



## You work as you sit

The way a chair is designed means a lot to the performance at work. This, according to a study made at the Automobile Association call center in Newcastle, the UK. The results show that the employees were quicker in answering the phones and that they also felt a greater comfort in their work duties. The waiting time for incoming phone calls decreased by 58 percent and the sales factor for the group increased by 9,4 percent.

The study was made during nine months. There was a digital reader installed on the chairs. The reader registered how the employees moved in their chairs in the office of the company Automobile Association in the UK. The measurement was followed up by deep interviews with the office employees and was then compared to the company's statistics on incoming phone calls and sick leave.

- The results were very positive with lower sick leave than normal and greater performance than prior months. But we were most surprised by the fact that so many continued using the chairs' different settings also after the study was made, says John Kennedy, responsible for the project at The AA Newcastle.

- Another proof that the chairs are appreciated is the large amount of employees that wish to bring their chairs when they change department, John Kennedy continues.

A "black box" was assembled in the chairs that registered how the employees used the different levers that adjust the chair, e.g. the one changing the tilting function of the chair. When the chair is allowed to tilt it gives a mobile and upright posture that facilitates the breathing and the amount of oxygen increases in the blood, which leads to a greater operational capability.

The AA – Automobile Association Newcastle is a call center where the employees have a sitting work and they work in front of a computer and talk on the phone during more than 80 percent of the working hours. The phone calls can be logged, which makes it possible to measure productivity and efficiency. In this study, ergonomic chairs with the tilting function were used and the employees were taught how to use the chair's different ergonomic settings.

## Ergonomic awareness

A data log daily registered how the chairs were set; tilting or locked. The data from the log were registered during nine months, simultaneously to a compilation of information about the amount of sick leave, statistics for phone time, and also the answers from the personal deep interviews done with the 20 test people.

The reading of the data was done after three, four and nine months. At the first read off, the majority used the chairs in a locked position, while the second and third read off showed that they had changed to using the chairs' tilting function. The results of this study were presented at the NES conference 2007 (Nordic Ergonomics Societies).

## IN ORDER TO SIT WELL, YOU SHOULDN'T SIT TILL

We spend a large amount of our time sitting, but do we do it right?

According to a study made by Singapore General Hospital (SGH), seven out of 10 Singaporeans today suffer from back, shoulder and neck pains. The chair alone is not responsible, but it plays a critical role. This is why we think

### IT IS TIME TO RETHINK SITTING!

The award winning, ergonomic chairs from Norwegian HÅG provide the very best sitting solutions, by bringing movement and variation to the workplace.

The tilting function makes you move the whole body including ankles and feet, without you thinking about it. It also gives you an upright posture and facilitates the breathing, which leads to an increased level of oxygen in the blood.

With an ergonomic chair such as HÅG, companies and their employees can expect better work attitudes, higher productivity and an improved quality of work life.

### WHY HÅG?

The Norwegian company HÅG has made chairs since 1943 and its heavy research and development has made it the leading producer of office chairs in Scandinavia

HÅG's unique movement mechanism is incorporated in the chair, making it the best ergonomically correct chair in the market

HÅG offers 10 years guarantee on all chairs and standard fabrics and the professional, highly knowledgeable staff at SORDC provides you with the very best pre- and post sales support

All HÅG chairs are made out of recycled and recyclable materials and can therefore be recycled after ended life span.

The HÅG chairs are all Greenguard certified and approved according to EN13761 and ANSI Bifma.

