

Follow the Fellowes 4 zone approach to ensure your employees are working well.



Do you have a health and wellbeing policy or guidelines in place?

Do you carry out workstation risk assessments?

Are you concerned about the levels of absenteeism or sick leave?

Do you want to encourage increased productivity or employee engagement?

How to identify the problem:

Zone 1

Typical Cause of Discomfort: Slouching, poor posture or improper support

80% of the population will suffer from back pain at some point in their lives.*

*Source: www.bupa.co.uk

Essential tips

- Chair Height: Keep feet flat on the floor or on a foot support
- The back of the knees should not touch the seat
- Backrest Position: Ensure the user's back is fully supported by the back of the chair

How products from PBS can help

Provide support and encourage movement for improved posture, circulation and comfort. Some chairs do not adjust or users do not know how to adjust them... using a Fellowes back support can provide much needed lumbar support. Using a Fellowes foot support in conjunction with a back support, encourages the user to sit back into the chair, minimising bad posture.

EC Directive 90/270/EEC states – “A footrest shall be made available to anyone who wishes for one”

Zone 2

Typical Cause of Discomfort: Improper keyboard or mouse positioning
Computer use is causing 1 in 3 workers to experience sore wrists and arms.*
*Source: Dynamic Markets Research 2012

Essential tips

Position the keyboard and mouse closer to the body
Keep the forearms parallel to the floor

How products from PBS can help

Relieve wrist pressure to prevent wrist discomfort and injuries

Provide support and encourage adoption of correct posture

Use a keyboard wrist support in conjunction with a mouse pad wrist support for maximum benefits

Fellowes Health V™ Palm Support

The innovative-patented Fellowes Health-V™ Channel product range relieves pressure on the median nerve to prevent wrist discomfort and injuries such as Carpal Tunnel Syndrome.

Zone 3

Typical Cause of Discomfort:

Improper screen or document positioning

Across Europe, 42% of employees blame computer work for their neck ache.*

*Source: Dynamic Markets Research 2012

Essential tips

Position the top section of the screen 'just below eye level'

Position the screen about an arm's length away from your eyes

Place documents close to computer screen

When using a laptop for long periods at a desk, always use a separate laptop support, keyboard and mouse.

Position screen or documents at a comfortable viewing angle helps to prevent neck or shoulder muscle strain

Zone 4

Typical Cause of Discomfort:

84% of employees spend at least part of their day rearranging their desk and fidgeting to get comfortable.*

*Source: Dynamic Markets Research 2012

Essential tips

Ensure that there is adequate space for accessories

Keep frequently used accessories close by

How products from PBS can help

Provide convenient organisational solutions for papers and other accessories

Keep workstation area tidy

Provide vertical and/or mobile organisation solutions

Simply talk to us