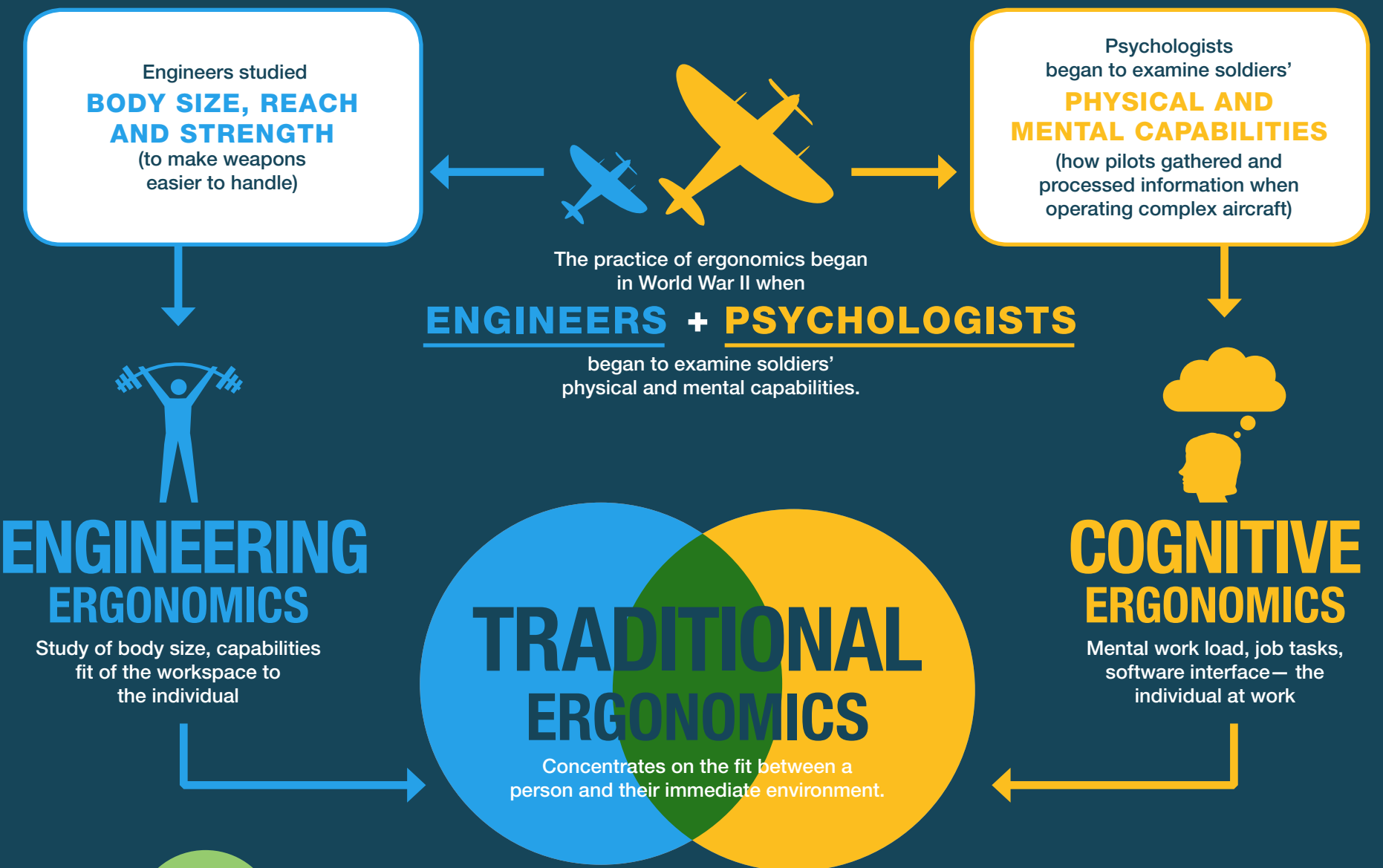


# HOLISTIC ERGONOMICS

Traditional "office ergonomics" has been practiced for decades, with a focus on the individual in their workspace. However, the changing nature of today's office work is creating new opportunities for office ergonomics. Holistic Ergonomics™ fuses the physical, cognitive and social aspects of work, offering a broader perspective on organizational effectiveness.



**ALMOST HALF OF ALL WORK** occurs outside the primary workspace.

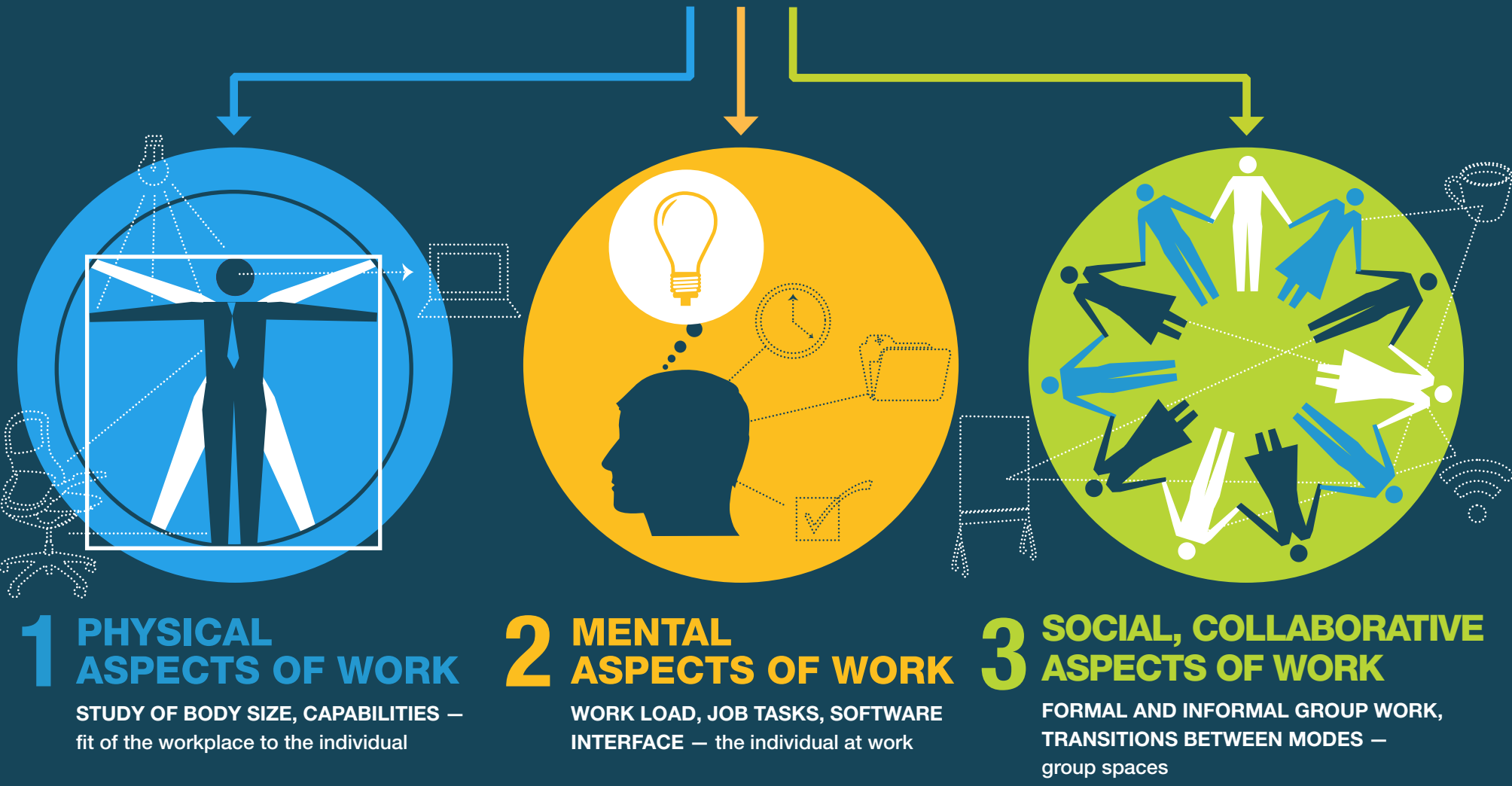
Even when employees are at their desk, the average amount of time spent on the computer is only about **2.5 HOURS PER DAY.**

On average, workers spend **ONLY 11 MINUTES** on any given task before switching to a different one or being interrupted.

**THE MAJORITY OF WORK TODAY IS KNOWLEDGE WORK;** the nature of this work is highly collaborative and social, and happens in a wide range of locations beyond the primary workspace. It requires flexibility and necessitates ease of transitions.

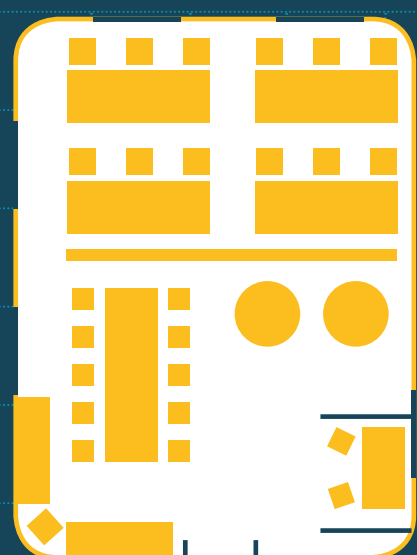
## HOLISTIC ERGONOMICS™

Addresses new ways of working. It integrates the engineering and cognitive perspectives, and also expands the range of issues and workspaces addressed by the ergonomist.



The workplace should facilitate varying degrees of individual and collaborative work. Holistic Ergonomics™ considers planning at both

## THE MACRO AND MICRO SCALE.



### MACRO PLANNING

- 1 Determine the space requirements for work zones.
- 2 Create the right mix of work zones to support varying combinations of individual and collaborative work.
- 3 Use the space to support interaction, optimize workflow, and communicate social cues.

### MICRO PLANNING

- 1 Ensure spaces are adaptable and able to serve multiple functions.
- 2 Incorporate adjustable workspace furnishings and elements.
- 3 Support casual interaction in or near the primary workspace.
- 4 Choose seating that supports frequent shifts across a wide range of postures.

