



active
ergonomics

**FLO, SPIRA PLUS & OTHER WELLBEING
PRODUCTS & SERVICES**

Focused on

SUPPORTING LIFE AT WORK

Introducing ourselves and our services

Our pragmatic approach to applying ergonomics ensures preventative and rehabilitative health issues can be resolved swiftly and cost effectively. Seasoned registered Ergonomists working closely with UK design and manufacturing helps us achieve this and over the last 15 years we've helped over 20,000 individuals improve their health and wellbeing in the office.

With an international team of advisors and health practitioners, our services have been adopted by organisations both large and small. We're one of a relatively small list of UK consultancies vetted and approved for registration with the Institute of Ergonomics and Human Factors.

As independent ergonomists we try not to restrict ourselves to any one supplier, ensuring the solution matches the needs of the client but we're also mindful of budgets and buying policies and the dangers of over-specifying.

That's why at least 25% of suggestions for occupational health needs are kept to adaptations or retraining on the use of existing products. There is always a two-week trial on offer if the product doesn't work for the end user and our response times are rapid – an advantage of UK design and distribution.

Our consultancy and research is driven by our passion to improve health and wellbeing for organisations and individuals at work. With rapid changes in technology and working practices as well as cultural, generational and even dimensional differences in recent years, there's never been a more challenging, essential and exciting time to deploy ergonomics.

Active Ergonomics has been involved in a number of health-related initiatives and publications for adults and children. To find out more visit us at:

www.active-ergonomics.co.uk

For general information, product offer and workstation consultancy services (including a link to our AE portal)

www.wirelesswellworking.org.uk

For wellbeing advice and training (including our pocket guide to wireless well working)

www.mobilegenerations.org.uk

For our recent research publication on health and well being for the transient worker

www.e4c2.org.uk

For information on our campaign for better ergonomics for children

www.t-i-e.org.uk

For our thesis industry exchange portal, the ergonomics research bridge between organisations and academia

**We are proud to be
professional members of:**



research

**chair
set-ups**

**work
assessments**

**industry
standards**

**Charitable
campaigns**

testing

consultancy

**special
interest
groups**

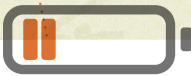
**bespoke
design**

**WELLBEING
INITIATION**

training

WORKPLACE WELLBEING

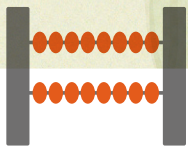
FOR THE 21ST CENTURY



Ill-fitting set-ups and lack of movement can accelerate the onset of fatigue at the desk, while sharing a workstation amplifies the problem. Suitable equipment and sufficient training, which go beyond the minimum in terms of ease of use, range of adjustment and comfort, should be provided to improve health and productivity.



131 million working days were lost in the UK to sickness in 2011, and musculoskeletal disorders such as back pain, neck pain, and upper body problems contributed to most. Learning to touch type can alleviate a number of postural issues at the workstation, along with frequent changes in posture such as standing while you work.



50% of teenagers are complaining of discomfort. Excessive smartphone and tablet use is a potential health time bomb for the future workforce. In the UK, 27% of children under the age of eight now own a tablet and a third of toddlers use them before they can talk.

Limiting the excessive use of technology and educating the young on best practice in where, what and how to handle mobile devices can limit bad habits and decrease the risk of more serious issues later in life.

The side effects of using mobile technology contribute to 1 in 10 visits to the GP. Those in the 25 - year age range, plus or minus five years, now have a three times higher incidence of neck pain, as adults in the 55 - year age range.

Learn to limit texting & emails and meet friends face to face. Make fitness and exercise part of your life and introduce goals with your manager as part of your personal objectives.





There has been a 35% increase in short-sightedness in the UK since the introduction of the smartphone in 1997 and cybersickness is a new illness attributed to mobile technology. On average people check their phones once every six and a half minutes over a 16 - hour daily cycle - that's around 150 times a day. **Just learning to switch off, especially when on the move or at night, improves sleep patterns, reduces accidents and decreases stress levels.**



Nearly 75% of UK workers suffer from some kind of significant work-related stress or anxiety. A feeling of being undervalued is the most common issue. Over half of UK employees (53%) believe that stress is a problem in their workplace with around a quarter (24%) feeling very concerned about it. **Stress management programmes, including an open-door communication system, flexible working and exercise incentives can reduce the risks.**



Only 18% of the UK population experience a high level of wellbeing or describe their health as 'thriving' or 'flourishing'. Absenteeism related to physical inactivity costs the UK economy £5.6bn per year.

Employers who have introduced wellbeing initiatives said that productivity had increased as a result. 88% found motivation of their staff was greater, 86% reported better staff wellbeing and 83% reduced absenteeism.

The Work Foundation reports that for every £1 invested in wellbeing initiatives, businesses get a return of £3. According to the Society of Chartered Physiotherapists (CSP), employers who have taken steps to address health and wellbeing report the following:

- Reduced sickness absence, fewer compensation claims and less use of temporary staff
- Increased productivity
- Improved staff retention
- Increased employee satisfaction
- Improved competitiveness and profitability



FLO



FLO - HBAH

IS A CHAIR DESIGNED FOR MAXIMUM FIT

with minimum fuss and an uncomplicated set-up

Three years of research and development have resulted in a product which offers more adjustment range than any other, shifting the status quo in specialist ergonomic seating.





ERGONOMIC CONFIDENCE

an accessible training guide, online support and an inbuilt indexing system to record individual settings, allows the chair to be shared and/or re-set if someone else uses it and can be confidently recycled for future occupational health requirements. Easy to reach controls and a purpose designed compartment for the back air pumps, ensures a hassle free set-up.

FLO - HBAH

07



WE'RE ALL DIFFERENT

shapes and sizes

Most office chairs are designed to conform to standards and anthropometric data which are now arguably out of date. The problem is made worse when workstations are shared. Ill-fitting set-ups and lack of movement can accelerate the onset of fatigue. That's why flo has a broad range of adjustments as standard and a simple choice of mid & high back combinations among its options.



FLO MB



FLO MBA



FLO MBH



FLO MBAH



FLO HB



FLO HBA



FLO HBH



FLO HBAH

DIMENSIONS

Chair available with or without the headrest

Flo MB and MBA finish here

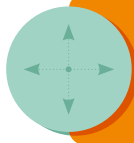
With or without 4D arm rest

- Seat width: 520mm at it's widest
- Seat height: approx 460 - 620mm as standard
- Seat depth: 400 - 500mm as standard
- Angle: 8 degrees forward and 12 degrees back
- Mechanism: 8 - 23.5 stone
- Backrest height: Flo - MB and Flo - MBA - 525mm with 100mm additional height adjustment
- Backrest height: Flo - HB and Flo - HBA - 585mm with 100mm additional height adjustment
- Backrest width: (widest 485mm)
- Armrest height: from seat 160 - 260mm
- Armrest width: 370 - 530mm
- Armrest depth adjustment: 40mm & 360 degrees rotation
- Headrest 70mm of adjustment with two points of articulation for 270 degrees of rotation & 60mm of forward reach

09

Flo has a great adjustable scale built into it's Operating Instructions booklet. You can use the scale on the booklet to measure the correct seat height set-up for you and make a note of it on the last page for future reference.

BACKREST UP TO 100MM ADJUSTMENT



In every direction for maximum fit

COMPREHENSIVE USER INSTRUCTIONS



Covering set-up and use of chair. You can also view the set up instructions online at:

active-ergonomics.co.uk

SOFT ZONE



Built into the seat for coccyx relief as standard

INDEPENDENT BACK ANGLE ADJUST



For fine tuning the backrest

NUMBERED INDEXING SYSTEM

12345
678910

For recording set-up positions

FLAT FOOT SUPPORT BASE



For greater freedom of leg movement & foot support

STANDARD PRODUCT INFORMATION

- Castors: 65mm black nylon castors with hard tyre
- Base: Black nylon foot support base
 - 26 inch diameter
- Gas lift : Black gas lift telescopic
 - 160mm travel
- Mechanism: Non-synchronous mechanism with side tension adjustment, forward tilt 8 degrees, rearward tilt 17 degrees. Backrest locks in six positions with an anti-kick safety lock.
- Independent back angle adjustment
 - : +/- 5 degrees.
- Mechanism tension range: 8 - 23.5 stone
- Seat: Black polypropylene sliding seat with 100mm of travel as standard. Seat and back cushions are

- replaceable/renewable via service. Moulded CMHR foam with memory-foam wrap and coccyx relief
- Arms: Black P U lockable arm pad with 360 degrees rotation, width adjustment, retraction adjustment and 100mm height adjustment
- Backstem: Back height adjustments with 100mm travel over seven positions
- Back: dual density foam with integral lumbar and thoracic pump as standard
- Online video instructions



HEIGHT, ROTATION AND DEPTH ADJUSTABLE HEADREST

Allows a more custom position for the head and neck



4D ADJUSTABLE ARM

With P U padded armrest for maximum reach in height, width, angle & depth



8 DEGREES FORWARD TILT ON THE SEAT

In the upright position, helps promote a balanced posture



MOULDED CONTOURED SEAT CUSHION

Provides additional support using memory foam within the seat



FREE FLOATING MECHANISM

With non-synchronised seat-to-back relationship



TELESCOPIC LIFT

For up to 160mm travel with height-adjustable discs



FLO - HBAH

OPTIONAL EXTRAS

- Headrest (retro-fittable)
- Extra height gas lift and footring
- Extra height gas lift and footplate
- Glides
- Polished aluminium base
- Low gas lift for smaller users at low desks
- Comfort seat quilt wrap
- Full coccyx cut-out with comfort seat
- 48-hour delivery (restricted colours)
- Installation and set-up

SPIRA PLUS - HBAH

SPIRA PLUS



VALUE ERGONOMICS WITH ALL THE FEATURES

for a tailored, supportive sitting experience

This task chair has all the specialist performance credentials of a specialist chair, without losing aesthetic appeal for preventative large-scale preventative use.

ERGONOMIC DEFAULTS

Highly adjustable arms, headrest and back support including integrated air cells in the lumbar and pelvic area guarantees a better fit for users. With a contoured back shape for more snug support and smaller seat back shape for shorter users, the Spira plus provides ergonomic support for all.

SPIRA PLUS - HBAH





SPIRA PLUS - HBAH



SPIRA PLUS - MBA
(COUNTER)

CHOICE

With two back and two seat sizes the range enables accurate set-up and fit-for-purpose seating solutions for all shapes and sizes. The chair also features a retro-fittable headrest and 4D arms for a variety of tasks and applications.

DIMENSIONS

Chair available with or without the headrest

Spira MBA and MBAH finish here

With or without 4D arm rest

MBAH 1120mm

HBAH 1180mm

- Seat width: 460mm (small seat 490mm)
- Seat depth: 420 - 470mm
as standard from lumbar
- Shallow seat depth 350 - 400mm
- Seat height: 465 - 635mm
- Back height: high back 595 - 665mm
- mid back 535 - 605mm
- Back width: 490mm - max point
- Armrest height from seat: 170 - 240mm
- Armrest width: 410 - 480mm main travel
- Armrest depth travel: 55mm travel + 30 degrees
+/- rotation
- Headrest: 60mm of travel + 45
degrees rotation

Spira plus has an online video describing set-up and use active-ergonomics.co.uk



With reassuring ratchet movement for desired comfort

HEIGHT AND ANGLE ADJUSTABLE HEADREST



Fully tilt adjustable with integrated lumbar and pelvic air support and contoured back shell

INDEPENDENT RATCHET HEIGHT BACKREST



Adjustable and lockable allowing the user to set the back angle for desired fit

INDEPENDENT BACK ANGLE



For greater freedom of leg movement & foot support

FLAT FOOT SUPPORT BASE

STANDARD PRODUCT INFORMATION

- Castors: 65mm black nylon
- Base: Black nylon - 26 in diameter
- Gas lift : Black - 170mm travel
- Mechanism: synchronous with 3 degrees forward & 15 degrees of rearward, side tension adjustment & free float
- Tension range: 8 to 23.5 stone
- Online video instructions

- Seat: 50mm seat depth travel, CMHR contoured foam with memory-form wrap
- Arms: Black PU height adjustable arms with rotation retraction and width adjustment
- Back: Contoured CMHR foam with six position height adjustment with anti-kick safety bar
- lumbar and pelvic adjustable air cells

SPIRA PLUS - HBAH





HEIGHT AND WIDTH ADJUSTABLE ARMS

The arms can be locked into place for the desired height and width. Also rotate 30 degrees and slide



CHOICE OF SEATS

3 degree forward tilt with shallow seat and low lift options for petite users



RECLINE TENSION

Clockwise to increase tension, anticlockwise to decrease



A SYNCHRO MECHANISM

With 2 degree back recline with every degree of seat recline



OPTIONAL EXTRAS

- Headrest (retro-fittable)
- Extra height gas lift and footring
- Extra height gas lift and footplate
- Glides
- Polished aluminium base
- Low gas lift for smaller users at low desks
- Comfort seat quilt wrap
- Full coccyx cut out with comfort seat
- 48-hour delivery (restricted colours)
- Installation and set-up

OTHER SPECIALIST SEATING

Joy



Joy OH



Joy OHA



Generous back support
with ratchet height adjustment

Integral lumbar support
Fitted as standard

Height adjustable arms
with sliding arm pads as standard

Independent forward tilt
can be engaged or
disengaged as required

Dual contour sliding seat
to enable a more natural
upright sitting position

A synchronous mechanism
with forward tilt facility as standard

Printed operating handles
and instructions for easy set-up

Chrome base
fitted as an extra

INTEGRATED SIMPLICITY WITH SEAT TILT AND AIR LUMBER

A no-fuss package of features which takes the competitively priced Joy chair to an advanced level of performance and comfort for individuals or for larger shared installations where individualisation is key.



CHAIR ADAPTIONS



UNIVERSAL LUMBAR SLEEVE - AE ULS

This generous air-filled sleeve comes with a wide adjustable elastic strap to fit most task and meeting chairs for added lumbar support or even as a seat cushion.

Twice the size of integral lumbar pumps, the cushion encourages a more dynamic sitting posture and responds to the user's every move.

The Universal lumbar sleeve is easily deflated for use on the move, whether on public transport or in the car, and is available in breathable, adaptable, 3D black fabric as standard.



UNIVERSAL ARMPAD - AE UNIARM

Retro-fittable elasticated gel arm pads for increased forearm comfort. Can also be used to increase the height of the armrests by 25mm.



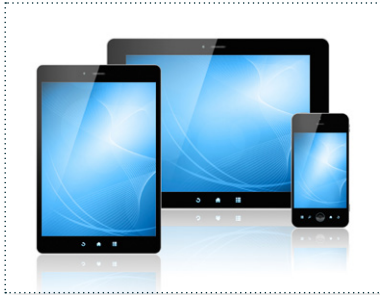
COCCYX CUTOUT CUSHIONS

The coccyx cut-out allows for extra support. The rear section of the seat has a portion removed to provide relief in the coccyx area.

For more information please contact us with details of your needs.

E. LEARNING & ASSESSMENTS

The power of online training and compliance has been known for some time (for example cost reductions, improved attainment, time savings and convenience) and Active Ergonomics use a number of providers as well as their own bespoke solutions to provide a range of e-learning tools to assist in the improvement of health and wellbeing in the workplace.



DISPLAY SCREEN EQUIPMENT ASSESSMENT

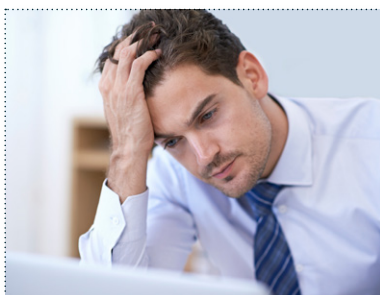
Helps meet requirements of the display screen equipment regulations, which requires that employees are trained in display screen equipment use, and the importance of workstation ergonomics. The results can then be managed

and prioritised with actions for improvement where necessary and gives a full range of management reporting metrics.



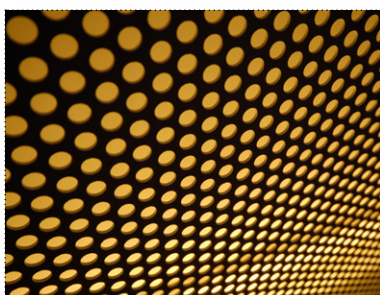
HEALTH & SAFETY AWARENESS AND OFFICE SAFETY

This course, based on a nationally recognised syllabus provides the health and safety essentials that employees need to understand their responsibilities and how to deal with common hazards in the workplace.



STRESS AWARENESS

An essential course in stress management either for employees or employers to help manage stress at work and reduce stress related absence risks.



NOISE AWARENESS

Provide your employees with awareness of the risks of noise in the workplace and how to minimise them. It helps to motivate them to use the controls that have been put in place.

REMOTE SEATING ASSESSMENTS

A cost-effective way of getting health issues resolved in the workplace is to re-think the ways alternative seating and equipment is sourced. It isn't always possible for incumbent occupational health staff to respond quickly to issues on the ground, especially across multiple sites, so Active Ergonomics has developed a system to speed things up.

By way of remote seating assessment forms and approved lists of alternative equipment, coupled with regional

installation engineers and ergonomists, most issues can be resolved within two to three weeks from start to finish (often quicker). Red tape and layers of assessors and suppliers can sometimes drag the response time out to several months.

This service is further enhanced by our Active Ergonomics Portal which is a powerful online security-protected database so you can manage individual health issues and track progress on product supply.

Assessment I.D. Form – Issue 1 (01/01/10)

will be kept confidential and filed with your health and safety records.
by the form to your client/end user. Please note that we will be UNABLE to process this
if information is incomplete.

Dealer/customer name:

Dealer Contact Name:

Dealer Contact Email:

Direct Customer Delivery:

Should any further changes occur with regard to your personal health or the workstation that you work at, please inform your Line Manager

Tel No:

Fax No:

Email:

Job Title:

Age:

Sex:

Height:

Exact Weight:

(cm)

(cm)

(cm)

(m)

(m)

26

Have you experienced a specific medical condition or pain, discomfort or injuries (outlining)

Yes? No?

Our workstation assessment relating to

Support you would like us to quote

Yes? No?

No?

order.

WEB PORTAL



OTHER CONSULTANCY SERVICES

AE - DSES Standard workstation assessment

Compliant with the DSE regulations and delivered by trained and experienced DSE assessors, a detailed summary is provided including observations and recommendations for adjustment or alternative equipment where necessary. Ideal for users with mild discomfort or for companies looking for multiple preventative reporting for compliance and beyond.

AE - DSEF - Ergonomic DSE full workstation assessment

A detailed analysis and report covering all aspects of health and wellbeing for users with more serious discomfort. Postural training, on-site alterations and recommendations for alternative equipment are provided and assessments are carried out by qualified practitioners (ergonomists, physiotherapists, osteopaths).

AE - GA - Ergonomic walk thru assessment

Multi-workstation observations and training to include chair set-ups, general workstation layout advice, environmental

issues and/or training of on-site champions. Conclusions and actions covered in executive summary report for incumbent occupational health or facility management representatives.

AE - IT - Ergonomics Introductory training

An introduction to health issues associated with computer use, optimum seating and workstation set-ups, DSE compliance and general office health and safety. This course can be delivered with bespoke themes targeted at specific client needs. Up to 12 delegates, normally end users, for one hour (up to four cases a day).

AE - AT - Advanced Ergonomics course

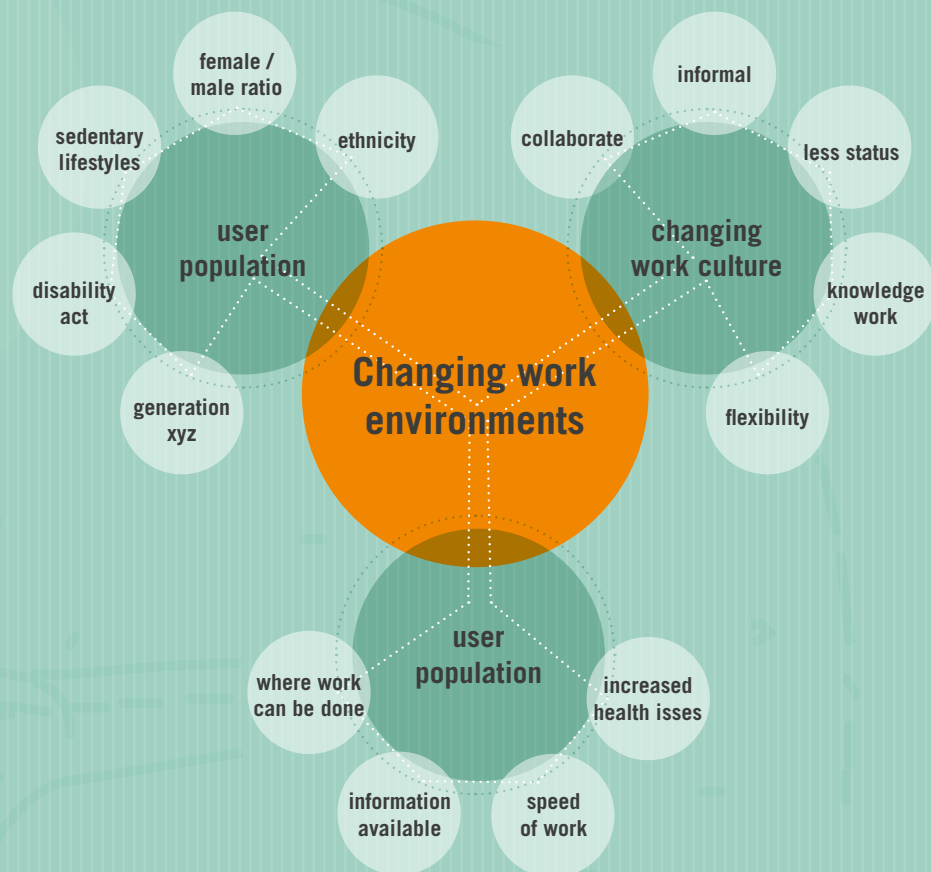
Designed for DSE assessors covering all aspects of current ergonomics thinking, compliance, health issues and challenges with changing work practices, demands and equipment. The course includes a practical and can be delivered with bespoke themes targeted at specific client needs.

ERGONOMICS RESEARCH

We use ergonomics as a predictive tool

to help understand the future workplace and wellbeing challenges that are on the horizon. A number of key research topics including ergonomics for children in schools, the health consequences of mobile technology and office acoustics have helped to re-enforce our new product development direction at Orangebox and provided much-needed insight for our customers.

We also value our close links with universities and external research establishments in part through our innovative Thesis Industry Exchange programme which helps bridge the gap between academia and industry.



Application of ergonomics in researching emerging work environments

For other training and consultancy services related to organisational wellbeing contact our offices.

active
ergonomics

active-ergonomics.co.uk

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