



With healthy sitting to higher work performance

*BOOSTING YOUR BUSINESS THROUGH ACTIVITY BASED
WORK*





- Why is correct sitting important?
- How to reduce the time spent sitting?
- Modern ergonomics



Why is correct sitting important?

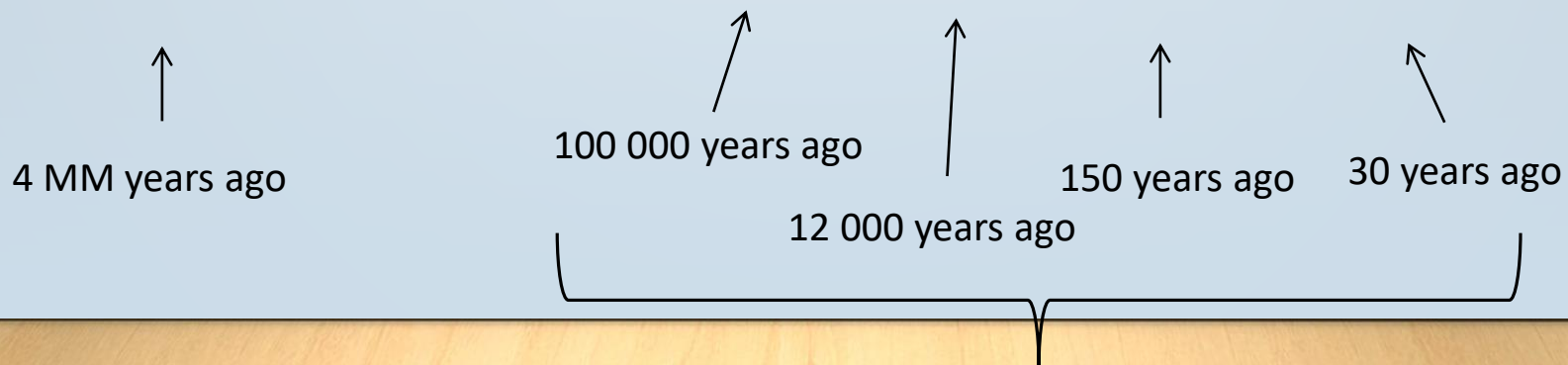
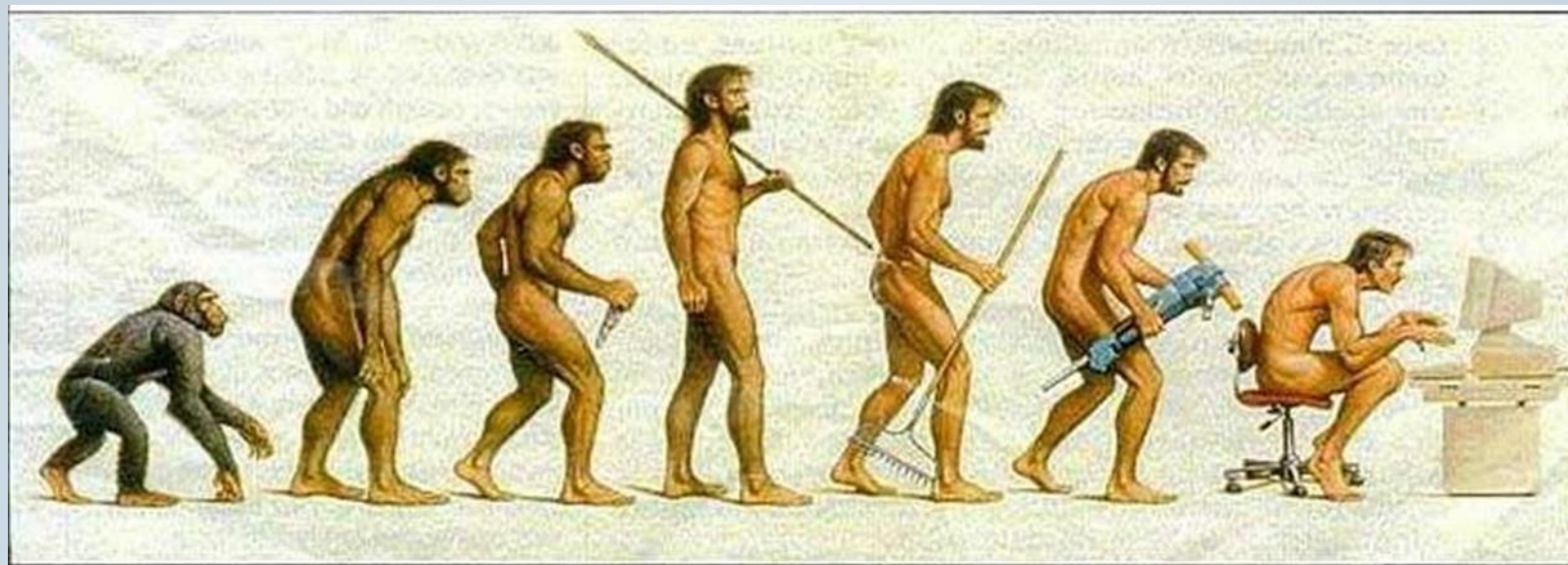




Why is correct sitting important?



Human evolution – From ape to... what?



During these last 100 000 years, humanity has not evolved at all.



Born to move

- Walk a marathon per day
- Construct and use tools
- Occasional heavy lifting
- Starvation



This is what our bodies are made to do

Made to sit

- Diseases related to inactivity (sitting diseases) account for 6% of total deaths in the world
- Sitting diseases are the 4th most common cause of death in developed countries



This is what our bodies are doing today



Physical inactivity costs us money

Navracsics: 'Lack of physical activity can cost over €31bn per year'

10.04.2017, 00:00

**Drucker chce prinútiť Slovákov viac sa hýbať.
Lenivosť nás totiž stojí takmer pol miliardy**



Regular exercise not enough

90 %

time spent in
buildings

50-70 %

of people sits
more than six
hours daily

11-13 h

spent sitting per
day on average

MSDs:

50 %

of all absences

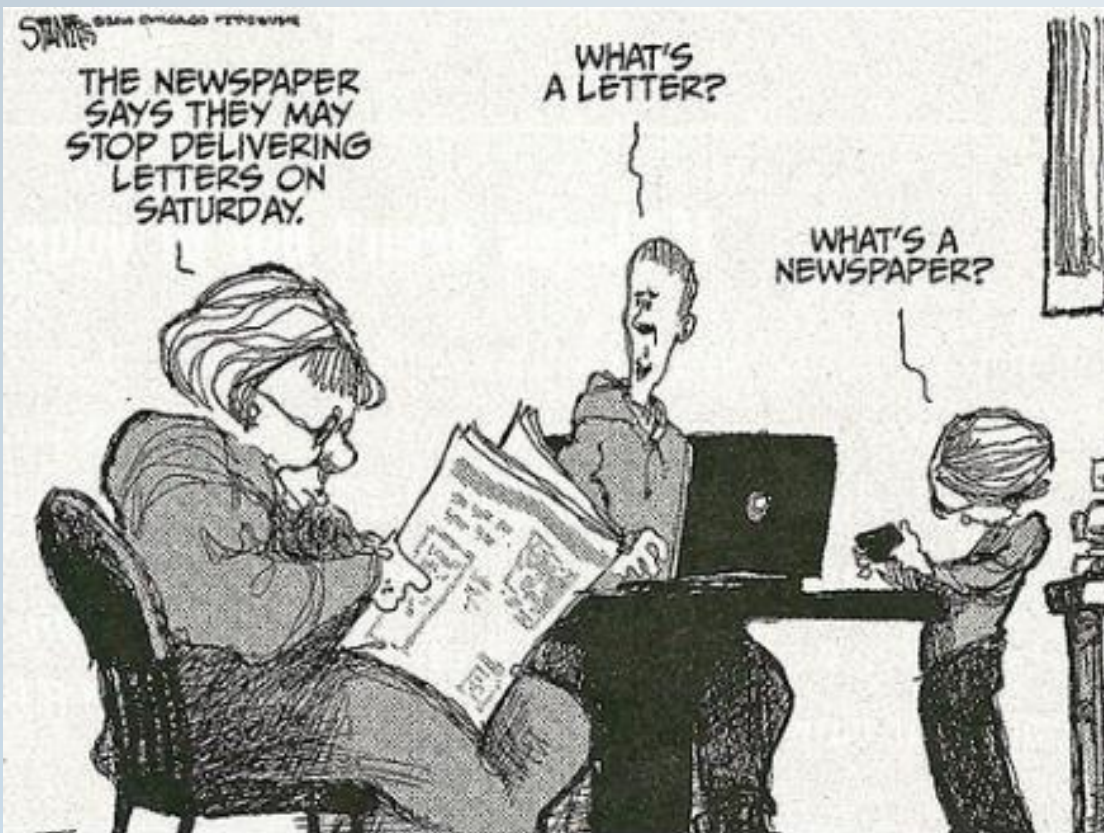
60 %

of permanent
work incapacity

2 %

of EU's GDP

We are getting old



2020

1 of 3 employees above 55

1 of 5 employees above 65

1 of 10 employees above 75



How to reduce the time spent sitting?

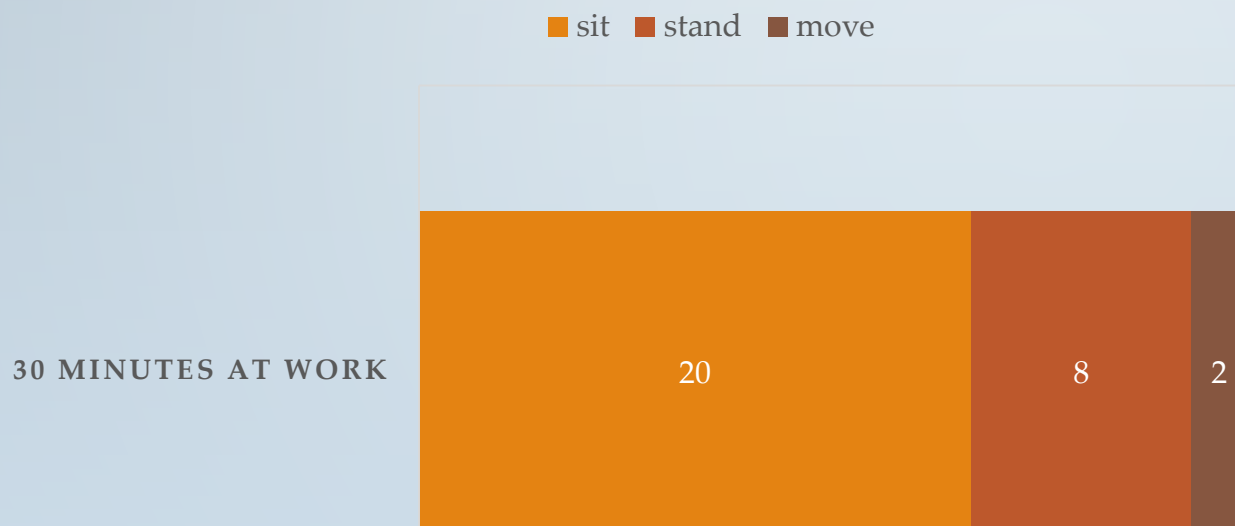




Stand up and move

“The key is breaking up your activity throughout the day. Sitting all day and standing all day are both bad for you.”

Alan Hedge, Cornell University



2 - 4
hours of
standing and
light activity

2
minutes
of standing 16-
times a day

How to reduce the time spent sitting?



How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults

Benjamin Gardner, Lee Smith, Fabiana Lorencatto, Mark Hamer and Stuart JH Biddle

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4743603/>



Modern ergonomics

Core Philosophy

To create an environment where a few static and unnatural working positions are replaced by a wide variety of working positions.





Modern ergonomics ~ Savannah ergonomics



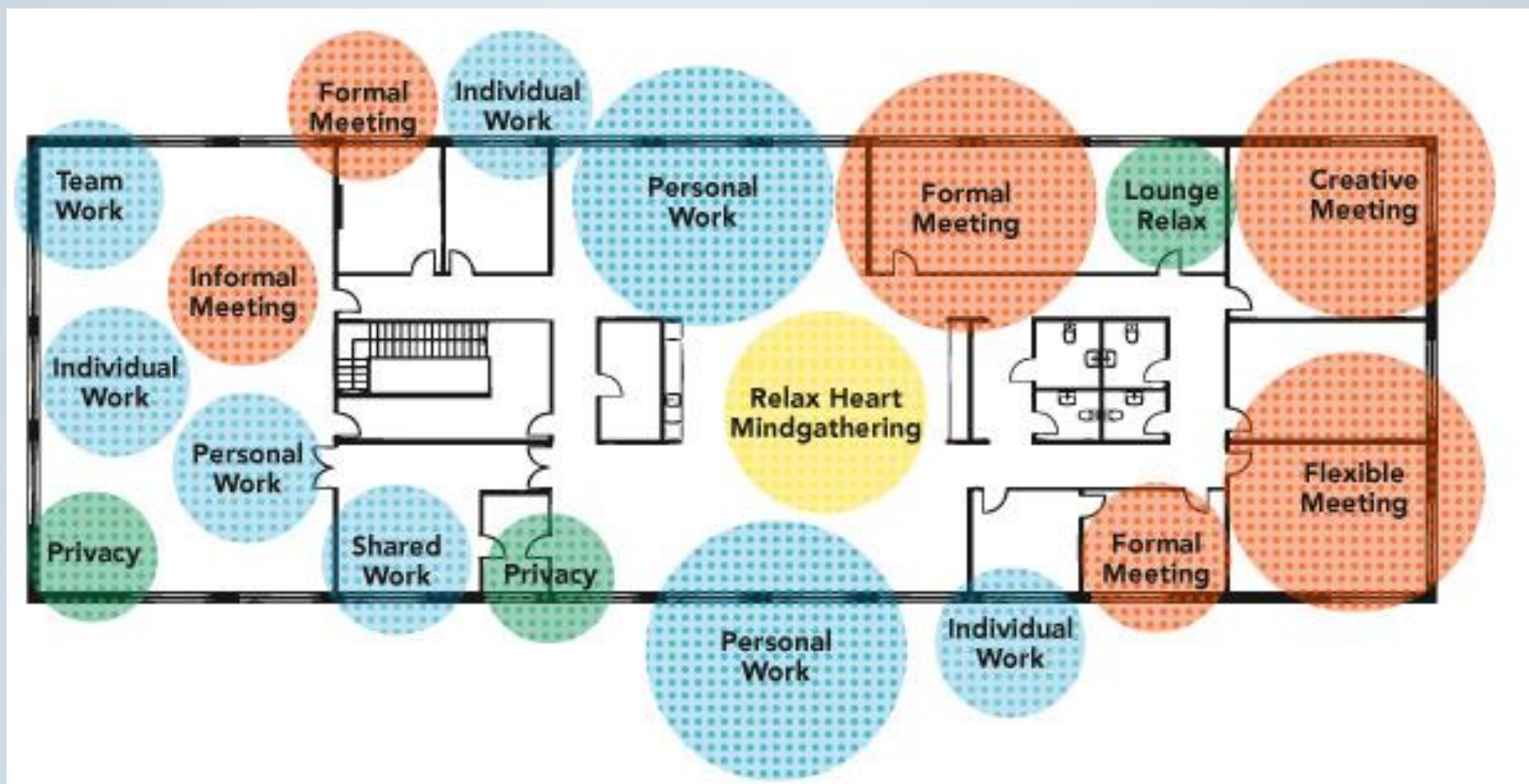


Modern ergonomics ~ Activity Based Work (ABW)

- We like to be able to freely change our **working environment** and **working positions**.
- We want the freedom to decide if we're going to work in groups or by ourselves.

**The principles behind Modern
Ergonomics and ABW go hand in
hand.**

Modern ergonomics ~ Activity Based Work (ABW)



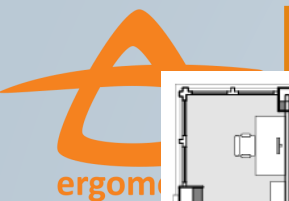


ABW is not a decoration style, it's a leadership model.

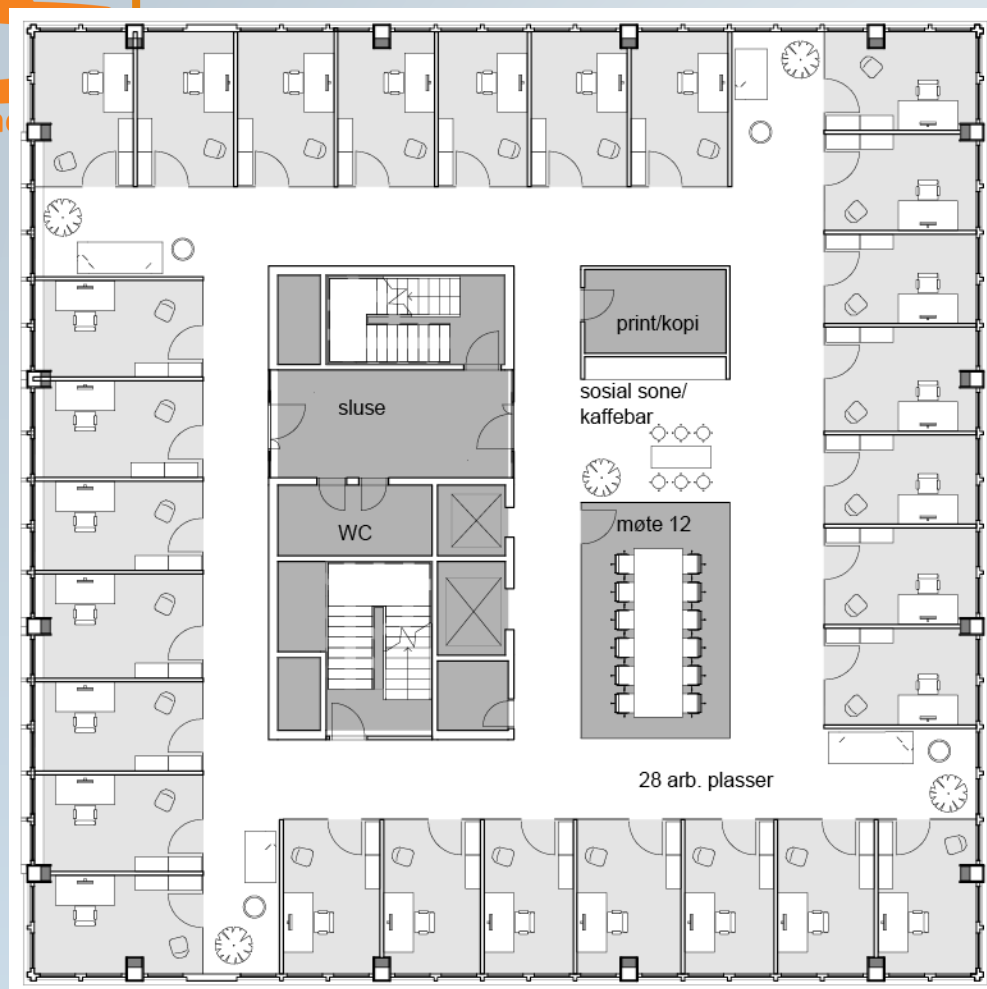




Creativity

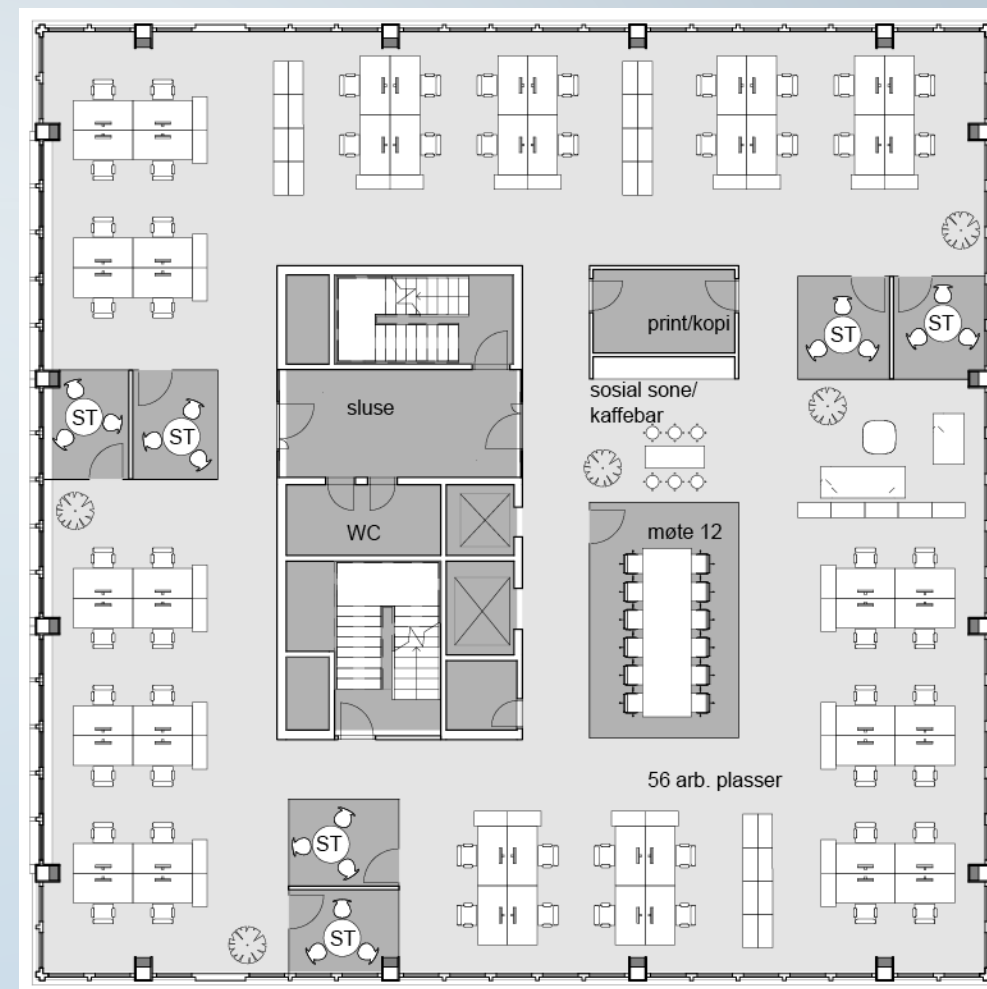


Cell Office



28 workstations + 18 seats

Open Plan Office



50 workstations + 40 seats



It is entirely plausible that it is difficult for us to change behavior – what to do?

“Born to move”

“Stand up and move”

“Best position is the next position”



Together we create smart and sound workplaces of the future

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