desks for between six and nine hours daily. Whilst 36% claimed they spent four to six hours seated. A huge 64% also claimed their office environment had a negative impact on their health.

Despite British workers spending a large proportion of time sitting at work, the poll found that almost half (45%) said their employers didn't offer the necessary tools and equipment to make them feel comfortable at their desks. More shockingly, the same percentage of people (45%) said they didn't think their employer cared about their health and wellbeing in the workplace.

Ergonomic expert, Stephen Bowden, said: "These findings are extremely concerning. British businesses have an obligation to look out for their employees' health and wellbeing, failure to do so can result in injury, illness, as well as poor productivity output. One simple way to do this is by ensuring workers have access to the necessary ergonomic equipment, including foot, wrists and back supports, to prevent aches and pains and mental distress."

A recent survey¹ published by the British Medical Journal and experts from the University of Leicester studied 146 NHS staff and found that sit-stand desks helped to reduce sitting time and improved productivity. Fellowes own research with three groups of sedentary office workers supports these findings, with all respondents stating that they felt more productive after using the Fellowes ergonomic equipment, including sit-stand desks, after just four weeks. Half of those who tested out the equipment also said they had noticed positive changes in their general wellbeing, noting they felt more comfortable and energetic at work.

The research also showed that a staggering 85% claimed better ergonomic equipment in the office would improve their wellbeing. It was also discovered that a quarter (25%) believed that being uncomfortable at work means they ache at the end of the days, whilst roughly the same percentage (26%) agreed that it stops them being productive.

¹ Standing-desk workers 'less tired, more engaged'. <https://www.bbc.co.uk/news/uk-45819203>

The same research also found that over a quarter (26%) of UK office workers didn't know that it is a legal requirement for businesses to undertake regular workstation risk assessments.

As part of its new campaign to get workers ready for a healthier workplace, Fellowes aims to help workers thrive thanks to over 100 years of experience helping businesses work better. Fellowes believe adopting good posture, sitting comfortably and being active at work not only makes employees feel better, but it helps them work better and stay healthier for longer. As workspace wellbeing experts, Fellowes help workers to be healthy, active, productive – and the very best they can be.

Find out more at www.fellowes.com

-ENDS-

Notes to editors:

Censuswide survey of 1250 office workers conducted in April 2018.

About Fellowes Brands

Fellowes is a global manufacturer and market leader of products for improving life at work, at home and on the go, including business machines, Bankers Box records storage solutions, workplace management products, home and commercial air purification and mobile technology accessories. For more information, visit:

www.fellowes.com