

Move

Why sit-stand desks increase work performance

LINAK.COM/DESKLINE

LINAK®

WE IMPROVE YOUR LIFE


IDEAT

Improve work performance with your office design

Today's office environments demand flexible and ergonomic solutions that support both general and individual needs. As offices get smarter and more digital, they also become more comfortable. But does this lead to greater movement?

Humans were built to move, yet the typical office worker spends most of their day sitting at his or her desk. While physical inactivity is a health risk for the individual, employers have also become increasingly aware of the negative effects on work efficiency and absenteeism among employees.

Sit-stand desks can reduce sedentary behaviour significantly, decrease the risk of lifestyle related diseases and increase employee well-being.

This brochure offers insight about how sit-stand desks add value to the modern office environment, why they are an attractive investment and create ROI for employers and why it is so important for us to stay physically active throughout our day.

Stand up and enjoy the reading.

The office environment is changing

Office environments are changing. Today, flexibility is key. As our work becomes more digitalised, our working day becomes smarter and more efficient. Employees work from the office - or from home, desks are shared to save office space, open-space offices support collaboration and silent areas offer spaces for more focused work. Well-designed offices support employee satisfaction and create engagement.

- Printing everything
- Going to the office every morning
- Staying in the same job for years
- “Owning” a desk



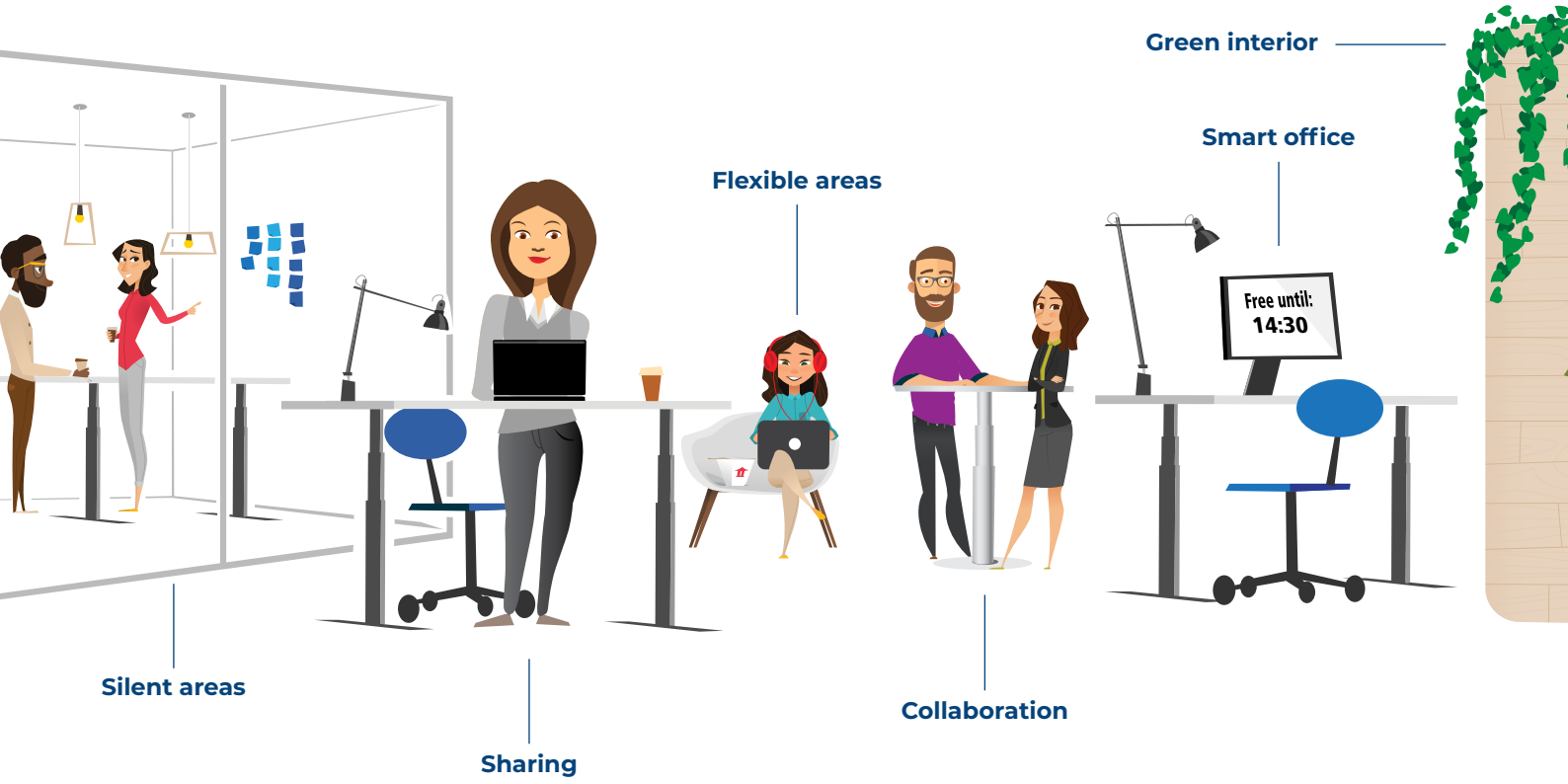
- Less paper – no archives at your desk
- Working from home
- Switching jobs every 5 years
- Sharing a desk with various colleagues



Office trends

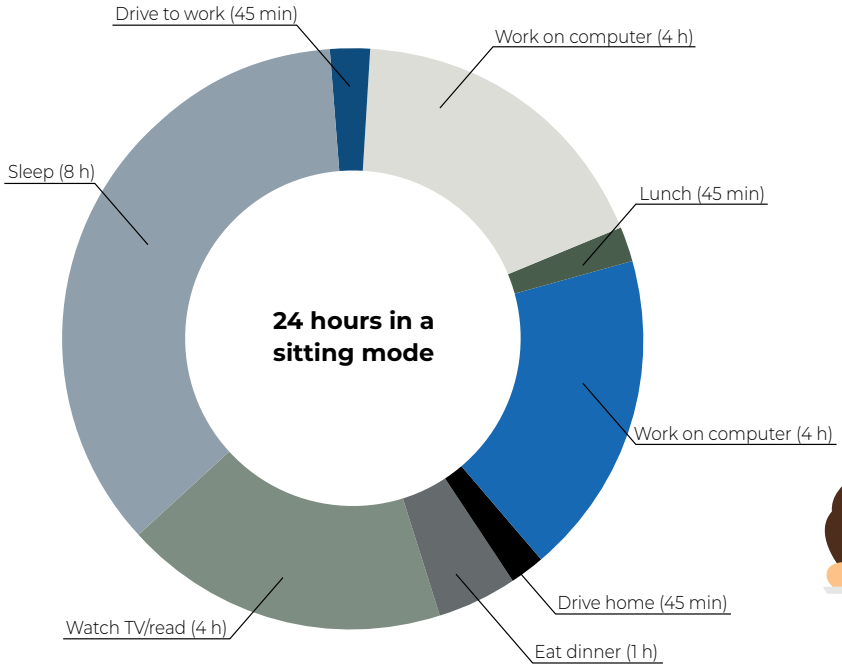
Interior design is gaining focus in the office environment. From collaborative spaces to silent areas - a well-designed environment supports brand commitment, allows for individual needs and stimulates efficiency.

Below are some ideas on how you can create an activity-based working space (ABW), which is all about the presence of design, the sensory experience, behavioural reinforcement and interactive learning.



No movement for office workers?

For the average person sleeping eight hours a day, the remaining 16 hours are typically spent on domestic and workrelated actions. This example of an office worker's day flow shows how little time there is typically allocated for physical movement. Even if 30 minutes physical exercise were added to the daily routine, this person would still be overall inactive, making him/her an "active couch potato" rather than an active person.



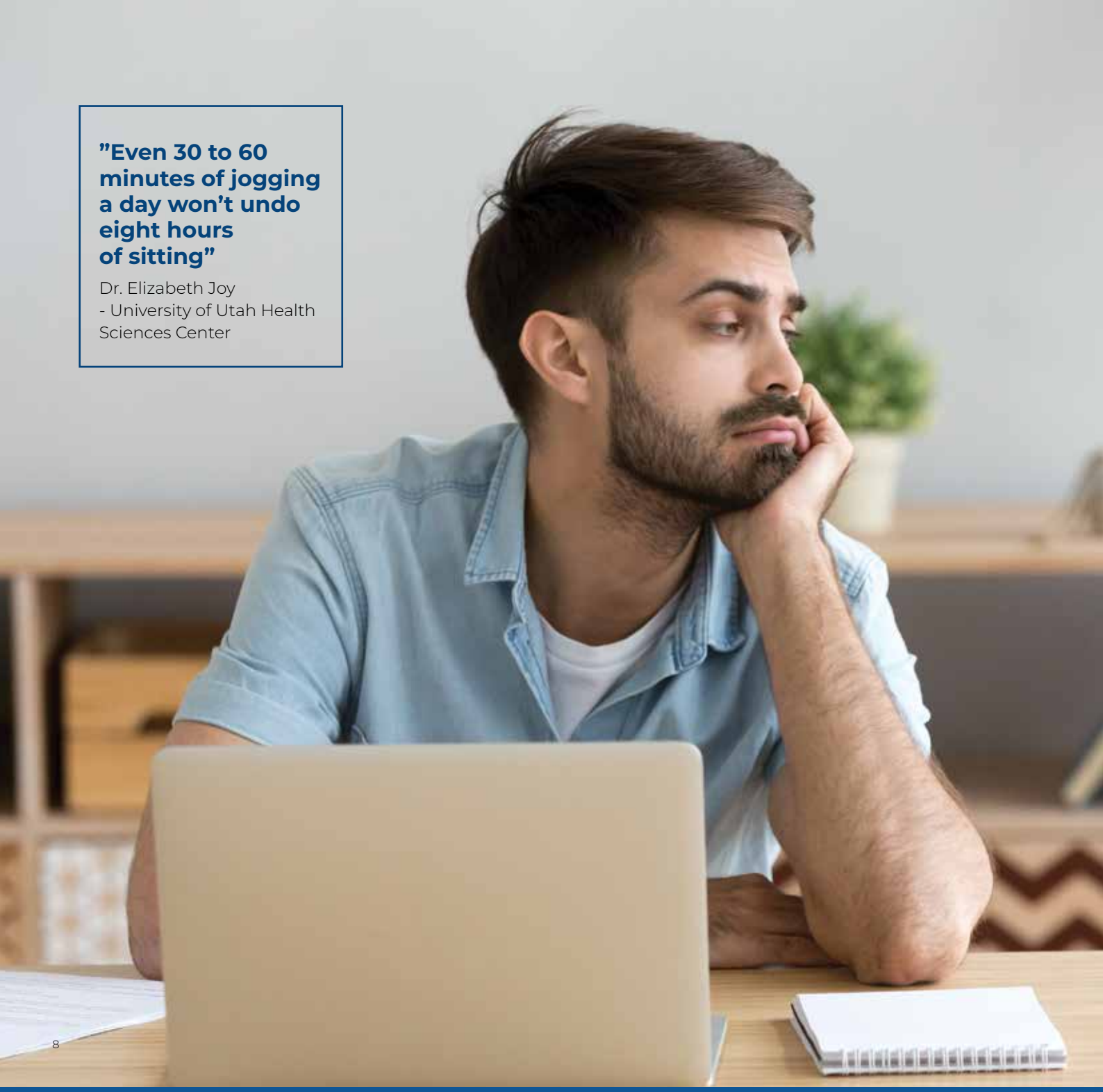


This figure illustrates the daily routine of an average office worker, highlighting how little physical activity is obtained throughout the day.

Consequences of inactivity

- **30 %** of ischaemic **heart diseases** are caused by physical inactivity
- **27 %** of **diabetes** cases are caused by physical inactivity
- **21 %** of **breast cancer** are caused by physical inactivity
- **25 %** of **colon cancer burden** are caused by physical inactivity
- Physical inactivity is the **4th** leading risk factor for global **mortality**
- **80 %** will experience **back pain** at some point in their lives – while 80% of all back pain is **preventable**, the best well-known preventive and therapeutic solution for back pain caused by sedentary behaviour is **physical activity**





”Even 30 to 60 minutes of jogging a day won’t undo eight hours of sitting”

Dr. Elizabeth Joy
- University of Utah Health Sciences Center

Sick days - a costly affair

Physical inactive behaviour affects the individual office worker - and it hurts the bottom line of employers.

The human factor is a costly affair as UK statistics show.

An average firm of 250 employees looses

£4,800 per week



Due to sickness absence

8,200,000

work days per year are lost in the UK

due to mental health and stressrelated problems



270,000

employees take time off work

in the UK for stress-related disorders



Absenteeism in the workplace can fall by as much as 42%



through wellness programs at work. Height-adjustable desks are a natural part of this.

4,900,000

days in the UK are lost to employee absenteeism through work-related back pain at a cost **£5,000,000,000,000 p.a.**



Employer benefits

There are many benefits of using sit-stand desks for employers and their employees.

- Reduce sick days
- Increase productivity
- Improve quality and efficiency of work
- Increase collaboration among groups of employees
- Improve focus and reduce stress



**How do sit-stand desks create value for both employers and their employees?
Watch the series.**

Introducing sit-stand desks

- improved well-being and less sick days

A study of a global company of some 6,000 staff, offered all employees sit-stand desks. After just three months, **65 %** reported that their well-being had improved by using the adjustable office desk. After six years, the number had risen to **70 %**. In the same period the organisation noticed a **significant decrease in the number of sick days.**



Return on investment
According to James Levine, Director of Obesity Solutions for the Mayo Clinic and the Arizona State University, the ROI is typically between
3 - 7 US-dollars for 1 dollar invested
in workplace interventions, helping people be more active on the job.

Every movement counts

Several studies show that breaking up sedentary time will help minimise its negative health effects. Sit-stand desks bring movement to the office. It's all about movement, so for every 30 minutes, stand for eight minutes and move/stretch for two minutes.

For 7.5 hours day gives a total of:

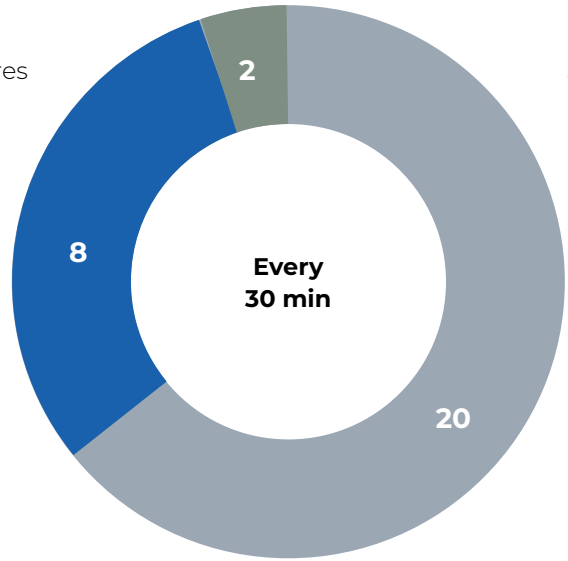
- **5 hours/sitting**
- **2 hours of standing**
- **0.5 hours of moving**
- **16 sit-to-stand transitions**

Move and gently stretch



Stand in neutral postures





Sit in neutral postures

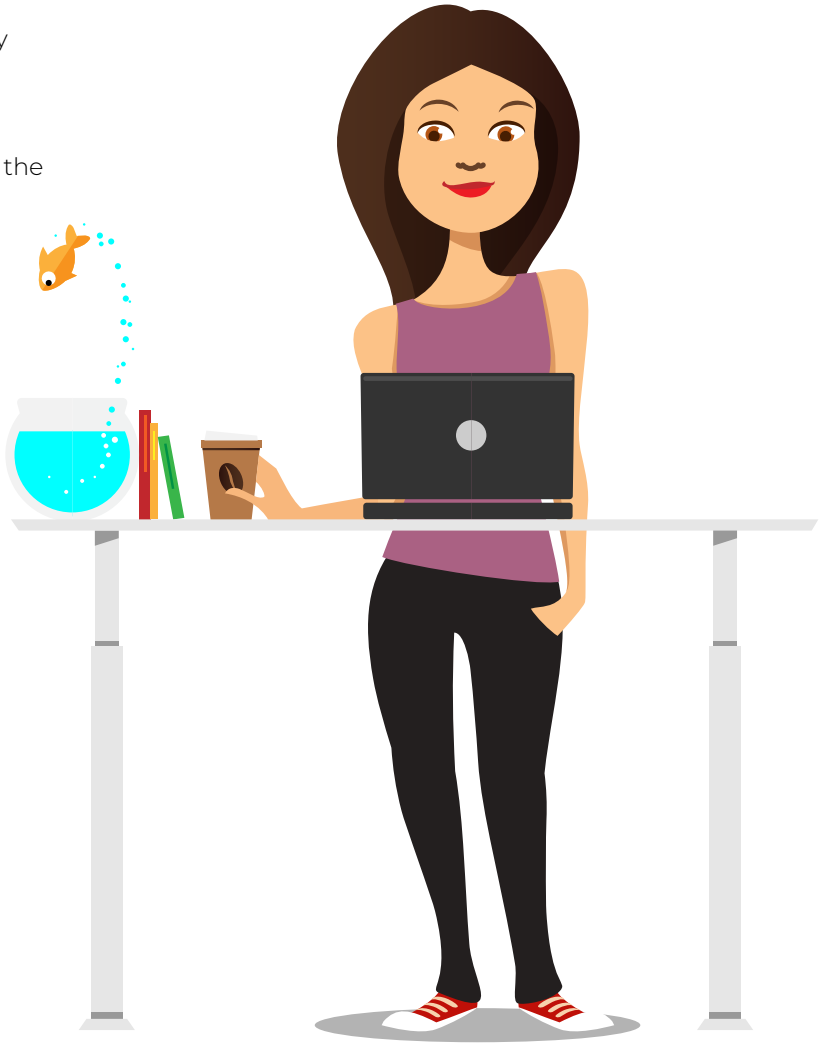


Sitting
Standing
Stretching

Sit-stand desks improve productivity

Users of sit-stand workstations claim to be more alert, task-driven and positive

- Research shows a direct link between healthy employees and improved performance
- Meetings are kept short and efficient
- Better postures reduce the risk of back pain
- Movement boosts energy levels, especially in the afternoons



Case study: Reminders work

The German 'Institut für Gesundheit und Ergonomie' (IGR) conducted a case study of 40 employees. The study found that desk-integrated reminder tools by LINAK could motivate office workers to use their sit-stand desk more.

End-users are motivated to stand more when using LINAK reminder tools.
74 % increased their sit-stand use
78 % rated their desk usability as good



Scan to watch the video about the case study on reminders

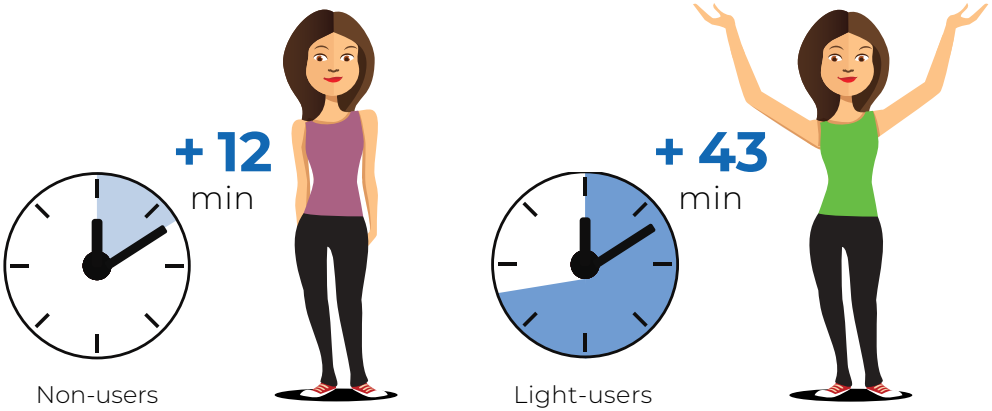
How to get motivated to stand up?

Despite good intentions, we forget to move during the day. Some of us are not even aware of what prolonged sitting does to our body. Reminders help us stay motivated to move throughout the day.

Reminders work
An independent study founded by LINAK®, tested if reminders would help motivate the average office worker to remove of his or her sit-stand desks more.

The study found that:

- Non-users increased their standing time by +12 minutes per day
- Light users increased their standing time by +43 minutes per day



Learn more about how and why reminders motivate office workers to stand up.



Desks designed to shape behaviour

Despite the best intentions, many office workers simply forget to use their sit-stand desk during their office day. It is a question of forming a new healthy habit. To help users to get the most out of their sit-stand desk, LINAK® puts a special focus on designing user-friendly and motivating desk panels.

The Desk Panel DPG series was designed for intuitive handling without the use of buttons. Advanced models include motivating reminder functions via an integrated LED diode / light strip, a memory position function for the user's favourite desk heights, and app connectivity via integrated Bluetooth® wireless technology.



reddot design award
winner 2018

For its intuitive design, the LINAK® Desk Panel DPG1C received the prestigious Red Dot Design Award 2018.

Connect the DPG to the Desk Control App
By downloading the LINAK® Desk Control™ App, desk users come one step closer to changing their prolonged and often unhealthy sitting behaviour. The app is developed for users of electric sit-stand desks, equipped with either of the LINAK® DPG Desk Panels: DPG1M, DPG1B, or DPG1C.

GET IT ON Google Play | Download on the App Store | Get it from Microsoft

Once the app is installed, friendly reminders will help the user to change position frequently, while on-the-fly statistics show daily achievements.

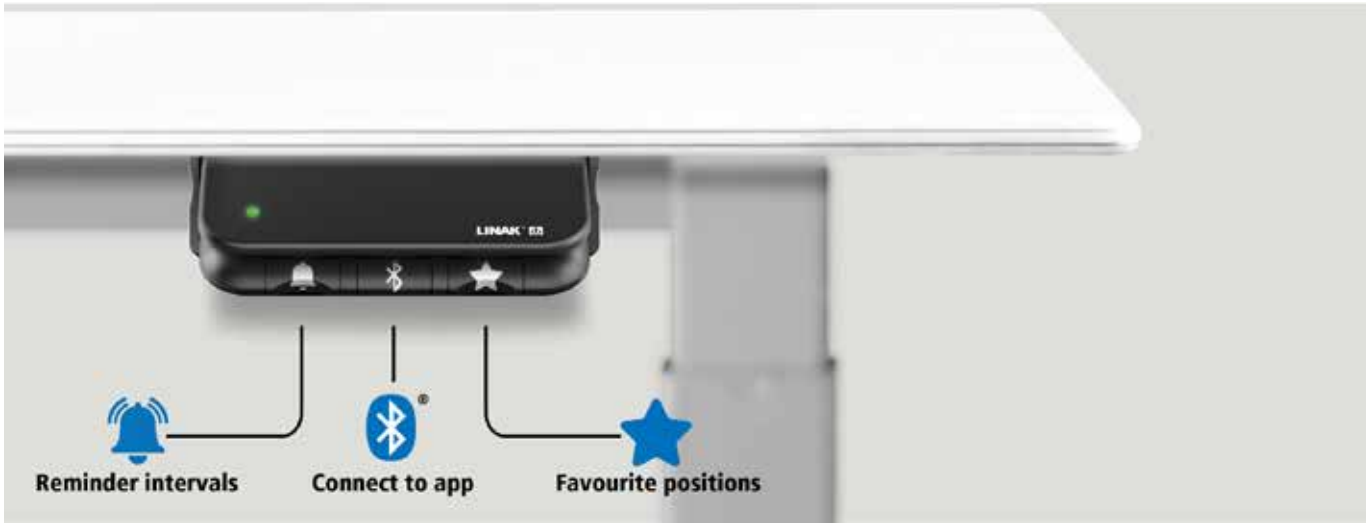
The free LINAK® Desk Control App comes in different versions for different platforms:

- **iOS for iPhones and iPads**
- **Android for Android smartphones and tablets**
- **Windows 10 for PCs**

Stand-up guide for office workers

Learn how to use your electric sit-stand desk and explore the digital features it offers when equipped with one of the Desk Panel DPG models.

Easy to go end-user focus
All Desk Panel DPG models are equipped with a peel-off label promoting the LINAK.COM/deskstart website. It leads to a comprehensive user manual including instructional videos and offers other inspirirational content for an active office day.



Scan for more information

LINAK.COM/deskstart

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INNOVATION

Innovation is in our core. We take the lead and have the courage to make it real.

RESPONSIBILITY

We are responsible in what we do – towards customers, employees and t[a]vironment. Creating trust is a natural part of who we are.

LOCAL & GLOBAL

From global presence to local understanding. We believe in world-support and being close to our customers.

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