

The Economics of Ergonomics

Learn the true benefits of proper ergonomic support while working from home



Promote wellness with ergonomically-sound solutions

Mitigate the risk of rapidly rising work from home (WFH) workers' compensation claims

Enjoy at-work support with at-home style

For decades, the 8-hour workday and 40-hour work week shaped routines. Every morning, Monday through Friday, millions of people shared the same goal of getting to work – a place of wall-to-wall resources promoting productivity. From computers to coffee pots, employers ensured staff had everything they needed to get the job done. And the job, whatever it was, centered around individual workspaces.

Real work happened at desks and on chairs. Both were specifically engineered to provide the comfort, durability and support vital to withstand long days (and weeks). And now that more people are working from home, there's an undeniable truth: couches and kitchen tables are not an alternative. Everyone needs the ergonomically-sound furniture they've come to rely on because the cost to their bodies and businesses is real.

1 out of 2

US employees are working from home



67%

of US employees DO NOT have a dedicated workspace at home



WFH workers' compensation claims are rising

The COVID-19 pandemic brought on swift and dramatic change to industries around the world. For many workers, they were no longer allowed in the office. And those who were still spent many working hours at home. But with all this change, the one constant is that people need to lean (and sit) on products that can provide lasting support – **the increase in WFH workers' compensation claims proves it.** Working from home is the new normal, and so are the risks to bodies and bottom lines.



Almost **75%** of people surveyed said they're experiencing new or increased pain while working from home (Hinge Health)



\$50 billion

in workers' compensation costs, lost wages and lost productivity annually (Estimated by the Institute of Medicine for work-related musculoskeletal disorders)



Pre-pandemic, almost one-third of total workers' compensation claims were ergonomic-related, and that was before millions of in-office employees began working from home. So, what's the answer? Sound ergonomics and the perfect setup.

The Ideal Work from Home Setup

The Chair

While office chairs may appear similar, they're not all built the same. Most of the options available on mainstream shopping sites simply don't provide the upper and lower back support or key adjustability you need to dial in comfort (and withstand long days).

The Monitor

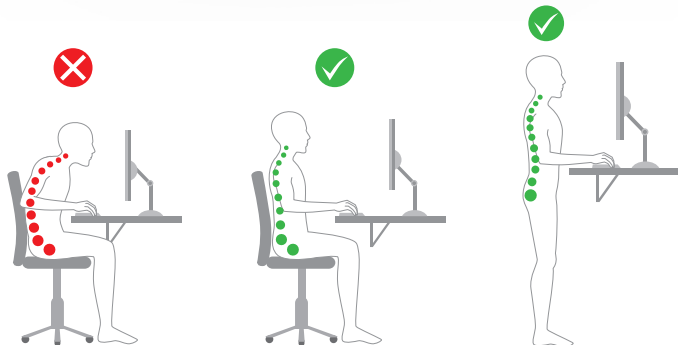
Keep it up. Otherwise, you risk pain from long periods of looking down. This "tech neck" can be avoided by raising your monitor on its stand or with a monitor arm, which offers even more flexibility. Make sure you sit at an arm's length from your screen and position the top of the monitor 2 to 3 inches above seated eye level.

The Inputs

In the digital age, it's impossible to work without the constant tap, tap, click, click. When using your keyboard and mouse, keep shoulders relaxed and elbows close to body with wrists straight and in line with forearms. Desktop power outlets and keyboard trays add extra convenience and organization.

The Desk

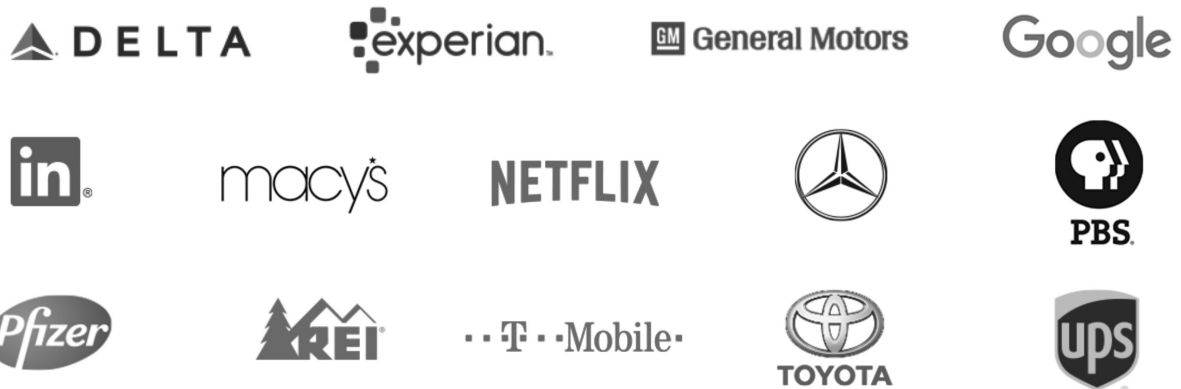
It's not ideal to eat at your desk. Same is true for working at the kitchen table. Whether fixed or height-adjustable, a proper desk offers the required space for movement. Pairing it with an ergonomically-sound office chair and essential accessories creates the ultimate workstation. Remember to adjust your seat height so that your arms rest at a 90-degree angle, and take time to stand up or step away.



The Ideal Work from Home Partner

We're a leading manufacturer of commercial solutions in the U.S. – and #1 in office chairs.

From seating and desks to accessories and more, you'll find us helping some of the most well-known brands, universities and healthcare systems. For almost 25 years, we've combined award-winning designs with the best customer experience around. It's all part of our indie California spirit and drive to be the one place you go for any (and every) space.



Work from Home program

How it Works:

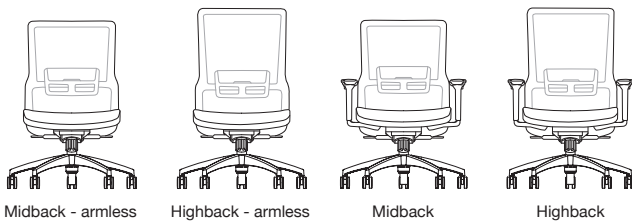
- 1** Select products on shop.sitonit.net
- 2** Enter dealer code for a significant discount at checkout
- 3** Products ship free to easily transform your home

What it Delivers:

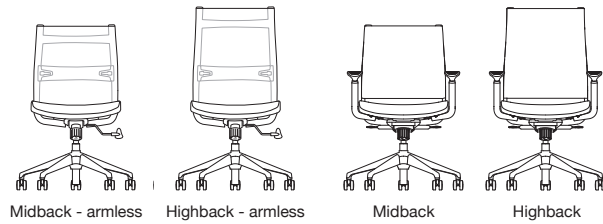
- ✓ *Free shipping*
- ✓ *High-quality products curated for home*
- ✓ *Easy assembly*
- ✓ *Industry-best customer service*
- ✓ *5-year warranty*

HOME EDITION COLLECTION

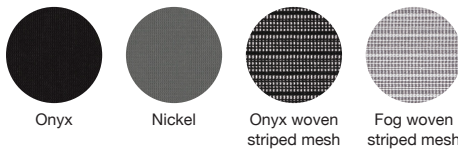
Novo - Home Edition



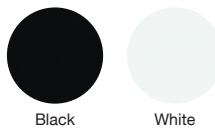
Wit - Home Edition



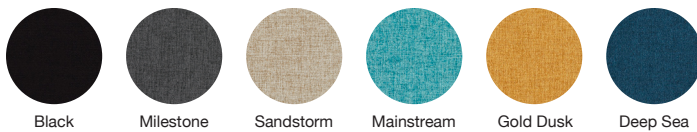
Seat back meshes



Seat frame colors



Seat fabrics



Work from Home program

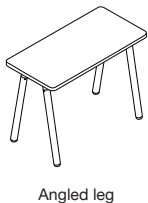
How it Works:

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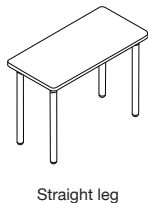
What it Delivers:

- ✓ Free shipping
- ✓ High-quality products curated for home
- ✓ Easy assembly
- ✓ Industry-best customer service
- ✓ 5-year warranty

Reya - Home Edition

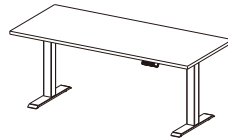


Angled leg



Straight leg

Switchback - Home Edition



Height-adjustable

Tabletop finishes

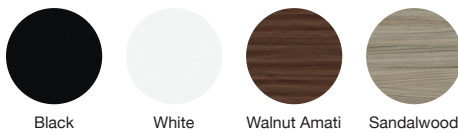
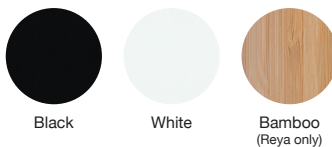
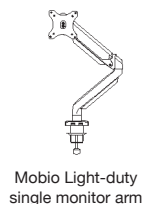


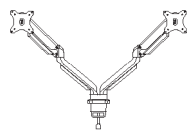
Table base options



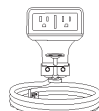
Accessories



Mobio Light-duty single monitor arm



Mobio Light-duty double monitor arm



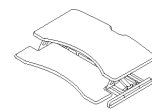
EON Clamp-on power



Power strip



Wire basket



High Tide Sit-to-stand workstation



Mobile pedestal