



THE FELLOWES 4 ZONE APPROACH®



Fellowes 4 zone approach™

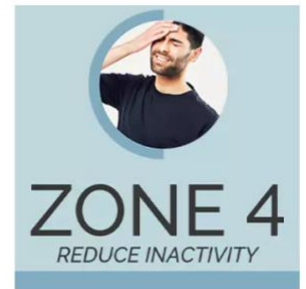
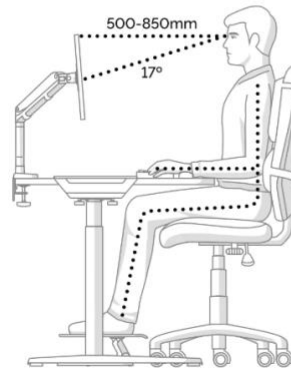
Incorporate the Fellowes Four Zone Approach® into your workspace today, to help mitigate health problems and improve workstation ergonomics and employee wellbeing.

RECOMMENDED BY THE FELLOWES WORKLIFE COACH

The Fellowes 4 Zone Approach® breaks down the main aspects of the workstation into 4 manageable sections called 'Zones'.

Each Zone provides advice and product recommendations on how to work ergonomically to create a healthier and happier workspace.

This easy-to-follow guide is based upon European standards ISO 9241-5 and EU Directive 90/270/EEC.





ZONE 1

PREVENT BACK TENSION

THE PROBLEM

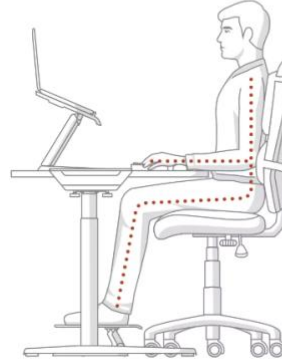
Sitting in a chair without proper support can cause poor circulation and back pain.

THE SOLUTION

Sit upright with your shoulders relaxed, maintaining contact between your back and the chair.

Knees should be level or just lower than your hips, with your feet firmly on the floor.

A seat cushion, foot rest or back support can help you achieve a comfortable ergonomic seated posture to prevent back tension.



ZONE 2

AVOID WRIST PRESSURE

THE PROBLEM

Typing on a keyboard or mousing can cause pain and discomfort to your hands, wrists, arms and shoulders.

THE SOLUTION

Keep forearms parallel with the top of your desk and wrists in a neutral posture.

Your shoulders and arms should be relaxed with your elbows positioned close to your body.

A wrist rest or vertical mouse can help you achieve a neutral and relaxed hand position to avoid wrist pressure.





ZONE 3

RELIEVE NECK STRAIN

THE PROBLEM

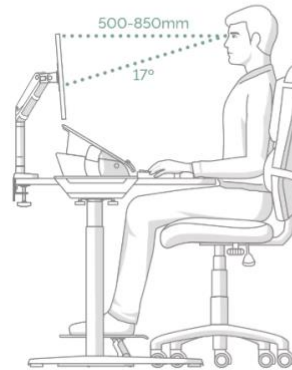
Leaning forward and tilting your head up or down to see your screen or documents can place strain on your neck and back.

THE SOLUTION

Position your screen and documents at arms distance to avoid straining your eyes and neck.

Ensure your eyes are in line with the top of your screen/s and documents.

Monitor/laptop stands, arms and document holders are designed to raise your screen/s and documents to promote comfortable viewing and relieve neck strain.



ZONE 4

REDUCE INACTIVITY

THE PROBLEM

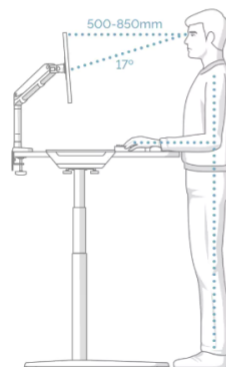
Sitting at your desk for long periods of time can increase health risks such as obesity, high blood pressure and heart disease.

THE SOLUTION

Switching regularly between sitting and standing can help you be more active whilst working.

Whether sitting or standing, ensure you maintain the correct ergonomic posture and take regular breaks.

A height adjustable desk or sit-stand desk converter can help you add movement to your day.



Incorporate the Fellowes 4 Zone Approach® into your workspace today to create a happier, healthier and more productive environment.