

Sit-Stand Computing

WANT:

2 out of 3

wish their employers offered desks for sitting & standing

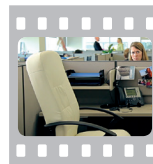


SURVEY SAYS

From research conducted by Ipsos Public Affairs on behalf of Ergotron 08.10.2010

Full-time employees of large U.S. companies spend **2/3** of their working hours in a sitting position (on average)

See "The Office Breakup" movies.ergotron.com



JUST STAND .ORG

Join the Uprising!



wish that their employer would offer these workstations and feel that they would work more productively

810 out of

BATTLE of the SEXES?



Average time spent each week working in front of a computer or via mobile device

27 hours

23 hours

Wish they had some type of adjustable workstation available to them

71%

64%

Have sought medical care due to discomforts caused by their working environment

27%

21%

For more information about the Ipsos or how the research was conducted visit <http://bit.ly/dcx453>

HOW SEDENTARY ARE FULL-TIME KNOWLEDGE WORKERS (AVERAGE)?



21 hours/week

Seated at a desk



+ 3 hours/week

Seated in meetings



+ 4 hours/week

Seated working at home



= 28 hours/week

Seated out of an average 42 hour workweek

ERGOTRON®