



The new movement
is up! ↑





HAVE A GOOD WORKDAY STANDING UP!

The New Movement is UP!

According to the World Health Organization (WHO), inactivity is the most serious health problem currently facing the world's population. It is even more harmful than smoking. In the US, "sitting is the new smoking" has become an apt phrase relating to the consequences of inactivity for those unaware of the risk. Most people today are aware of the risk of smoking, but few know how serious the consequences of inactivity can be.

For everyone working long hours in front of a computer screen, almost all work and private activities involve sitting. Most people find it almost impossible to change their everyday routine. Everyone needs a minimum of physical exercise/activity. However, research has shown that even extensive exercise cannot make up for the time we are inactive.

A major part of the solution (as well as the simplest and most cost-efficient) is to change our working conditions, making it possible to reduce the time we are inactive. Employees need alternatives to the comfortable (and harmful) chair, one such solution is an active, standing way of working. Today, most people have a height-adjustable workstation, which means they only need to make minor changes to get started.

Ergospace aims to create a workplace with effective movements that generate significant activity, whilst maintaining the same level of concentration as before (or even improving it).

Since 1994, Ergospace has been committed to developing and promoting workplace solutions. Our vision has always been to create solutions for health-promoting workstations.

Ergospace is proud to present our unique "get up and stand" concept consisting of our own patented solutions. Production takes place mainly in Norway, Sweden and Denmark.

Our main products are the Active stand walkboard, the pressure-relieving, Ergospace Comfy mat, the active chair Active sit and the Space computer screen holders. We are the first in the world to present these solutions.

We are hoping to create a new movement, and, as we say: **The new movement i up!**

This text was written standing up.

Best regards, Lars Petter Wien.

For more information, visit www.activestand.no

04-05 Our gravitation, vertical Line and balance

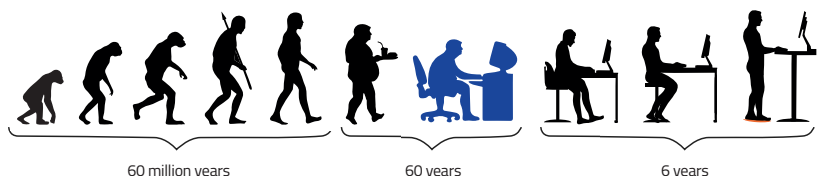
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ARE YOU SITTING TOO MUCH?

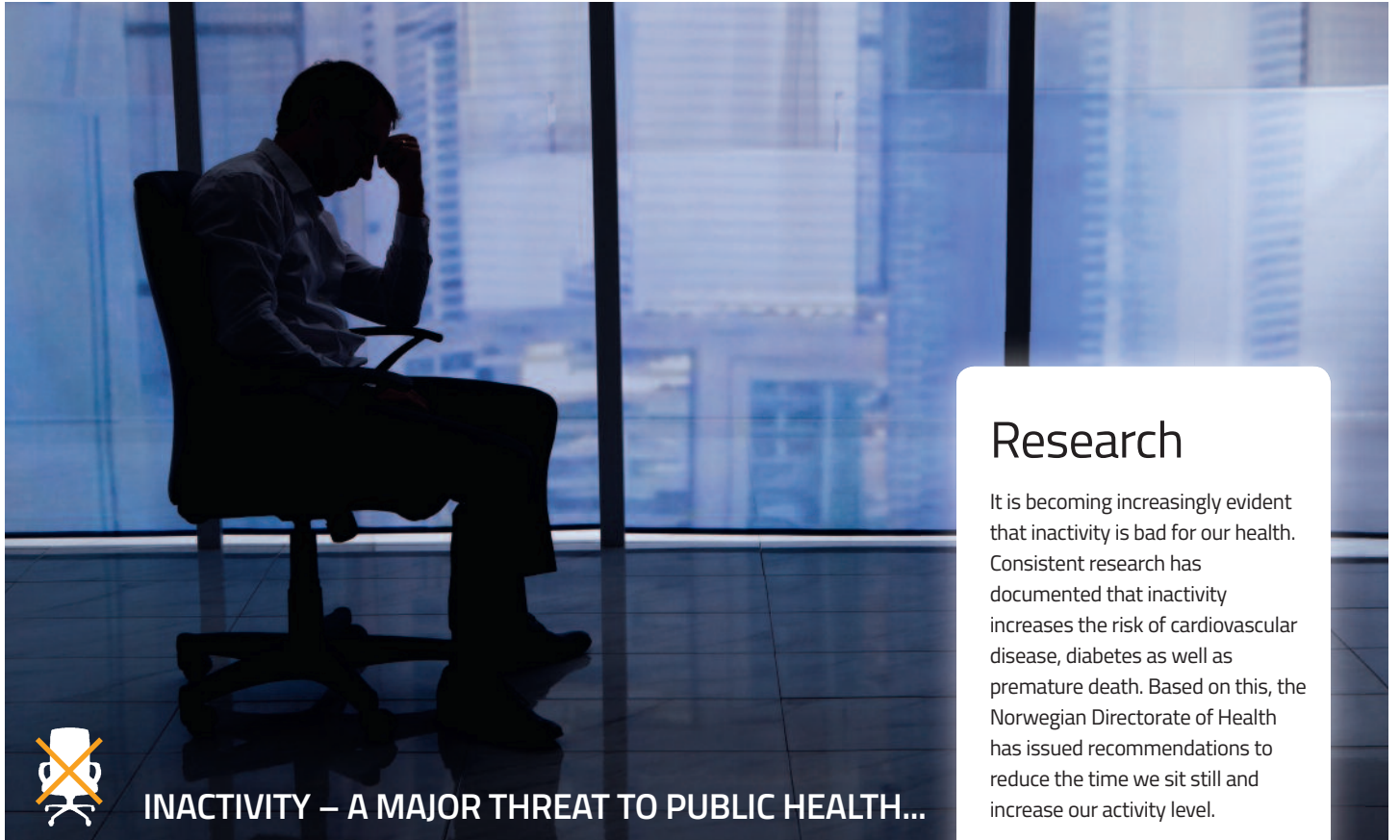
OUR BODY IS BUILT FOR MOVEMENT!

Did you know that we spend 62% of our waking hours sitting still? We sit at breakfast, at work, when commuting and when eating our dinner. After a long day sitting still, we are exhausted, so we sit down in front of the TV and put our feet up. Then of course our bed awaits, and a good night's sleep, before we are ready for a new, but unfortunately very similar day.

Our surroundings have been adapted for a comfortable and relaxing work day. We are literally being held down and we sit

more than ever. We could ask ourselves, is it coincidental that absence due to illness is higher than ever? Our body has been designed for activity.

Movement and correct pressure maintain and strengthen our muscles, joints, tendons and internal organs. Getting enough rest is also important, but to reduce the time we are inactive, is essential.



INACTIVITY – A MAJOR THREAT TO PUBLIC HEALTH...

Research

It is becoming increasingly evident that inactivity is bad for our health. Consistent research has documented that inactivity increases the risk of cardiovascular disease, diabetes as well as premature death. Based on this, the Norwegian Directorate of Health has issued recommendations to reduce the time we sit still and increase our activity level.

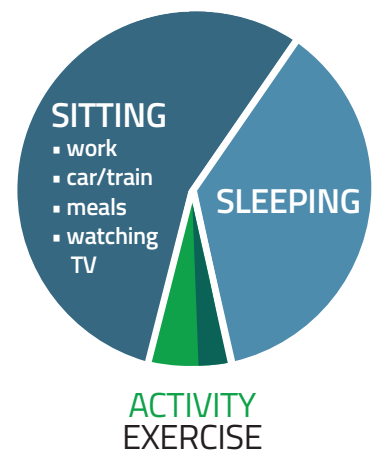
ABSENCE DUE TO ILLNESS IS COSTLY

Unfortunately, in Norway absence due to illness has remained stable over the last few years.

According to studies conducted by the Norwegian research organisation Sintef, one week's sick leave costs companies an average of NOK 15 000 in lost production and increased costs.

Correct prevention can reduce absence due to illness and save unnecessary costs.

24 HOURS



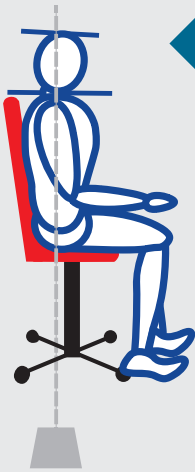
Product positions used at the workplace

Gravitation: Our movements and muscles are affected by the earth's gravitation, as is the pressure on our bodies.

Vertical line: Gravitation is the natural directional coordinator for our balance. If we hang a weight from our heads to the ground, it will fall down between our feet. This line is the body's vertical line.

Balance: If we move no more than 2 degrees from our vertical line, our balance will correct us and bring us back into the perpendicular line. It is the counter-movement that generates muscle activity.

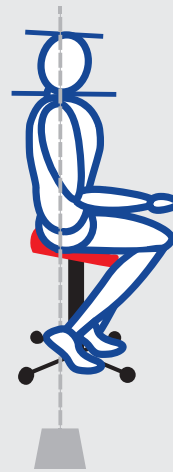
If we sit in a traditional position or maintain a still position, our balance is not sufficiently activated to have an



1 Chair with a back and a cross swivel base:

- The body is not perpendicular
- Few or no crossings of the balance point
- Major static strain on the spine (load approx. 400 kg.)
- Muscles are deactivated
- Breathing is restricted
- Tension in the neck and shoulders
- More difficult for the blood to circulate and the heart to function
- + Relaxation and restitution

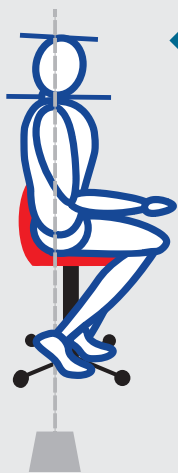
1 point



4 Chair with no balanced back and cross swivel base:

- + The body is perpendicular
- Few or no crossings of the balance point
- + Low static strain on the spine (load approx. 100kg.)
- /+ Muscles mainly deactivated, but easier to obtain movement
- + Breathing is easier
- + Reduces tension in the neck and shoulders
- More difficult for the blood to circulate and the heart to function
- + Relaxation and restitution

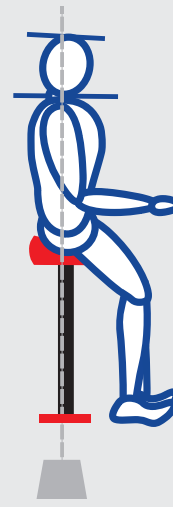
5,5 points



2 Chair with a balanced back and a cross swivel base:

- + The body is perpendicular
- Few or no crossings of the balance point
- + Low static strain on the spine (load approx. 100kg.)
- /+ Muscles mainly deactivated, but easier to obtain movement
- + Breathing is easier.
- + Reduces tension in the neck and shoulders
- More difficult for the blood to circulate and the heart to function
- + Relaxation and restitution

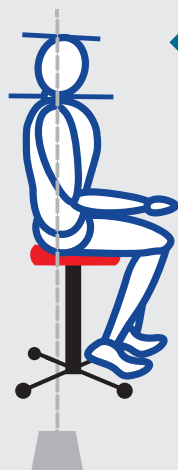
5,5 points



5 Chair - High no back:

- The body is not perpendicular
- /+ Few crossings of the balance point, but easier to obtain movement
- /+ Lower strain on the spine (load approx. 200-400kg.)
- /+ Muscles are deactivated, but easier to obtain movement
- /+ Breathing is slightly easier
- Tension in the neck and shoulders
- /+ More difficult for the blood to circulate and the heart to function, but movement somewhat more facilitated
- + Relaxation and restitution

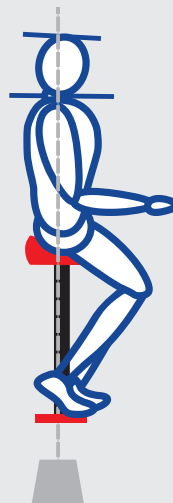
3,5 points



3 Backless chair and cross swivel base:

- The body is not perpendicular
- Few or no crossings of the balance point.
- Major static strain on the spine (load approx. 400 kg.)
- Muscles are deactivated
- Breathing is restricted
- Tension in neck and shoulders
- More difficult for the blood to circulate and the heart to function
- + Relaxation and restitution

1 point



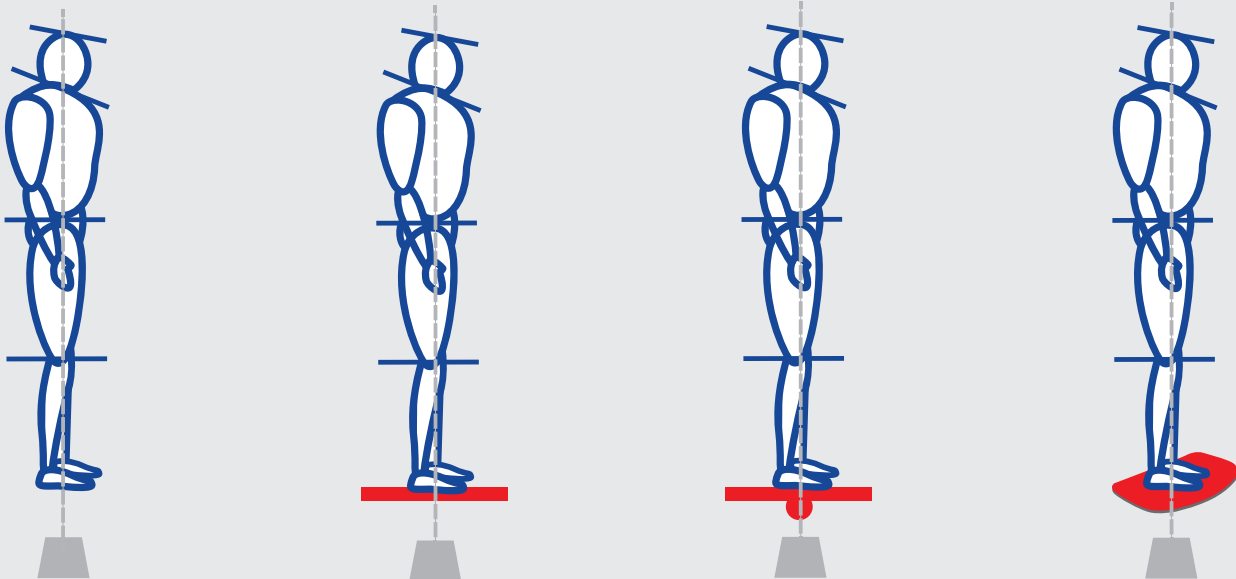
6 Chair with no balanced back with lateral tilt:

- + The body is perpendicular
- + Several balance point crossings
- + Low strain on the spine (load approx. 100 kg.)
- + Muscles are activated
- + Breathing is easier
- + Reduces tension in the neck and shoulders
- /+ More difficult for the blood to circulate and the heart to function, but movement more easily facilitated
- + Relaxation and restitution

7,5 points

e. Gravitation, vertical line and balance

effect. In active standing or sitting positions, our bodies will cross the vertical line and increase activity significantly. Even small movements increase the "exercise effect" much more than most people would think. Tension in the vertebral column is released when the body is in balance and we breathe more easily. In our busy lives, it is easier to obtain a health benefit if we can change our working hour routines, from an inactive to an active way of working. Studies have shown that even if we exercise frequently in our spare time, we are unable to compensate for the extensive time that we remain inactive.



7 Standing on the floor:

- + The body is perpendicular
- +/- Few balance point crossings, but activity more easily facilitated
- + Low strain on the spine (load approx. 100 kg.)
- +/- Muscles partly activated
- + Breathing is easier
- + Reduces tension in the neck and shoulders
- More difficult for the blood to circulate and the heart to function
- Quite hard to remain standing and statically still
- + Possible to concentrate on work
- People choose to stand up for shorter periods only

6 points

8 Standing on a pressure-relieving board:

- + The body is perpendicular
- +/- Few balance point crossings, but activity facilitated
- + Low strain on the spine (load approx. 100 kg.)
- +/- Muscles partly activated.
- + Breathing is easier.
- + Reduces tension in the neck and shoulders
- More difficult for the blood to circulate and the heart to function
- +/- Relieves pressure under legs and feet, but statically still
- + Possible to concentrate on work
- +/- People choose to remain standing for longer, but often for shorter periods

7 points

9 Standing on a balancing board:

- + The body is perpendicular
- + Several balance point crossings
- + Low strain on the spine (load approx. 100 kg.)
- + Muscles are activated
- Breathing often slightly heavy
- Some strain on the neck and shoulders
- + Good for the blood circulation and the heart, but movement more easily facilitated
- + Relieves pressure under legs and feet.
- Difficult to concentrate on work
- People choose to remain standing for shorter periods only

6 points

10 Standing on a walkboard:

- + The body is perpendicular
- + Several balance point crossings
- + Low static strain on the spine (load approx. 100 kg.)
- + Muscles are activated
- + Easy to breathe
- + Low tension in the neck and shoulders
- + Good for the blood circulation and the heart, but regular movement is possible
- + Relieves pressure under legs and feet. No static position
- + Possible to concentrate on work
- + Easier to stand up for longer

10 points

Feel free to use our figures that describe the various sitting and standing positions, to make up your own opinion about what you think is most important.

ACTIVE STANDING WORK IS GOOD FOR YOUR HEALTH

The brain

The brain is stimulated during activity, improving the blood circulation and supply of oxygen. Research has shown that our brain works better when we are active. Movement also stimulates and trains the vestibular nerve.

Neck and shoulders

A standing position reduces tension in the neck and shoulders. A sedentary working position often mean we "rest" our arms on the desk in a forward-leaning position. This position creates tension in the muscles as the body naturally tries to withdraw the arms to their natural position (alongside the body).

Lungs

A standing position improves oxygen intake. Breathing becomes easier and less strained.

The back

A standing position forces the back into its natural s-shaped position. This activates the core muscles (in a good way) providing support to the spine and your back. Activating and relaxing the spine makes it more flexible by absorbing nutrients and reducing toxins. Sitting in a 90-degree angle forces the sway in the lumbar region out of its natural position. Over time, flexibility in the spine is reduced. It becomes more "brittle" and gradually weaker core muscles can cause injuries and serious health issues.. Many office workers complain of back pain.

Stomach, glutes and thighs

Compared with working sitting down, standing improves digestion and metabolism by 2-3 times. Activity strengthens the stomach, thighs and gluteal muscles. Inactivity does the opposite.

Venous pump

The largest muscle is in the legs (the venous pump). When we activate the leg muscles, blood circulation is improved by muscles pumping blood towards the force of gravity and back to the heart. This function is essential to prevent heart problems.

Feet

Our feet need strain (in a good way) and movement to maintain the support muscles and blood circulation. When standing, the sole of the foot needs cushioning and pressure relief. That's why a good foundation is important

TAKE CARE OF YOUR BODY

Think and feel better by being active at work! Working standing up will promote health and a better quality of life, by reducing strain injuries and the risk of cardiovascular disease.



Patented and first in the world
to introduce the walkboard

Active Stand®

by Ergospace



Active Stand - A walkboard that cushions and relieves pressure against a hard surface, whilst motivating people to work standing up!

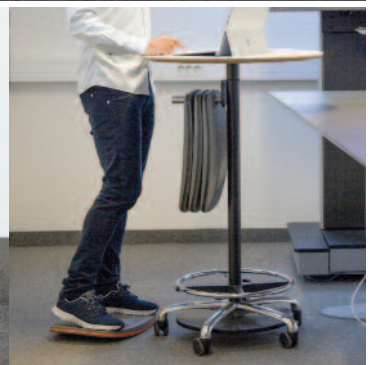
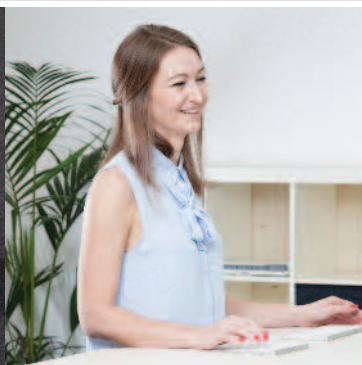
The Active Stand Combi walkboard has been designed with a stable lateral rocking movement and a flexible foundation.

Active Stand Combi consists of three layers, which have been treated differently and thus have different qualities. The interplay between these qualities makes Active Stand Combi more comfortable to stand on.

Your movement on the board means that your body will cross the vertical line many times during use (cf. the introduction on page 4). You are active and will be able to stand up for longer.

The walkboard has been subject to years of product development, several prototypes and thousands of user experiences. The board's final design and shape is the result of close collaboration between engineers and physiotherapists

Find out more, watch the video and try for free on www.activestand.no



Active standing work

Sitting for a prolonged period of time is not good for your body, but static standing can also be harmful. However, movement and the correct pressure will stimulate and strengthen the muscles, joints, tendons and internal organs. This is why it is important to have good standing products that promote active standing work that is also comfortable.

Accessories

Accessibility is often vital! For a more practical, functional and tidy workstation with the right Active Stand accessories.



Active Stand

- Grey/Orange: product no.: 99908
- Grey/Black: product no.: 99903

The Active Stand walkboard has been designed with a stable lateral rocking movement and a flexible foundation. Your movement on the board means that your body will cross the vertical line many times during use (cf. the introduction on page 4). You are active and will be able to stand up for longer. The Active stand is dishwasher-proof and can be washed using an antiseptic detergent.

Tips! For improved strain relief we recommend the Active Stand Combi. It has a third layer of soft polyurethane material which evens out the top layer and makes it comfortable also without shoes.

Active Stand Combi

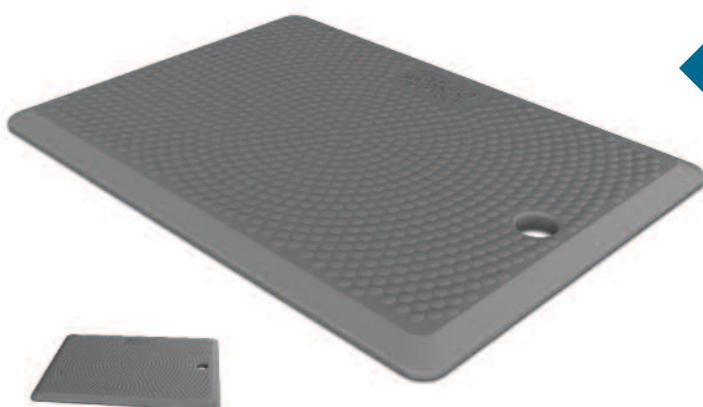
- Grey/Orange: product no.: 99985
- Grey/Black: product no.: 99981

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Find out more, watch the video and try for free on www.activestand.com.



RECOMMENDED
– With soft and flat top layer



Ergospace Comfy Mat

- Grey: product no.: 99915

Thanks to its high quality and unique characteristics the mat is suitable for most environments. The mat's soft polyurethane material relieves pressure whilst providing sufficient support for the foot, back, legs and feet. The material is very easy to disinfect and is dishwasher-proof. The surface consists of a comfortable protruding circular pattern which ensures that there is air between the mat and the foot. The mat has holes making it easy to hang up. Magnetic fasteners are also available for permanent fastening (see accessories).

Active Stand suspension

- Grey (fastening point for screws): product no.: 99950 (suitable for Active stand and Ergospace Comfy mat)
- Grey (magnet): product no.: 99951 specially designed for Ergospace comfy mat

Suitable suspension for the Active Stand products. For a more practical, functional and tidy workstation! Tidy away your Active Stand /Comfy mat when not in use. Recommended for all height-adjustable desks.



Active Stand floor stand

- Alu: product no.: 999108
- White: product no.: 999105

The floor stand makes it easy to keep your office or conference room tidy when you are not using your Active Stand. The floor stand is an easy solution to tidy away the boards, yet have them readily available. One floor stand holds five Active Stand boards. Perfect for meeting rooms / conference rooms / open offices, etc.

Ergospace rack, w/wheels

- Alu: product no.: 999109

A rack with wheels makes sure your Active stand and comfy-mat are readily available in work zones. Easy to move. Capacity: 8 Active stands.

Ergospace standing table w/wheels and suspension.



Ergospace standing table w/wheels and suspension

- Alu: product no.: 999200

The Ergospace movable standing table has been designed to facilitate easy, standing meetings anywhere, whilst the Active stand promotes activity. Some products are also available without the weight and foot ring.

Get back in balans®

Sore backs and slack muscles will love this solution. We are proud to present the patented Active Sit. This is a direct successor of the kneeling chair that Hans Christian Mengshoel invented in 1976 through his company balans®. The kneeling chair became an international success. In cooperation with Hans Christian, Ergospace has developed a solution for our modern workspace. With Active Sit you sit in a balanced position whilst remaining active. The chair is equipped with the company's unique seat. The seat is a result of several decades of research and has perfect shape and comfort. The seat enables a prolonged sitting position without discomfort with the knees placed under the seat. Previous studies have shown that in this sitting position the blood circulation remains good and normal. The foot on the chair provides a stable lateral rocking movement. You sit in a controlled perpendicular position, whilst remaining active as your body will cross the balance point several times. The chair stops forward and backward tilt, ensuring safe movement. With your body and back in a natural position, it is easy to breathe freely. We believe that if people test this chair, it will become another international success. Get back in balans®.

Breathing
freely

Back in
its natural
position

Activates the body with
balanced and controlled
sideways movement





Active Sit

- Grey seat (fabric); product no.: B7202766
- Black seat (fabric); product no.: B7202111

With Active Sit you sit balanced whilst remaining active. The chair is equipped with the company's unique seat. The seat is a result of several decades of research and has perfect shape and comfort. The seat enables a prolonged sitting position without discomfort with the knees placed under the seat. Previous studies have shown that in this sitting position the blood

circulation remains unobstructed and normal. The foot on the chair provides a stable lateral rocking movement. You sit in a controlled perpendicular position, whilst remaining active as your body will cross the balance point several times. The chair stops forward and backward tilt, ensuring safe movement. With your body and back in a natural position, it is easy to breathe freely.

Balanced sitting is an active way of sitting, which is also comfortable. Sitting in a balanced position, your own balance automatically activates the use of your core muscles. This is good for your neck, shoulders and back, etc. The shape of the seat prevents pressure on the edges, and stimulates blood circulation.



Active Sit, w/back

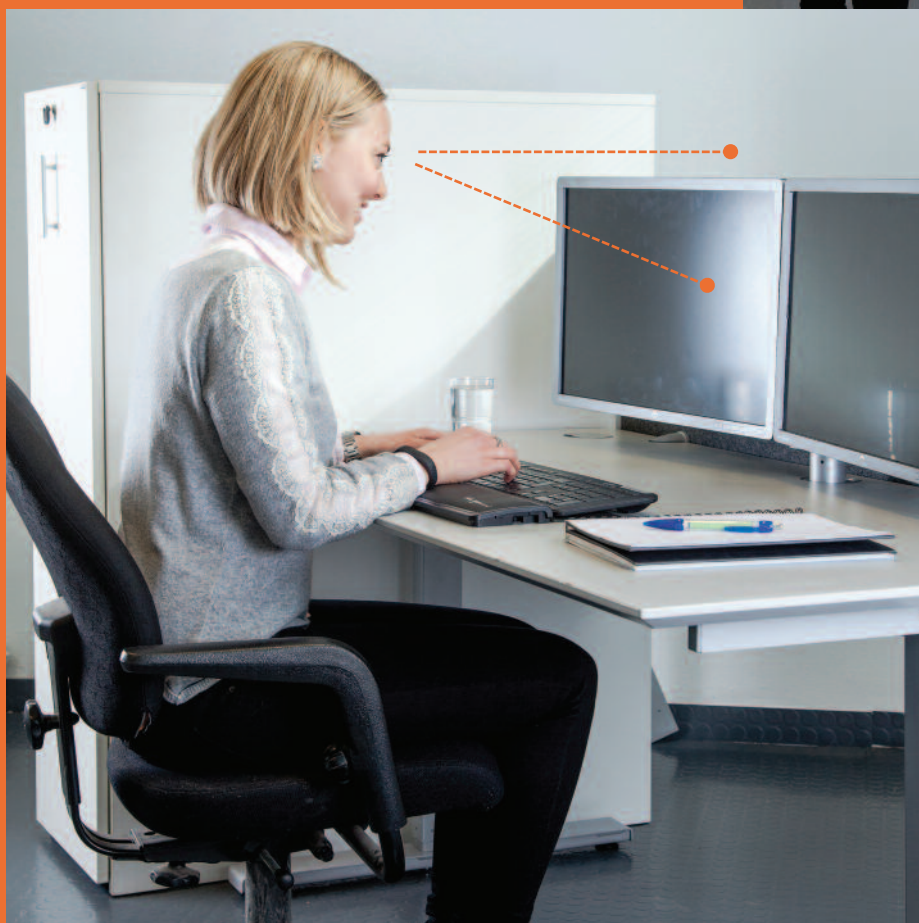
- Black seat (fabric); product no.: B7258711

Active Sit w/back functions in the same way as Active Sit. The chair activates the body sideways, whilst you sit in a balanced and controlled position, breathing freely. The back retains its natural position as long as the feet are on the footplate. The back of the chair can be adjusted at an angle and the height can be adjusted to each person's lower back. To ensure safety, the gas lift is locked in position to ensure that the chair does not tip over.

Tips! Active sit with back support is comfortable. However, we recommend trying it without the support, to increase movement and more frequent crossings of the vertical line. Most people quickly get used to the solution without the back support, and do not miss it.

Stand up for longer using Space monitor arms

Without being aware of it, the position of our computer screens keeps us sitting down, as most people change their working position quite frequently from sitting to standing up (there is often a screen height discrepancy of 5-15 cm). The reason for this is that a standing position leads to a more natural freedom of movement, creating a positive activity in the neck and shoulders. Furthermore, with a walkboard you are forced out of static, slouching positions. In general, this creates a lot of positive movement and activity,



but this may lead to a lower desk height in relation to the head (approx. 5-15 cm.). To prevent low screens from creating a tense position, it is very important that the screens can be adjusted easily according to whether you are standing or sitting. Space Origo screen systems have been designed to ensure efficient use of space and can hold from 1-6 screens per table. Space solves any logistic issues for IT managers by ensuring the most efficient use of space whilst solving all ergonomic challenges associated with the use of computer screens. There are not many companies in the world with as long and extensive experience as Space and with unique knowledge of conditions in the Nordic countries.

Investing in products that motivate people to work standing up makes economic sense for everybody



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