

Agile working

Advice for active working in a variety of work environments

Fixed environment



Height adjustable desk + adjustable chair



Every 20 minutes activity at workstation



Every 60 minutes 5 min activity away from workstation

Agile environments



Fixed height desk + semi-intelligent chair



Every 20 minutes activity at workstation



Every 60 minutes 5 min activity away from workstation

Inputting into DSE

Reviewing info & discussion/phone calls



Fixed height table + fixed height chair



Every 20 minutes 10 min activity away from workstation



Every 20 minutes activity at workstation



Every 40 minutes activity away from workstation



High bench + adjustable stool



Every 20 minutes 10 min activity away from workstation



Every 20 minutes activity at workstation



Every 40 minutes activity away from workstation



High bench + fixed stool



Every 10 minutes activity at workstation



Every 20 minutes 10 min activity away from workstation



Every 20 minutes activity at workstation

Every 20 minutes 10 min activity away from workstation



Soft seating + tablet table or no table



Every 10 minutes activity at workstation



Every 20 minutes activity away from workstation



Every 20 minutes activity at workstation



Every 40 minutes activity away from workstation

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