

The Back Shop



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Special Interest Articles:

- How to choose an ergonomic chair
- Sit to Stand desks – a feature of the 21st Century Office

Individual Highlights:

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The Secret of Your Success

Profitability and productivity is the name of the game for all Industries across the board. However in order to achieve the above you must protect your most valuable assets - your employees.

Companies often think ERGONOMICS is a four letter word. That is because they fear the financial implications of major refurbishments to workstation setups.

ERGONOMICS IN THE WORKPLACE IS SOUND ECONOMIC SENSE.

The evidence documenting lost working hours and the judicial precedence determining compensation for work related injuries is an attestation to the peril of ignoring the spiraling economic cost of sitting your most valuable assets at poorly designed workstations.



Isn't it time you invested in something *really* important?

You and your staff!

Back Pain – A 21st Century Epidemic

As we entered the new Millennium it was announced that approximately 13 million working days were lost every year due to employees suffering from back strain. However there is hope.

THE BACK SHOP, a commercial supplier of ergonomic seating and workstation solutions, has worked tirelessly for almost 20 years, to not only combat, but find a vaccine for this growing epidemic.

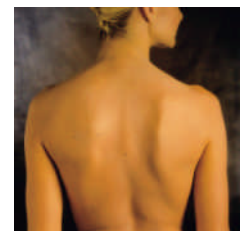
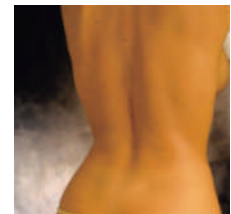
THE BACK SHOP was created in the belief that

innovation and technology can be harnessed not only to allow back sufferers to enjoy productive lives but to help the able bodied stay that way.

THE BACK SHOP recognizes that the office of the future requires furniture that suits every user, as well as creating an aesthetically attractive environment.

THE BACK SHOP offers a unique service in the form of a **FREE** comprehensive package that includes advice on space management, workstation design as well as

posture assessments identifying an individual's requirement.





"We put the emphasis on technology and form – in harmony"

How to choose an ergonomic chair

Most office furniture manufacturers now claim that their products are ergonomically sound. However with so much choice the client, corporate or individual, can often become confused.

THE BACK SHOP has a wide selection of the latest ergonomic chairs on the market that exceed current Health & Safety, EU and BS Standards and regulations.

Our ranges of Ergonomic chairs adhere to the following criteria:

1. Fully adjustable seat with forward tilt function
2. Fully adjustable backrest with mid-line pivot action
3. Fully adjustable headrest
4. Inflatable lumbar support
5. Adjustable armrests

These functions provide support for the upper and lower back and adequate forearm support enabling the individual to work comfortably.

Sit to Stand Desks



The chair you are sitting on is height adjustable.

If you raise the chair, surely this must affect the desk height!

Poor display screens and IT workstation layouts are serious everyday risks for computer based workers in all offices and should be monitored by regular posture assessments to help prevent health risks such as Computer Vision Syndrome (CVS), Repetitive Strain Injury (RSI), Carpal Tunnel Syndrome (CTS) and back pain. Health and Safety has now changed the face of the corporate workplace in the

21st Century.

Height adjustable sit stand desks are becoming the only viable solution and are covered by the International Standards Organization regulations ISO 9241-5. The standard is quite clear in respect of height adjustable desking as it states in section 5.4.1:

"For input device use, the height of the support surface should be

sufficiently flexible to allow postural changes...The work surface should be height adjustable"

This legislation allows companies to take a proactive approach encouraging informed working practices based on the fact that prevention is better than cure!

RSI victory for bank workers

Five former bank workers who suffered from Repetitive Strain Injury (RSI) have been awarded **£50,000** in compensation after winning a landmark court case.

staff said they had suffered "considerable pain" in their arms, necks and shoulders after their work rate was increased.

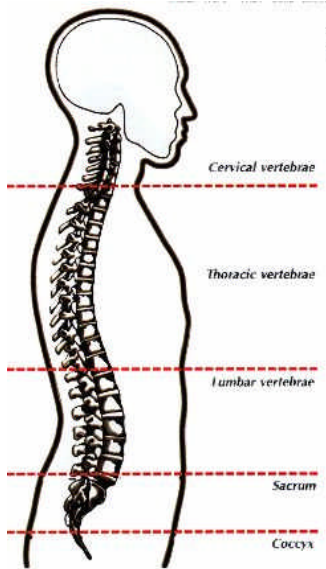
Judge Byrt, at the Mayor's and City of London Court agreed, finding that the bank

was in breach of its duty of care to its employees.



The former Midland Bank

ERGONOMICS TIPS

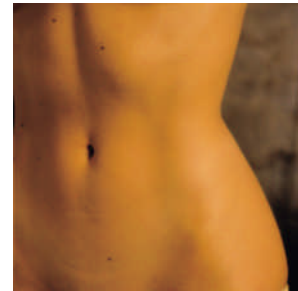


The Spine is made up of 24 vertebrae with 3 natural curves in the neck, the mid and lower back. They have evolved to absorb stress by “bowing” when under pressure.

The spine acts as an anchor point for the rest of the body and it contains a flexible tunnel which protects the spinal cord and allows nerves to be distributed to the body.

The Discs act basically as spacers and shock absorbers. By maintaining sufficient space between each bony vertebra the nerve roots can exit the spinal cord without being pinched.

Worn discs, through faulty posture, poor nutrition, age, accident or misuse can protrude onto a nerve thus producing pain. If the ligaments between the vertebrae are torn or stretched, the resulting inflammation and swelling can also irritate the nerve root, producing pain.

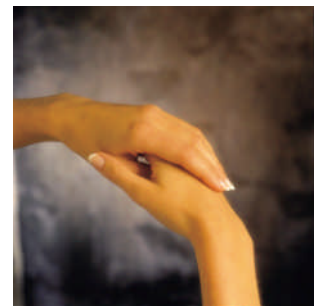


Back Care Hints



- Good posture is essential for preventing back pain.
- Back pain may indicate a medical problem.
- Always seek medical advice first
- The ideal position for sitting at a desk is in a forward tilting height adjustable chair with good lumbar support
- Remember to take short breaks!
- Always drive with your arms bent to help prevent neck strain and stop frequently on long journeys.
- When lifting always bend your knees and keep your back straight
- Balance is the secret of carrying anything from the baby to the shopping. Hold your baby in front of you and carry heavy shopping equally balanced in both hands.

“Balance is the secret of carrying anything”





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We're on the Web!

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TUC warns of RSI risks

The TUC is issuing new guidelines to 200,000 union safety representatives urging them to inspect their workplace for the risks of RSI - repetitive strain injury.

The organisation estimates that one in 50 workers in the UK, more than half a million people, suffers from RSI at a cost of £1bn to the economy. Union reps who find significant risks will be advised to ask their management for a full risk assessment of the jobs most vulnerable.

- Last year, 2000 workers received more than £10,000 each in compensation.
- The biggest compensation payout ever was £250,000 to a bank worker.

RSI facts

- ✿ 506,000 sufferers
- ✿ 56% are women
- ✿ One third under 45
- ✿ 5.4 million days lost last year
- ✿ Six people give up work permanently each day
- ✿ *Figures from TUC

About Our Organization...

THE BACK SHOP offers a **FREE Posture Assessment** service developed to identify the most beneficial and supportive environment to prevent health hazards now associated with badly designed workstations. Irrespective of office size and employee numbers, our

FREE workstation, planning and design solutions will increase job satisfaction and productivity.

Please contact our **SALES TEAM** for further information.

