

Dynamic workplaces

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"Dynamic workplaces" – interactively on this CD-ROM
or at www.sedus.com/ergonomics

0745



0715



1830



Our everyday lives: lack of movement

0800

0830

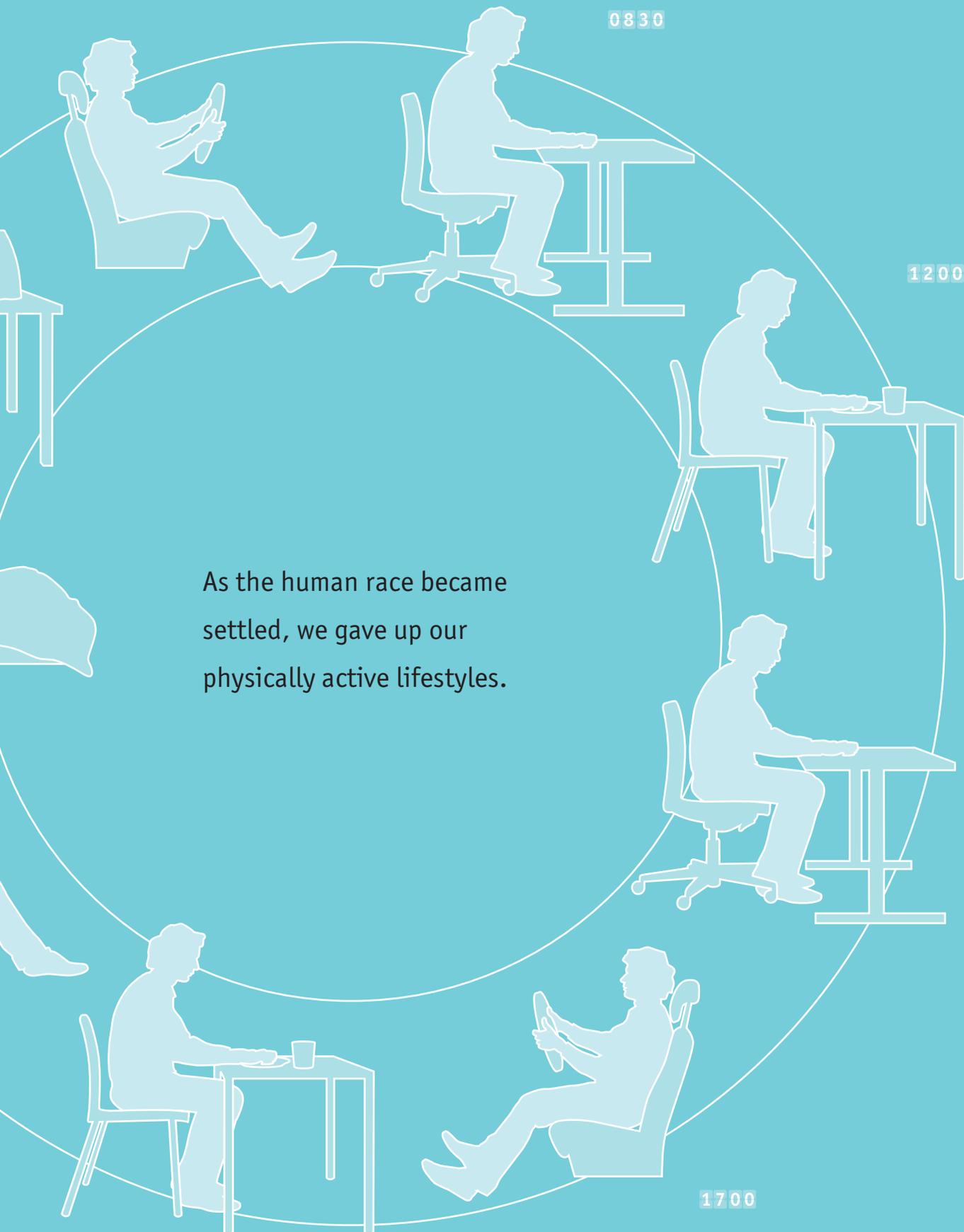
1200

1315

1700

1800

As the human race became settled, we gave up our physically active lifestyles.



How the intervertebral discs function

The intervertebral discs are made up of cartilaginous fibrous rings and an inner, semi-liquid jelly-like core. Unlike the muscles, these discs are not supplied with liquid and nutrients via a capillary system; instead they function through osmosis and diffusion.

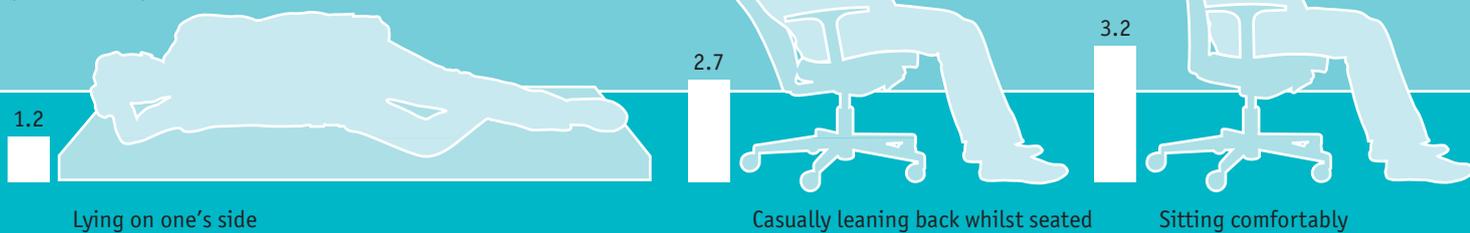
That's why loading and relieving the strain on the discs is vital to ensure their proper functioning.



Dynamic sitting against the backrest promotes the metabolic activity of the intervertebral discs.

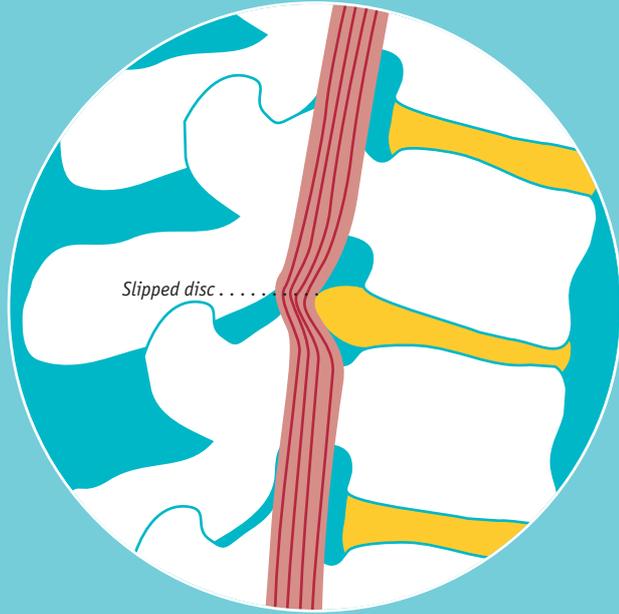
Relief for the intervertebral discs

(Values in bar)



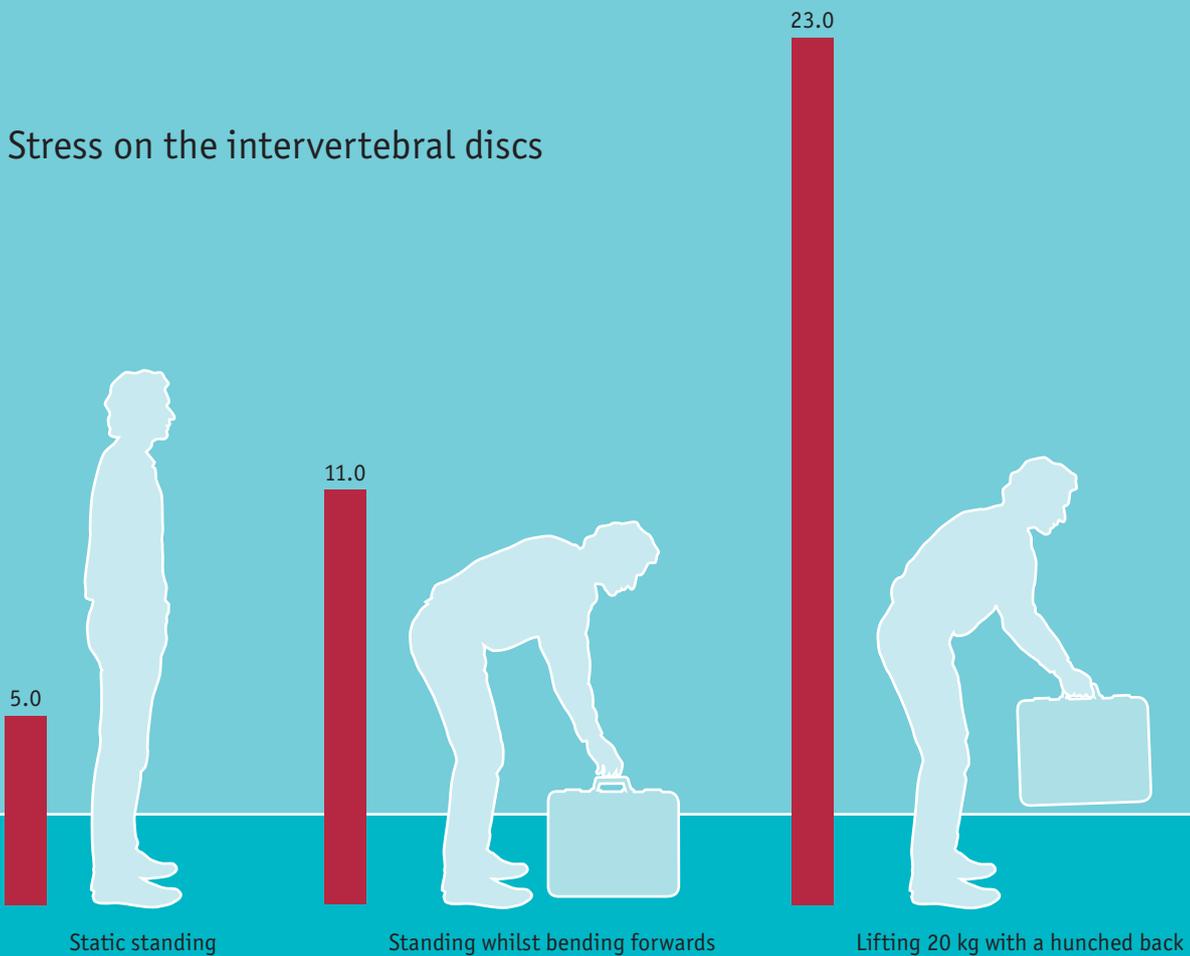


Static sitting with a hunched back increases the pressure on the intervertebral discs. This results in a loss of liquid, as if a sponge were being squeezed.



In the example of a slipped disc shown above, the disc is pressing on the nerve fibres.

Stress on the intervertebral discs



What moves us: our muscles

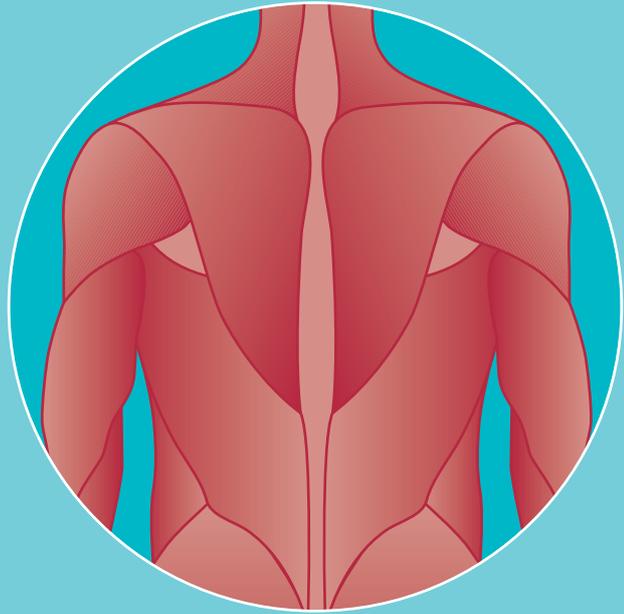
Muscles need to be exercised. The supply of oxygen and nutrients is essential for physical fitness and mental wellbeing.

A lack of movement, e.g. in the case of static sitting, leads to fatigue and a decrease in performance.

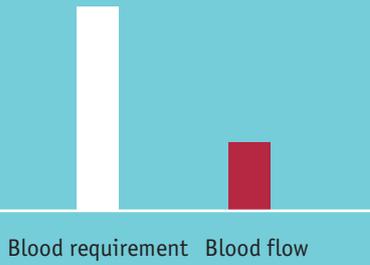


Dynamic sitting prevents one-sided static stress. Natural movement results in the loading and relieving of the muscles and intervertebral discs. The natural metabolic processes are promoted.

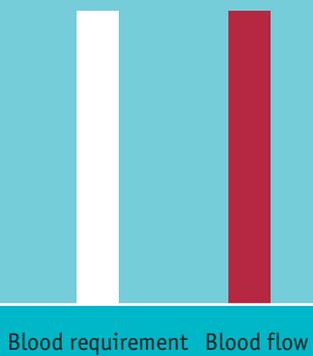




Strong neck and back muscles support the locomotor system.



Frequently standing up for short periods is more effective than standing for a long time. It is recommended that we change our sitting position two to four times every hour. This ensures that the blood requirement and blood flow are in balance.



Bringing movement to the office

Alternating between standing and sitting relieves the strain on the back, improves posture and breathing, stimulates the circulation and promotes general wellbeing.





Sitting correctly. It's all a question of posture

Use the whole seat area

The anatomically shaped seat must be fully occupied. This is the only way to ensure contact with the supporting backrest.

Adjust the height of the seat precisely

The right seat height means: the knee joint should be at an angle of approx. 90° when the feet are placed flat on the floor. If the working surface is too high and cannot be lowered, a footrest with adjustable height and tilt is required.

Adjust the backrest

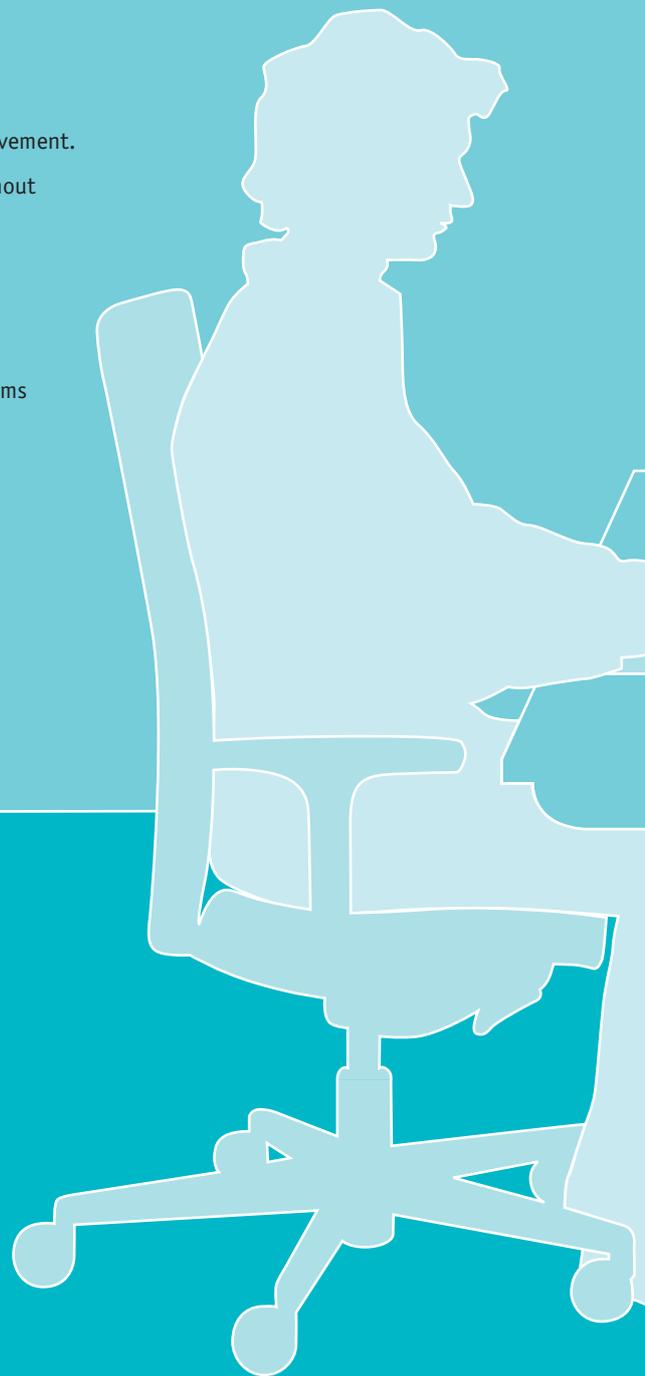
Adjust the backrest so that its curvature supports the back in the region of the 3rd and 4th lumbar vertebrae (area with the greatest forward curvature).

Adjust the support resistance of the backrest

The backrest must not only provide proper support, but also encourage movement. After a short period of familiarisation, the user should sit dynamically without even thinking about it.

Adjust the armrests

The armrests should relieve the strain on the shoulders/arms and prevent one-sided sitting. The chair height is correctly set when the elbow joint forms a 90° angle and the forearms lie flat on the working surface.

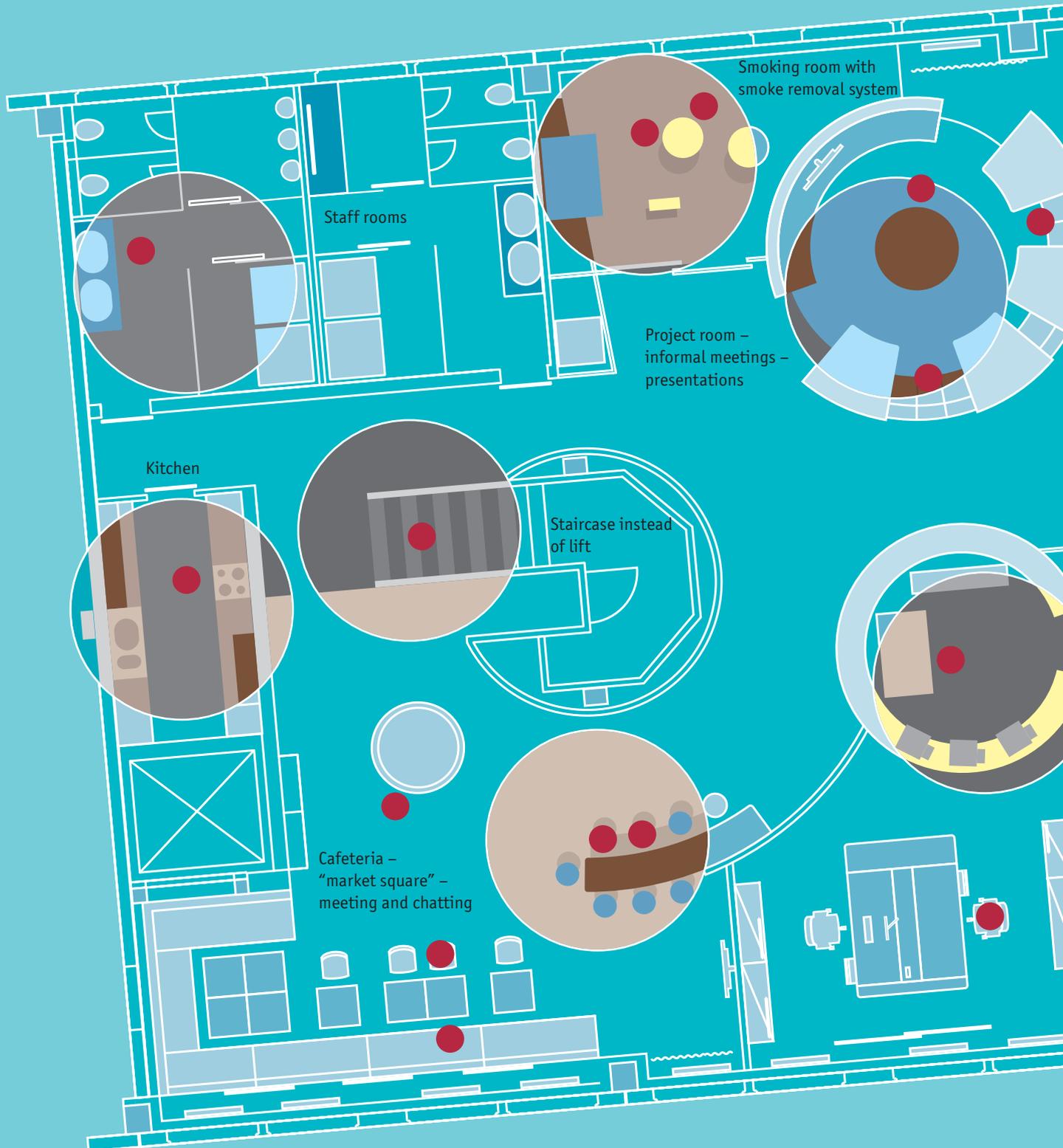


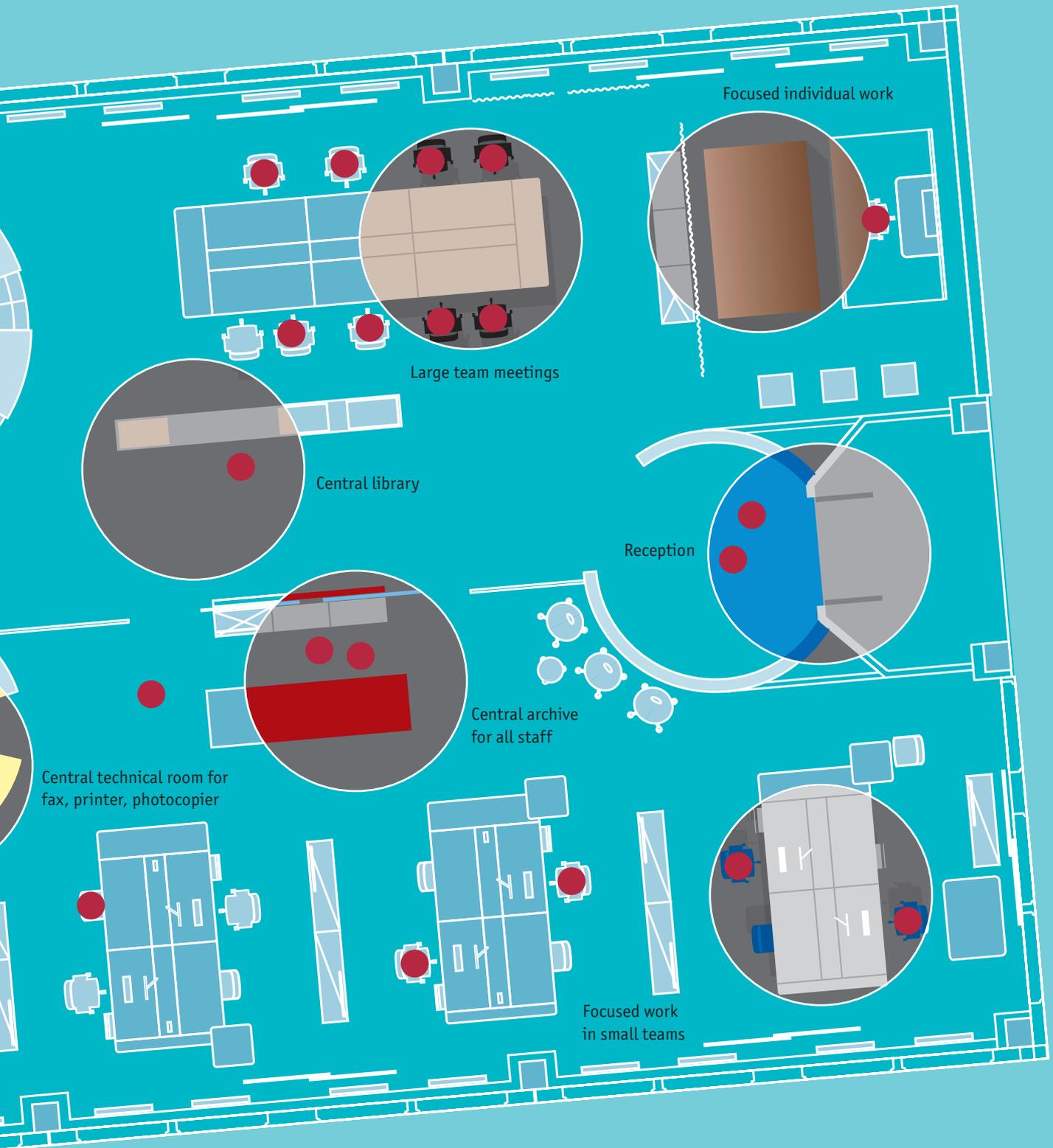


By making a few small changes, we can all become more active. For example, if important documents are placed at the top of the cupboard, frequent standing up cannot be avoided. Standing up whilst making telephone calls is also a good way of ensuring regular movement.

Interior design for creative working

Modern office planning gets people on the move by placing key central areas throughout the building.





“The creativity and commitment of staff are more important for a company’s success than any financial resources and sophisticated planning programme.” (Peters/Waterman)

A feast for the senses

Careful planning and design of the working environment enhances the general sense of wellbeing. This is the key to motivation, creativity, success, satisfaction and health.

Coloured walls can open up small rooms and make large rooms appear smaller. A balanced choice of colours takes into account the relationship between form, surface and colour.

Light influences the ambience, perception of colour and temperature.

Plants improve the indoor climate – they filter out harmful substances from the air, reduce the level of dust and ensure uniform humidity.

Daylight has a positive effect on the body and mind. Looking out of the window allows us to "switch off" for a few moments.

A treat for the eyes: decorative accessories, sculptures and pictures make for a welcome contrast.

Sound-absorbing elements, soft materials, sound-deadening fronts and concealed technology ensure pleasant acoustics and facilitate focused working.

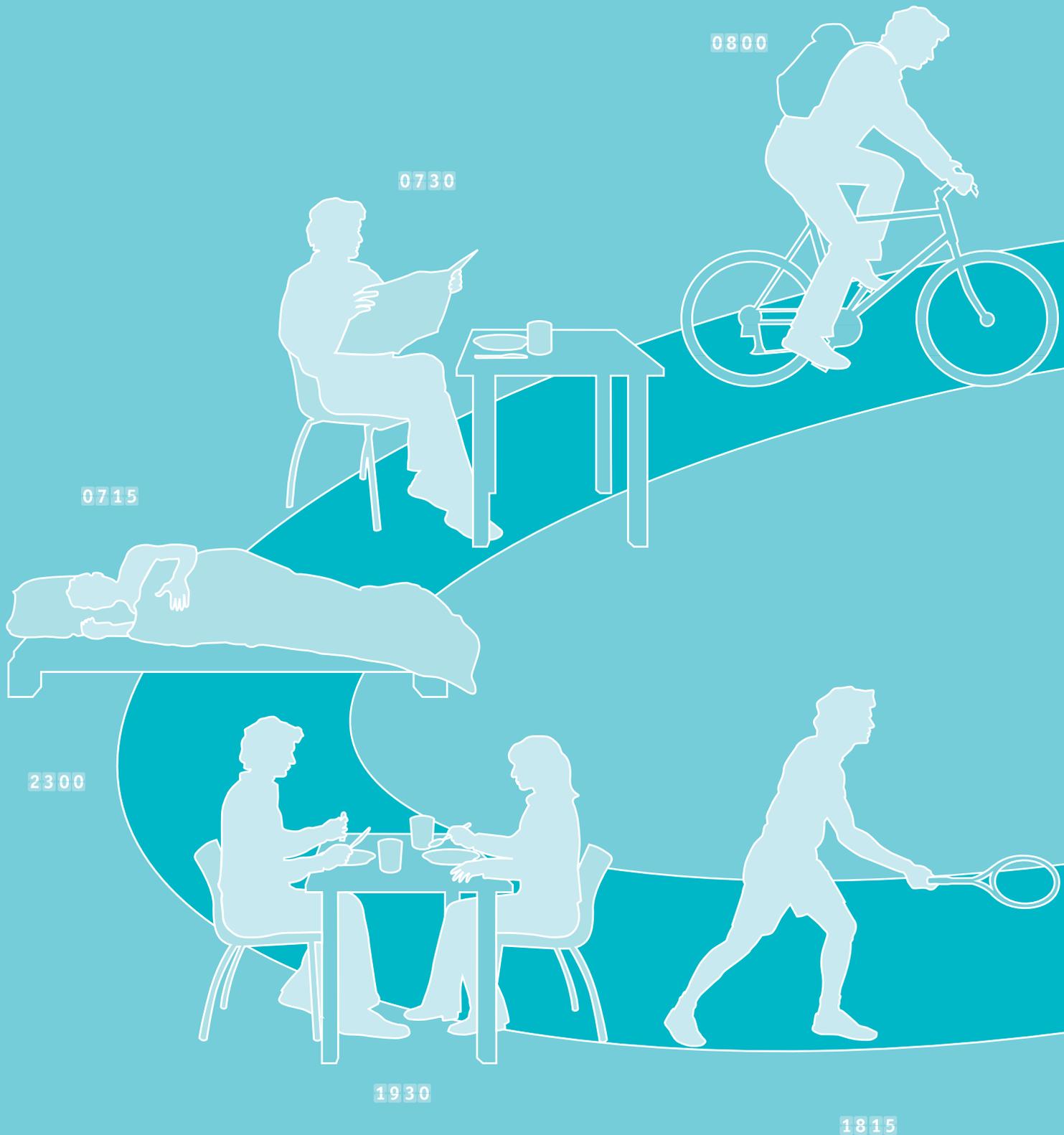
Dynamic swivel chairs, height-adjustable desks and standing tables on castors promote creative working.

Carefully selected floor coverings, e.g. carpet, linoleum, stone flooring or parquet provide haptic and visual stimulants.

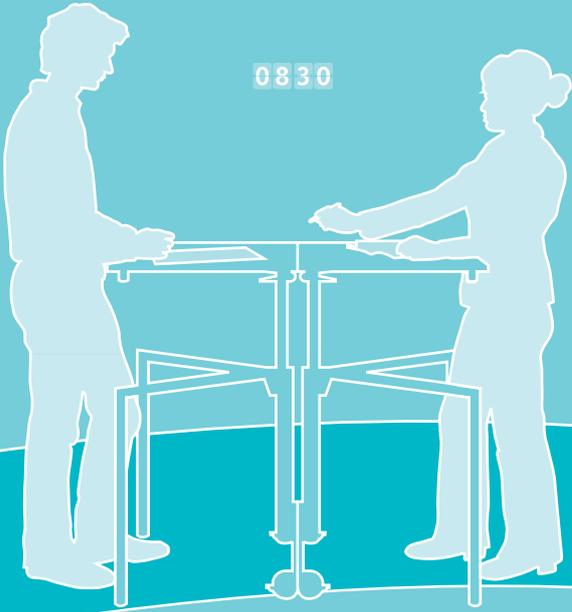
A day in motion

We can all take steps to actively bring more movement into our everyday lives. Outside the office, too, there are many ways of beating the daily sitting marathon.

Leisure time is also the time to get on the move!



0830



1230



1345



1400



1730



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