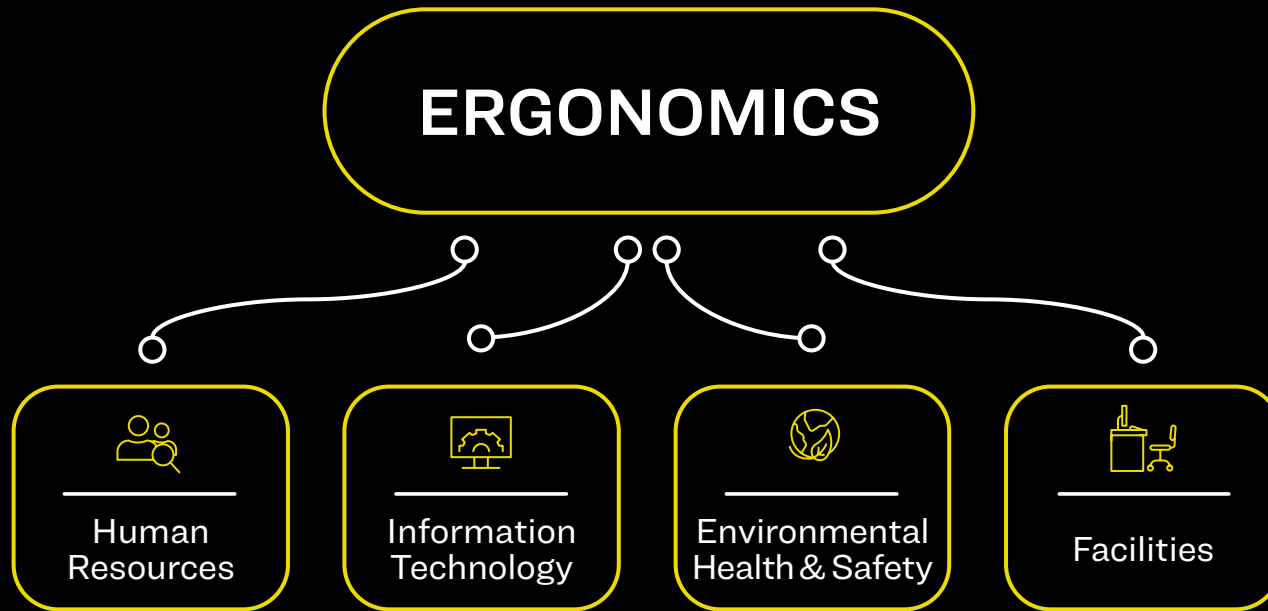


# Wellness at Work

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How Ergonomics Boosts Productivity  
for All Types of Workers

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## COLLABORATION DRIVES LASTING ERGONOMIC IMPACT

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- Collaboration between HR, IT, EHS, and Facilities teams is critical
- Holistic ergonomic strategies address all components (chairs, desks, peripherals, environmental factors)
- A comprehensive design maximizes comfort and productivity

# Key Takeaways

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## DESIGNING FOR WELLNESS AND PRODUCTIVITY

- 1 ERGONOMICS IS A STRATEGIC ADVANTAGE**  
It enhances productivity, well-being, and employee satisfaction.
- 2 COLLABORATION IS KEY**  
HR, IT, EHS, Facilities, and designers must work together for holistic solutions.
- 3 WORKSPACES SHOULD BE ADAPTABLE**  
Design with adjustability in mind to accommodate diverse needs.
- 4 AI AND DATA-DRIVEN INSIGHTS**  
Optimize ergonomics and proactively prevent discomfort.
- 5 PROACTIVE INVESTMENT PAYS OFF**  
Reducing musculoskeletal risks leads to fewer injuries and higher performance.
- 6 ADVOCACY MATTERS**  
Demonstrating the ROI of ergonomic design drives organizational buy-in.





Allseating is a leader in ergonomic seating solutions, dedicated to creating innovative chairs that support the way people work, learn, and live. With a focus on comfort, durability, and design, we blend cutting-edge technology with stylish aesthetics to deliver seating that meets the diverse needs of today's dynamic environments. We are committed to providing high-quality products that enhance well-being, improve productivity, and offer long-lasting value.



### EQUATION™

A revolutionary chair that redefines what it means to sit smart. Built on decades of ergonomic innovation, Equation offers natural support through a back adjustment system that adapts to each user with ease. Designed to blend into any space while offering customizable comfort, Equation encourages movement and proper posture.



### INNATE®

Bringing together comfort and performance, Innate makes it feel effortless. Designed with a simple understanding of how people sit and move, Innate offers support that lasts from morning meetings to late night deadlines. With a soft, inviting silhouette and ergonomic specialties built into every curve, Innate moves with you—and your space.



### YOU®

With a main goal of helping people sit the way their body was meant to, You delivers. The patented U-shaped back suspension encourages active sitting by engaging your core, opening the chest, and promoting upright alignment, all while offering a clean, modern aesthetic.





# E3 Consulting

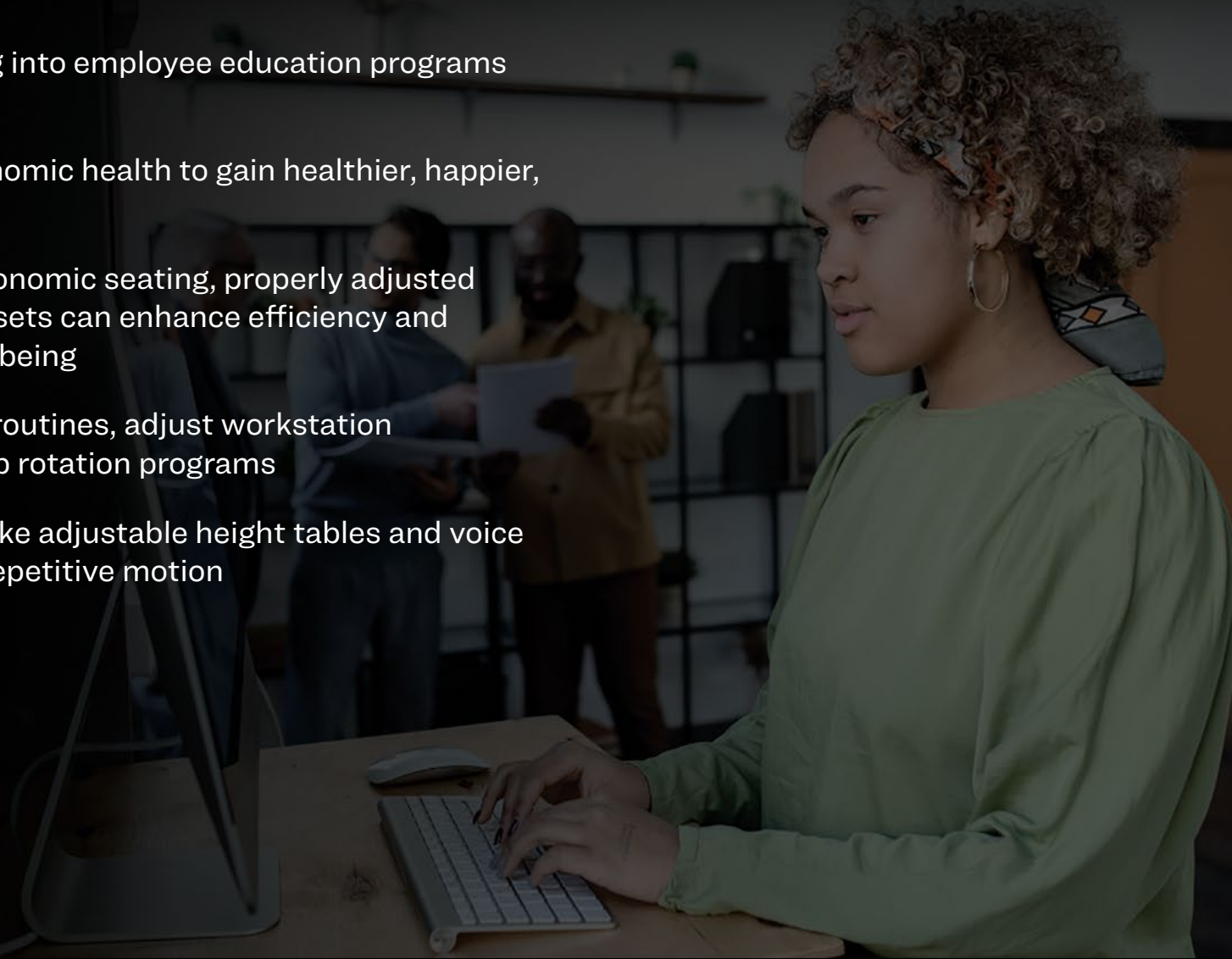
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E3 is an industry consulting leader in office ergonomics, design, health, and wellness programs.

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## KEY TAKEAWAYS FROM E3:

- Incorporate ergonomic training into employee education programs and new hire training
- Invest in your employees ergonomic health to gain healthier, happier, and more engaged teams
- Thoughtful equipment like ergonomic seating, properly adjusted monitors, or high-quality headsets can enhance efficiency and contributing to employee well-being
- Introduce dynamic stretching routines, adjust workstation configurations and consider job rotation programs
- Invest in automated systems like adjustable height tables and voice activated software to reduce repetitive motion



# Resources

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Scan the QR code to view all the resources used in the Wellness at Work session.

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- E3 Consulting
- National Safety Council
- IEA (International Ergonomics Association)
- Journal of the American Medical Association
- Mayo Clinic - Office ergonomics: Your how-to guide
- WorkRite Ergonomics
- Taylor and Francis Online



Can't scan the QR code?  
Click [HERE](#) to view the resource page.



Let's make **ergonomics** a cornerstone  
of workplace design and create spaces  
where **everyone can thrive.**