

A woman with voluminous curly brown hair is smiling and sitting in front of a modern, adjustable desk. She is wearing a bright green ribbed sweater. The desk behind her is a Leitz Ergo system, featuring multiple monitors on adjustable arms, a laptop on a tray, and a pair of headphones hanging from a side panel. The background shows a bright, airy office space with large windows and indoor plants.

# FEEL GOOD

with Leitz Ergo

## HEALTHY WORKPLACE - HAPPIER WORKDAYS!



**The IGR Institute for Health and Ergonomics** are in full support of Leitz and have thoroughly examined many of their products to award the IGR quality seal. The main criteria for an "ergonomic product" is usability and adaptation to the requirements of different users, taking into account DIN 26800 EN ISO 15537. We know that no one person is the same, but everyone still deserves equally excellent working conditions!

**LEITZ®**

**The Leitz** vision is to be the brand that helps people feel good at work and beyond wherever you are to make everyday life easier and more enjoyable. Leitz products are intuitively designed, premium quality and made to last, just as you'd expect from our long German heritage. Alles im Griff since 1871!

Leitz Ergo range of workplace ergonomic products for the office and home are the perfect tools to sit, stand and move to help stay healthy and productive throughout the day.



# INTRODUCTION

Focussing on better working conditions to improve physical health and mental well-being has never been more important. And as no one person is the same, the 'ideal' workplace must be designed to adapt to individual needs.

Whether employees are working in the office, at home, travelling, or a combination of all three, creating an ergonomic workspace is essential for both personal and organisational success.

Leitz and the Institute for Health and Ergonomics are working together to provide products that can help businesses with the changing demands of healthy working environments. The focus is on adapting to these new ways of working and providing solutions that can be used by anyone, anywhere.

These award-winning products combine design and functionality and have been certified for their ergonomic quality. Creating the "ideal workplace" is a step closer.



**Ralf Eisele**

Head of Health Marketing  
Institute for Health and Ergonomics GmbH



**Many Leitz Ergo products have received the prestigious German Design Award in 2022, 2024 and 2025**, which recognises outstanding product design, adapting to the challenges of today and future thinking.

**WORK SHOULD NOT HURT**  
**FEEL GOOD WITH LEITZ ERGO**



**SIT - STAND - MOVE.**

The first steps towards a healthy and productive working environment is to create a workspace that is comfortable and keeps us active. Sitting for prolonged periods of time can have a detrimental effect on health so a workstation must ensure posture is correct while providing the ideal mix of sitting, standing and moving.

Stylish, certified ergonomic tools are easy to use and support health, successful performance and employee satisfaction.

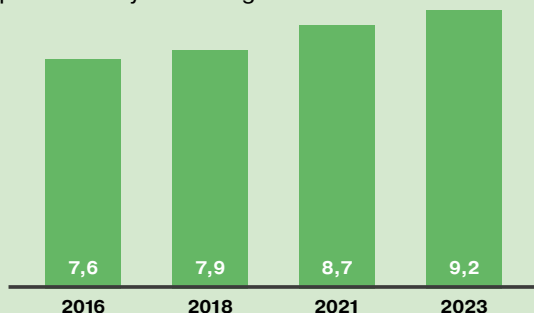
FEEL GOOD with LEITZ Ergo.



Create a personalised, ergonomic workspace that keeps you moving to help overall health and improve mental well-being

**Sitting times**

Hours per weekday on average



Source: DKV Report 2023

According to a recent report from health insurer DKV, sitting time continues to increase. In the last seven years, the average sitting time on workdays for every German has risen and is now an average of 9.2 hours a day.

Less than 4 in 10 of those surveyed achieve the combined exercise recommendations and muscle activity, and the physical and psychological well-being results are worrying. Studies show that sitting for long periods increases the risk of numerous diseases such as type 2 Diabetes and cardiovascular disease. In the short term, it can also cause chronic back pain, repetitive strain injuries and head and neck pain.



## ACTIVE WORKSPACES for every office

Imagine an office that not only looks great but is also ergonomic and efficient.

An office where every desk can be personalised to help employees perform at their best, work comfortably to reduce aches and pains, and stay active throughout the working day.



### Improve well-being: improve the office experience

Getting people to re-engage with working in a traditional office is one of the greatest challenges facing companies. With shared desks and hot-desking still very commonplace, ensuring everyone can work comfortably and efficiently on their chosen office days is essential. Making sure your hybrid workers have access to a flexible workstation that can be easily personalised will create a positive and healthy environment where employees will choose to be.



## FITS YOU - FITS ANYWHERE

Leitz Ergo Compact Workstations will maximise space and provide everything needed for a comfortable and organised workspace in the office or at home.

A flexible solution where the entire workstation can be fully personalised by the user, selecting products based on individual needs to build the perfect workspace. And more importantly, reduce aches and pains.



1. Leitz Ergo Compact Workstation Pro  
- Monitor and Laptop



2. Leitz Ergo Compact Workstation Pro  
- Laptop



3. Leitz Ergo Compact Workstation Pro  
- Work Anywhere

**Our space-saving electric or pneumatic sit-stand desks feature a compact 80 x 60 cm desktop and are perfect for flexible use in smaller spaces.**



# ESSENTIAL EQUIPMENT

## for a personalised ergonomic and active workspace

Select the product combination that works best for the space available, hardware being used and encourages movement.

### 1. CHOOSE A DESK

Maximise the space, however small, with compact 80x60cm workstations for productivity, comfort and organisation.

### 2. POSITION SCREENS










Improve posture and reduce aches and pains by using laptop and monitor stands and arms to ensure screens are at the correct height.

### 3. SELECT SEATING

Stay active and boost energy by replacing the office chair with a sitting or standing stool or sitting ball to keep moving.

### 4. FEEL GOOD ACCESSORIES

Add comfort, reduce clutter and co-ordinate the workstation with matching wrist rests, foot rests, desk organisers and seat cushions.

	Maximises Space	Improves Posture	Reduces Aches & Pains	Boosts Energy	Stay Active	Reduces Clutter	Ultimate Comfort
	✓	✓	✓	✓	✓	✓	✓
	✓	✓	✓	✓	✓		✓
	✓	✓	✓			✓	✓
	✓	✓	✓			✓	✓
	✓	✓	✓			✓	
		✓	✓	✓	✓		✓
			✓				✓
		✓	✓	✓	✓		✓
	✓	✓	✓				✓



## Maximises Space



### DESKS

Leitz Ergo Sit-Stand Desks have a compact work surface and are ideal for temporary workspaces and flexible working.

## Stay Active



### STOOLS

Move between sitting and standing while you work, encouraging muscle movement, improving posture and increasing energy levels.

## Reduce Clutter



### ORGANISERS

Pegboard Desk Organisers keep all your essentials organised, easy to find and free up valuable desk space.

## Improves Posture



### LAPTOP STANDS & MONITOR ARMS

Raise screens to the perfect height to support neck and shoulder comfort.

## Ultimate Comfort



### WRIST REST & MOUSE MAT

Improve wrist alignment and reduce the risk of repetitive strain injuries.

## Boosts Energy



### STANDING MAT

Promotes healthy posture, improves circulation and provides strong sole support resulting in reduced fatigue, leg and foot pain.

## FLEXIBLE WORKSPACES for every office

In a world where we can work flexibly from multiple locations, it is inevitable that workspaces will need to be shared.

Providing products that are compact, can be easily adjusted and moved around allows every employee to create their own workstation on any desk.



**SIT-STAND DESK**



**SIT-STAND DESK CONVERTER**



**FOLDABLE LAPTOP STAND**



**ERGONOMIC CHAIR**



**HOT DESKING WORK BAG**



**ADJUSTABLE MOUSE MAT WITH WRIST REST**

### DO'S ✓

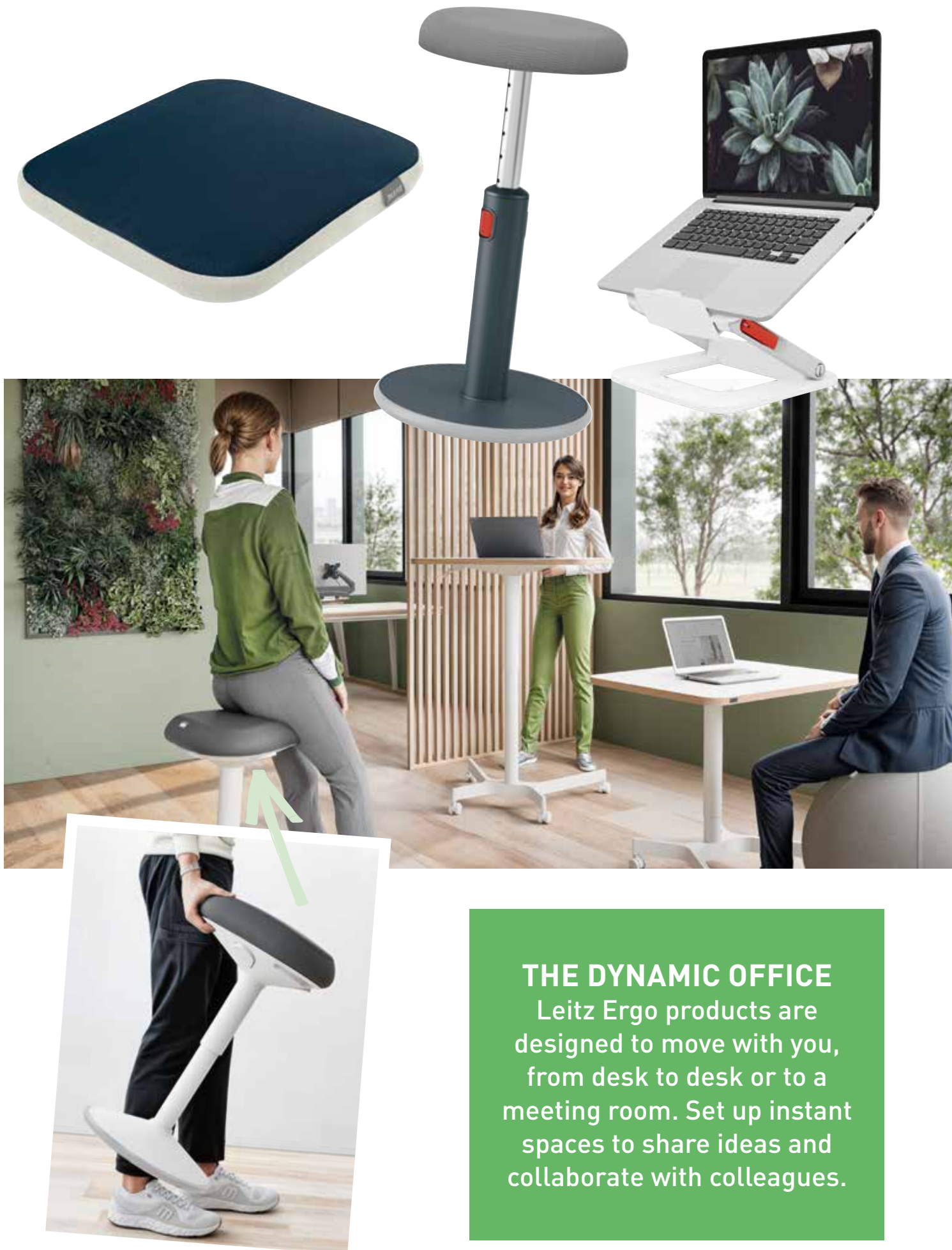
- Height adjustable desk
- Raise monitors and laptops
- Sit-stand stools
- Seat cushions
- Wrist and foot rests
- Desk organisation

### DON'TS ✗

- Fixed chair
- Fixed desk height
- Fixed monitor height

When employees are sharing office chairs, it is important to ensure clear instructions are available for making adjustments and ensuring the best seating position. Each chair should be clearly identified with a visible sticker naming the brand and model number. The user can then easily find operating instructions on the internet or in a user manual.





## THE DYNAMIC OFFICE

Leitz Ergo products are designed to move with you, from desk to desk or to a meeting room. Set up instant spaces to share ideas and collaborate with colleagues.



# HEALTHY WORKSPACES

## = Less sick days

**DID YOU KNOW**  
that one sick day can cost  
between €500 - €1000

Inferior workplace equipment and desks that have not been set up correctly or ergonomically can result in higher levels of absenteeism and long-term sickness. Ensuring your office has the correct equipment will help prevent injuries and chronic illness caused by incorrect seating positions, reduced activity and repetitive movements.

There are also legal regulations in place to protect the health and safety of employees at work that must be considered.

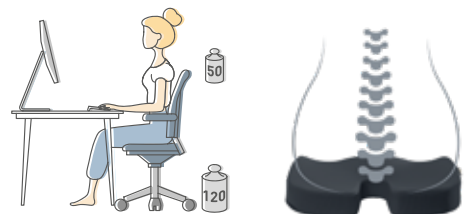


### CORRECTING BAD POSTURE



Most of the working day can be spent seated, which causes aches and pains in the back, neck, legs and feet. However, by ensuring the chair and desk are set up correctly and using ergonomic equipment such as laptop stands and seat cushions, this risk can be significantly reduced.

### Perfect seating position



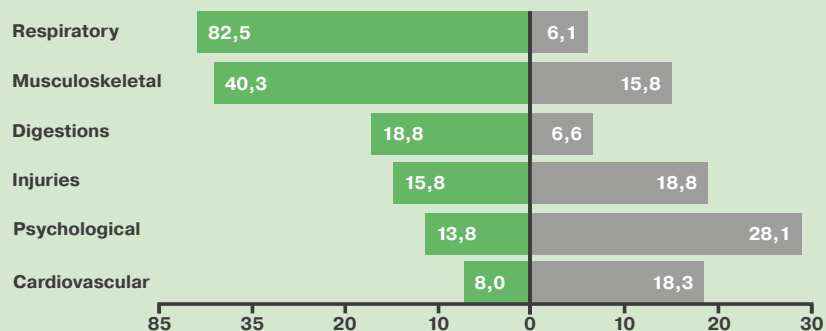
- Knees and elbows are angled at 90 degrees
- Feet are flat on the floor or on a footrest
- Back has full contact with the backrest

### Main reasons for absenteeism

Absenteeism due to musculoskeletal disorders is increasing. In 2023, there were 40.3 cases per 100 health insurance members, up from 37.4 in 2022 and 34.5 in 2021. On average, individuals took 15.8 sick days for musculoskeletal issues. Improving workplace ergonomics can help mitigate this trend.

### Cases per 100 health insurance members

### Days per case



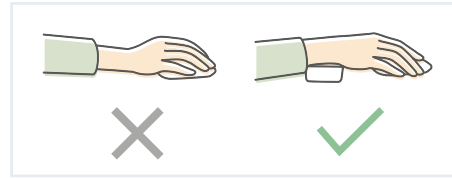
### Absenteeism Report 2023

Source: Wissenschaftliches Institut der AOK (WiDO)

**AVOID REPETITIVE STRAIN INJURY** ✓

Wrist rests and mouse mats are designed to provide maximum comfort while sitting or standing and ensure proper wrist alignment to reduce the risk of repetitive strain injuries.

The Leitz Ergo Adjustable Wrist Rest and Mouse Mat with Adjustable Wrist Rest have 2 height settings and foam cushioned padding for a comfortable and active working set-up.

**STRAINED NATIONAL ECONOMY**

In 2021, the average work absence rates were 17 days per employee, which resulted in a total of 697,9 million days off work. Based on this volume of incapacity to work, the BAuA estimates economic losses of 89 billion euros or a gross value loss totalling 153 billion euros.



**IN EU LAW, 'THE FRAMEWORK DIRECTIVE (89/391/EEC)' IMPOSES A DUTY OF CARE ON EMPLOYERS, OBLIGATING THEM TO TAKE NECESSARY MEASURES TO ENSURE EMPLOYEE SAFETY, WHICH INCLUDES ERGONOMIC CONSIDERATIONS.**

**LEGAL REGULATIONS AT WORK** ✓

The provisions of Directive 89/391/EEC is a European Union directive for all EU members with the objective of introducing measures that encourage improvements in the health and safety of employees at work. It is described as a "Framework Directive" for occupational safety and health (OSH) by the European Agency for Safety and Health at Work. The implementation is country-specific and translated into concrete instructions for action in the national occupational health and safety regulations. To err on the side of caution, it is important to comply with the minimum requirement of these regulations.

## HEALTHY WORKSPACES to stay comfortable and active

Workstations that allow us to sit-stand-move not only increase comfort but also maximise productivity and efficiency during the working day.

Enable employees to create inviting and flexible workspaces that provide maximum comfort while keeping everyone moving.



**Exercise balls are the ideal solution to get people moving and can be used in addition to an office chair.**

They are ideal to encourage back and core muscle movement. The clever safety stopper function prevents the ball from rolling away when standing up and secure for storage.



**SITTING IS UNAVOIDABLE:**  
The average office worker spends 80,000 hours sitting during their working life.

Leitz Ergo Active Stools with Comfort Seat feature a unique Dual Density Foam (DDF) seat with firm ergonomic support core. Available in both a sitting and standing version, they have been designed to encourage users to sit more upright and provide a comfortable seating experience.



Add a Leitz Ergo Wobble Cushion or Cosy Seat Cushion to existing chairs to provide full back support and encourage movement.



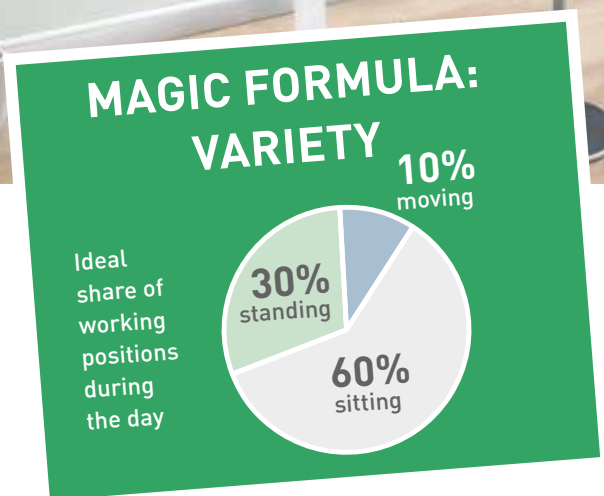
Similar to a saddle stool, the triangular shape distributes weight evenly across the pelvis and is surrounded by soft foam cushioning to reduce pressure on the thighs and legs.



## SIT - STAND - MOVE

The Leitz Ergo Sit Stand Active Stool allows the flexibility to move between sitting and standing, encouraging muscle movement, improving posture and increasing energy levels.

The standing desk mat helps to create a comfortable and active workspace. Designed to promote a healthy posture, improve circulation and provide strong sole support.



The Leitz Ergo Adjustable Foot Rest is designed to keep feet and legs at the ideal height and can be used as an ankle rocker to keep legs moving even while sitting.



The space saving Leitz Ergo Desk Converter instantly transforms any table or desk into a sit-stand workstation to encourage movement and burn extra calories while working.

Use a Leitz Ergo Adjustable Laptop Stand to raise the screen to a perfect height when sitting or standing.



## FEEL GOOD

### Top 10 tips to improve well-being

Every company strives to provide a healthy and positive workplace to ensure employees make the most of their working day.

These simple tips can be shared with the office and will make a big difference to both physical and mental well-being. Keep everyone motivated, productive and, most importantly, feeling good.

#### TOP 10 TIPS

1. Create your workspace: Select your workstation and adjust your desk, seat and laptop or monitor stand to a comfortable height.
2. Ergonomic products are essential: They help promote comfort, productivity and overall well-being.
3. Take regular breaks: Schedule short breaks throughout the day to stretch your muscles and clear your mind.
4. Stay active: Take short walks and do stretching exercises during breaks.
5. Eat nutritious meals: Plan and prepare healthy meals and snacks in advance.





6. Stay hydrated: Keep a water bottle nearby and drink plenty of water throughout the day.
7. Prioritise sleep: Aim for 7-9 hours of quality sleep each night. Establish a relaxing bedtime routine, limit screen time before bed and create a comfortable sleep environment.
8. Manage stress: Practise stress-reduction techniques such as deep breathing, meditation, yoga or journaling.
9. Stay connected: Maintain regular break-out sessions and meetings with colleagues
10. Set boundaries: Clearly communicate your availability and workload to your colleagues to prevent stress and burnout.



**FOR BODY AND SOUL:**  
take time for yourself  
and do what makes you  
feel good. Meditation and  
relaxation exercises help  
to reduce stress.

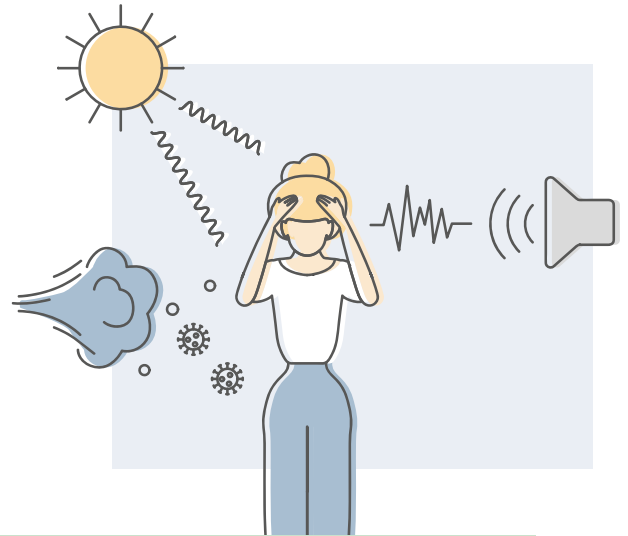


# HEALTHY OFFICE ENVIRONMENT

## Lights, climate, acoustics

### Acoustics

Studies have shown that unwanted sound or 'noise' is a common complaint amongst workers, and this is often not considered in the design of an office. With open plan spaces on the increase, there are some simple measures that can be taken to reduce the impact of noise and improve employee well-being.



- ✓ Sound absorbing plants and accessories
- ✓ Dedicated 'quiet' areas
- ✓ Careful arrangement of teams to match daily activity
- ✓ Separate rooms for noisy machines e.g. shredders, copiers
- ✓ Designated lunch areas
- ✓ Playing ambient noise
- ✓ Use partitions



The influence of acoustics, light and climate on our work environment is particularly important as we experience longer working hours and higher, more intense workloads.

## Light

Working in an office that has poor lighting can have a negative effect on health, productivity and morale. Correct lighting is not only important for preventing eye strain and migraines but can also be used to elevate the office experience, promoting well-being and enhancing overall business performance.

The right mix of natural and artificial light will help improve focus, concentration and engagement. Using different colours can have a positive effect on mood and creates zones within the office for reflection, creativity or simply having some fun. The light intensity and warmth should also be adjusted depending on the area, time of day or the job at hand.

### Effects of changing lighting colour in the office

- Relaxed
- Calm
- Productive
- Happy



## Climate

The office climate has a strong influence on the health and wellbeing of employees. A pleasant and comfortable working environment can be achieved when the air temperature, air flow and humidity in the room are at optimal levels. The perception of comfort can vary from person to person and is mainly dependent on the level of activity, clothing, length of stay, seasonal fluctuations and personal preference.

There are many ways to ensure a healthy climate in the office. Monitoring humidity, using natural ventilation or air purification all help regulate and maintain a consistent indoor climate. Consideration of the office layout to allow proper air flow and avoiding blocking windows or vents will also be very beneficial.

# HEALTHY HOME OFFICE

## Supporting hybrid and remote workers

Almost five years have passed since the first “work from home” mandate was introduced – and many people’s working lives have never been the same since. Some employees have never returned to a physical office, while others are still adjusting to hybrid working. Providing support for hybrid and remote workers is just as important as office-based workers, with many of the same challenges

**IN THE COURSE OF A YEAR, 60% OF WORKERS WERE REPORTED TO SUFFER FROM SOME MUSCULOSKELETAL DISORDERS.**



**41%**  
Suffered pain in neck, shoulders, and upper limbs

**43%**  
Suffered back pain

The physical well-being of those working from home is suffering and there has been a significant rise in back pain, neck pain and other musculoskeletal disorders. Providing information and guidance on best practices for setting up a home office will allow everyone to stay healthy and active in the office and at home.

### Sit or Stand



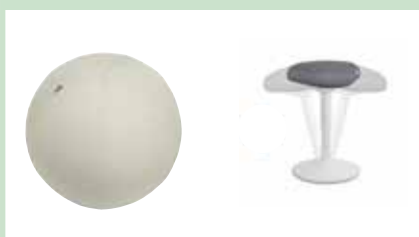
### Organise



### Create a dedicated, ergonomic workspace at home



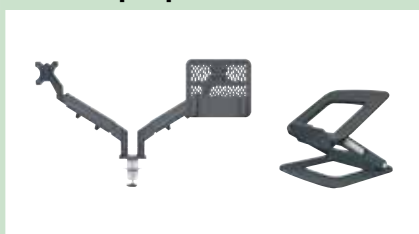
### Sit



### Stand



### Laptop or Monitor



### Added comfort





## LEGAL REGULATIONS @ HOME ✓

As with office workers, the occupational safety and health (OSH) "Framework Directive" from the European Agency for Safety and Health at Work applies to those working from home. Businesses have a responsibility to improve the health and safety of all employees and should consider providing ergonomic equipment and guidelines on setting up a home office.



## LEITZ ERGO PRODUCT OVERVIEW



1), 4), 6)

Small Sit Standing Desk

■ **51414AC**



1)

Small Pegboard Organiser

■ **51421AC**



1)

Pegboard Organiser with  
Laptop Holder

■ **51428AC**



2), 6)

Space Saving Monitor Arm

■ **21811AC** Single Monitor 4)

■ **21818AC** Dual Monitor 4)

■ **21825AC** Dual Monitor & Laptop



1), 4)

Ultra Flat Adjustable Laptop  
Stand

■ **52163AC**



2), 4)

Multi-Angle Laptop Stand

□ **15889AC**

■ **62383AC**



1), 4)

Laptop Stand

■ **55745AC**

■ **55752AC**

■ **55759AC**



3), 4), 6)

Standing Desk Converter  
with Sliding Tray

■ **56158AC**



3), 4), 6)

Standing Desk Converter

■ **56620AC**



2)

Adjustable Monitor Stand

■ **21797AC**

■ **21804AC**



Monitor Stand

□ **15896AC**



Adjustable Keyboard  
Wrist Rest

■ **55773AC** 3), 4)

■ **21853AC** 2), 4)



3), 4)

Adjustable Mouse  
Wrist Rest

■ **55766AC**



2)

Mouse Pad with Adjustable  
Wrist Rest

■ **21839AC**

■ **21846AC**



1), 5), 6)

Sitting Stool

■ **51435AC**

■ **51442AC**



1), 5), 6)

Standing Stool

■ **51449AC**

■ **51456AC**



3), 4), 6)

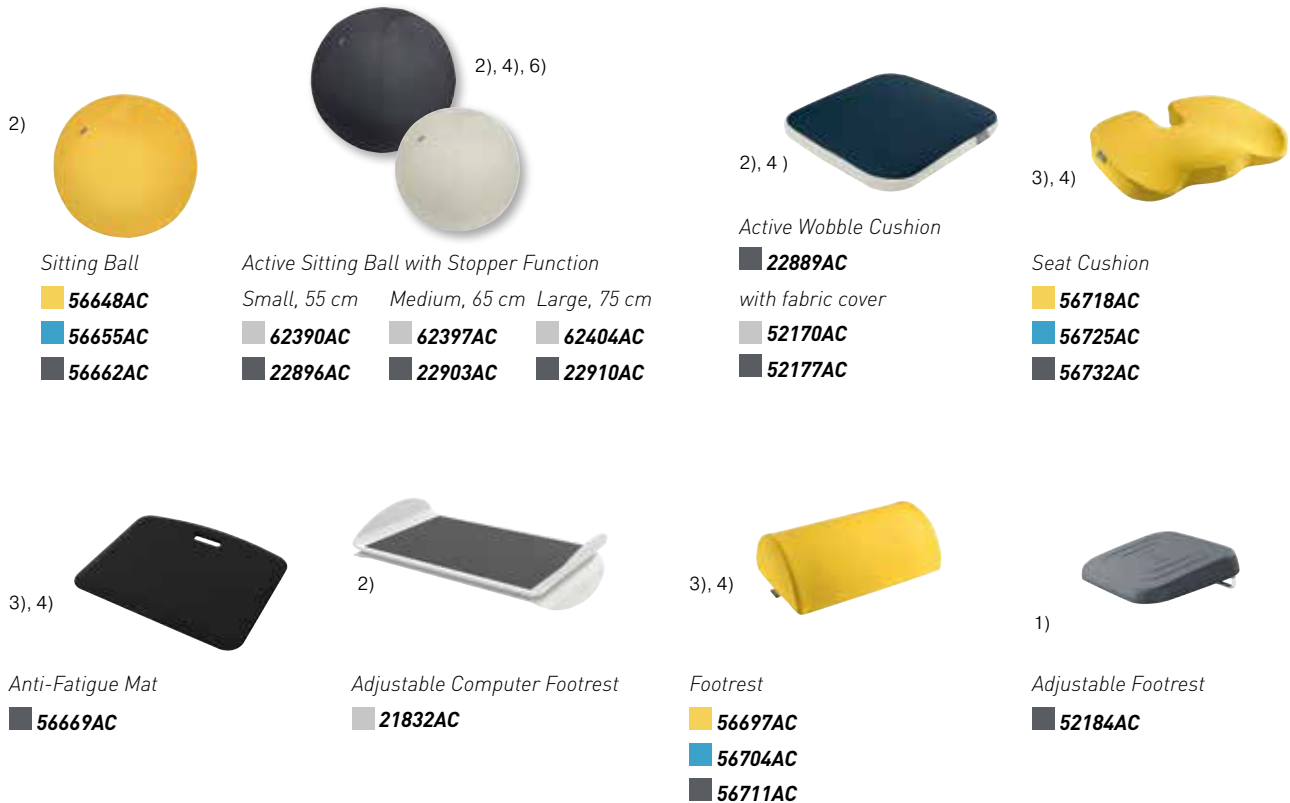
Active Sit Stand Stool

■ **56627AC**

■ **56634AC**

■ **56641AC**

## LEITZ ERGO PRODUCT OVERVIEW



## ACCESSORIES





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# #WorkLeitzBalance

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The art of balancing all aspects of a multifaceted work life without compromising on design, quality, reliability or sustainability. A state achieved with the help of world class German engineered products. Alles im Griff since 1871.



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