

WHAT IS ERGONOMICS?

Ergonomics studies the relationship between:

PEOPLE

THEIR WORKING ENVIRONMENT

& THE EQUIPMENT THEY USE.



WHY IS ERGONOMICS IMPORTANT IN THE OFFICE?

It aims to improve:

HEALTH & COMFORT



LEGAL COMPLIANCE



PERFORMANCE



SATISFACTION

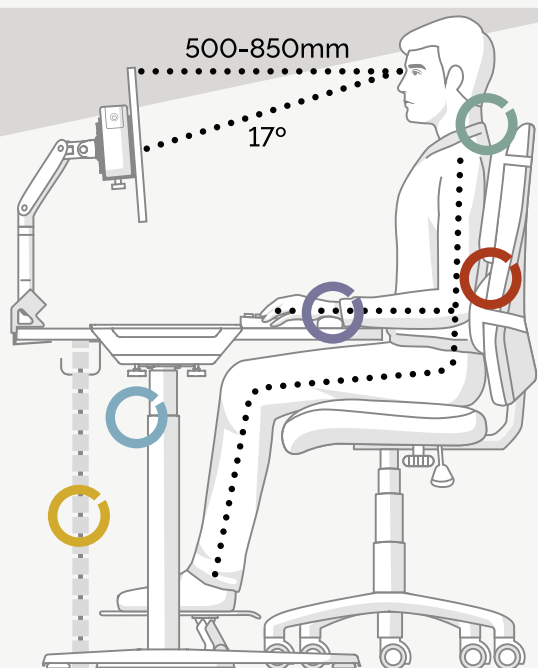


WHERE DO I START?

THE FELLOWES WORKSPACE ZONE APPROACH™

Breaks down the main aspects of the workstation into manageable sections called 'Zones'

Each Zone provides advice and product recommendations on how to work ergonomically to create a happier and healthier workspace.



ZONE 1

PREVENT BACK TENSION

Support your back.

A seat cushion, foot rest or back support helps you achieve the correct posture.

ZONE 2

AVOID WRIST PRESSURE

Keep wrists neutral.

A wrist rest or vertical mouse can help you achieve the correct position when typing and mousing.

ZONE 3

RELIEVE NECK STRAIN

View in comfort.

Monitor/laptop stands, arms and document holders can raise your screens and paperwork to a comfortable viewing position.

ZONE 4

REDUCE INACTIVITY

Sit, stand & move.

A height adjustable desk or sit stand convertor can help you easily add movement to your day.

ZONE 5

MINIMISE CLUTTER

Keep workspaces clear.

Cable managers, CPU holders and desktop power products help to organise your space to work ergonomically.

[Click for more information on The Fellowes Workspace Zone Approach™](#)