GETTING YOU WORKING WELL FOR LIFE

WHAT WOULD YOUR DESK SAY ABOUT YOU?

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 working well for life!

Lucas is so laid back he’s almost horizontal. There’s a lot to admire about the way he tries to organise himself. But unfortunately he leaves a little to be desired. 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 working well for life!

Bad Habit Betty hasn’t quite got it together. There’s a lot to admire about the way she tries to organise herself. But unfortunately she leaves a little to be desired. With so many things on her desk, she’s frequently navigating through piles of paperwork to locate her pen, memory stick, important document – or even her lunchtime snack!

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

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 finds herself struggling to put it into practice. So whenever she’s working in a situation where desk space is limited, she chooses one of total disarray. Papers are always 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 putting herself at risk of causing some serious damage, which could result in a lifetime of agony.

Don’t struggle like Stella... Start working well for life!

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