

...are you sitting comfortably?

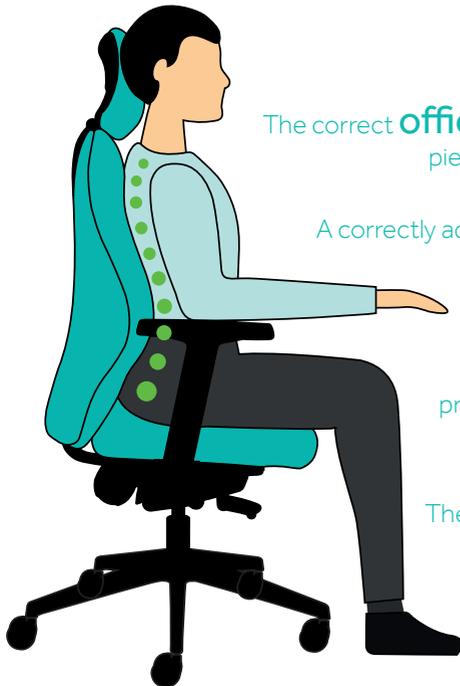
75% of the UK working population are chair bound for more than 6 hours per day.

Back pain is the second most common cause of absence from work in Great Britain.

Every year **4 million** working days are lost as a result of back pain.

On average an employee with back pain takes **17 days** off to recover from an episode.

Estimates show that for each person off sick with back pain, another **13** will suffer in silence.



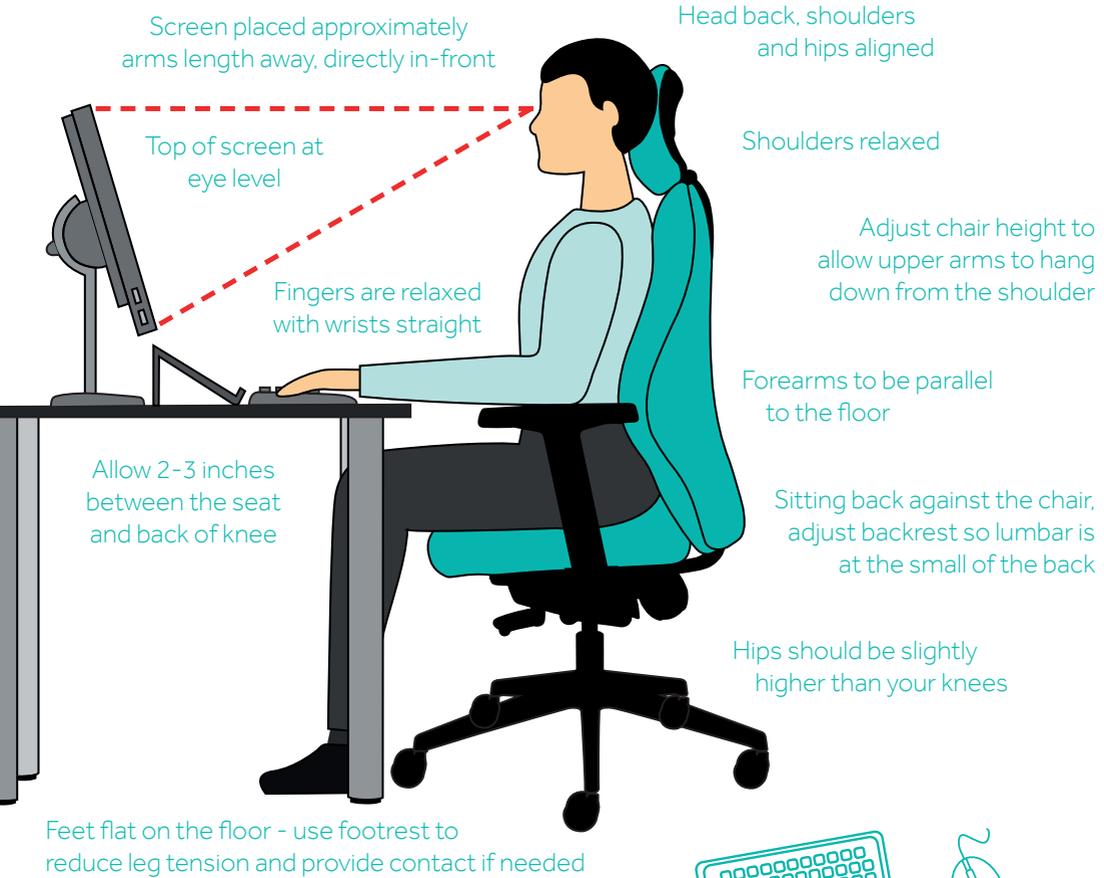
The correct **office chair** is the most important piece of equipment in many workplaces.

A correctly adjusted chair will **reduce** the strain on your back.

Ergonomic chair features provide the very best in **posture support** and are widely recommended by health care professionals for their benefits with wide range of **musculoskeletal** and back related issues.

The correct chair can not only reduce potential damage, but when coupled with specific training, research found that worker **productivity** could be increased as much as **17.5%**

How to set up an Ergonomic Workstation...



Keep moving!
Take frequent breaks to stretch, change posture and walk around.



Keyboard surface should be flat with the mouse next to the keyboard