

Electric and Crank Adjustable Systems.

To sit or to stand.

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You choose.



 **VILDIKA**

## REASONS OF DISCOMFORT AT WORK

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### IN EUROPE\*

- Vision fatigue (20% feel it on a daily basis, 59% at least once a week);
- Back pain (12% feel it on a daily basis, 46 % at least once a week);
- Neck pain (11% feel it on a daily basis, 44 % at least once a week).

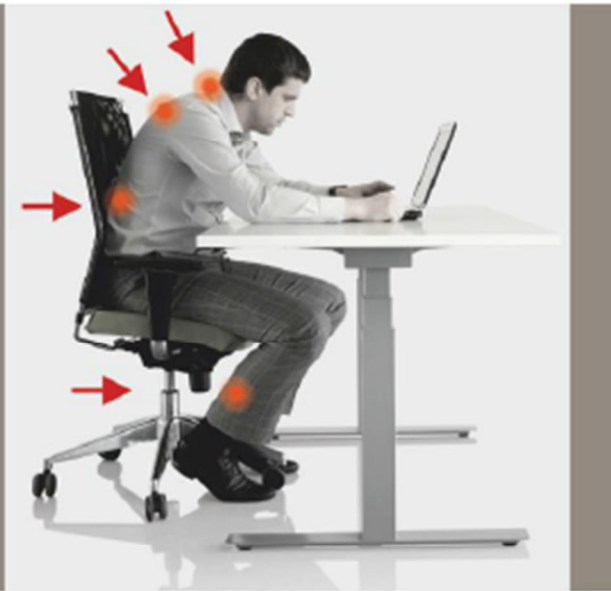
\*Source: Steelcase International European Work Survey, 2007.

### IN LITHUANIA\*

- Combined back, neck, neck pain (32% experience it at least once a week or more often);
- Vision fatigue (25% experience it at least once a week or more often);
- Back pain (24% experience it at least once a week or more often);
- Neck pain (5.6% experience it at least once a week or more often).

\* Source: VILMORUS representative survey of working and studying Lithuanian population, 2011.

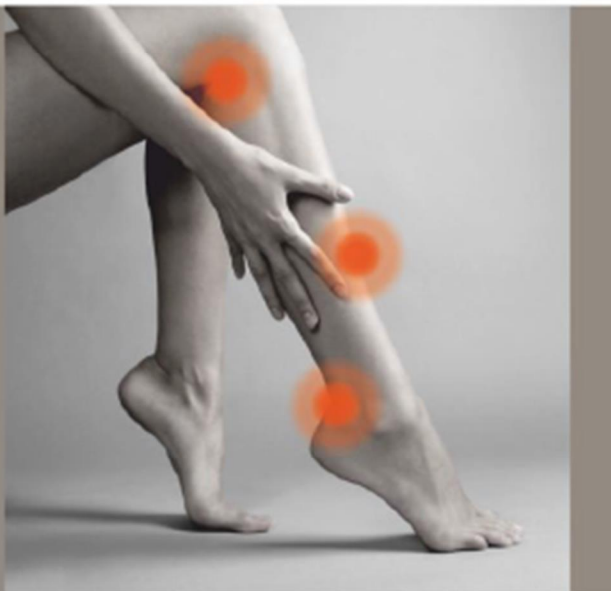
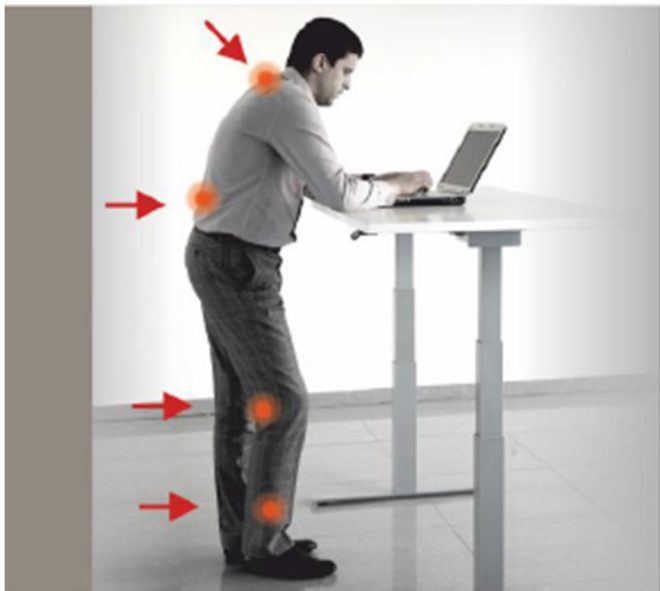




## EFFECTS OF SITTING WORK

Contrary to the predominant opinion, sitting, which the majority considers to be relaxing, is damaging to the back. Constant sitting increases the load on the spinal discs and causes:

- pain in the neck area,
- pain in the shoulder area,
- pain in the back,
- unpleasant sensations of the lower extremities,
- discomfort of the neck and shoulder area.



## CONSEQUENCES OF STANDING WORK

Standing work only is not an option either, because it causes:

- leg pain,
- leg swelling,
- varicose veins,
- static muscle fatigue
- painful waist,
- neck and shoulder fatigue.

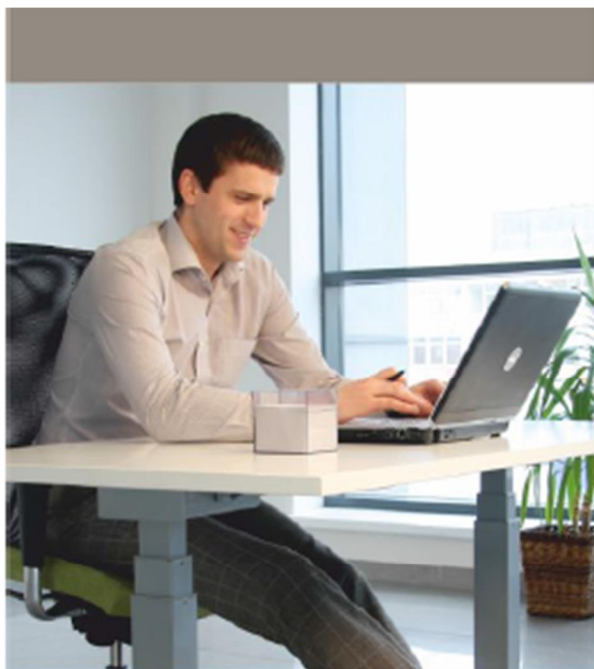


## BORN TO MOVE

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The term "correct posture" does not exist. "Correct" is just different. Static postures cause static muscle tension, which slows down the blood flow. As a result, the muscles get tired and we feel uncomfortable, which stimulates the need to move. The natural response to discomfort is an unconscious change of posture. However, it has little influence on the intensity of blood flow to the muscles. Static muscle tension is removed only when you move muscles. For example, switching between sitting and walking increases blood flow to tired muscles and "reboots" them.





## WORK HYGIENE PROFESSIONALS RECOMMEND

- 50% of time you should work sitting, 25% standing and 25% walking;
- Within an hour, the working posture should be changed from 2 to 4 times;
- Standing briefly, but more often is healthier than long but rare standing;
- Do not stand statically (motionless);
- The standing work phase should not last longer than 20 minutes.

## BENEFITS OF ADJUSTABLE HEIGHT WORKPLACES FOR PEOPLE

- Removed causes of discomfort;
- Increased job satisfaction;
- Improved concentration and focus on productivity;
- Improved team communication.

## BENEFITS OF ADJUSTABLE HEIGHT WORKPLACES FOR THE COMPANY

- Reduced number of sick days due to back pain;
- Encouraged employees;
- Encouraged employee loyalty to the company;
- Increased motivation to achieve goals;
- Improved company's personnel interaction,
- Improved company's image which is very important in choosing staff.

# Electric and Crank Adjustable Systems.

RECOMMENDED TABLE AND CHAIR HEIGHT  
IN RELATION TO BODY HEIGHT



Human height (cm)	Table height (cm)	Seat height (cm)
from 112 to 126	53	35
from 127 to 135	56	37
from 136 to 143	59	40
from 144 to 152	63	42
from 153 to 160	66	44
from 161 to 168	69	47
from 169 to 177	72	50
from 178 to 186	75	52
from 187 to 194	79	54
from 195 to 202	82	56