

# Why choose ball chairs over the office standard?

## Jewsons UK - case study

When pulling together the foundations for a new Saint-Gobain call centre, the main aim was to create an environment that focused on the comfort and well-being of employees.

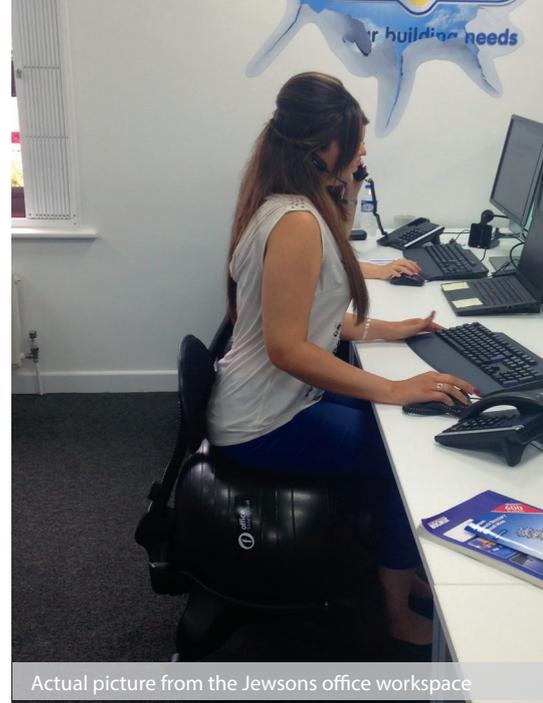
The call centre was designed to ensure the working environment was as comfortable as possible for employees by installing features such as; acoustically designed roofing to improve the quality of air, a sound proof room for employees to go to and escape from the commotion of call centre, as well as a 'Fit for Work' zone where employees are able to get active with the use of one of the treadmills or static bikes whilst working at the same time.

To continue the focus on well-being of employees, we decided to purchase one ball chair per employee to trial the highly acclaimed benefits. For instance, the ball chairs are said to help with posture,

engaging core muscles and improving balance.

At first, employees were apprehensive about the ball chairs as they were different to the standard office chairs they were used to. Once the employees tried them, the majority were in favour and praised the benefits. Some employees, however, did mention how they felt a little achy towards the end of the day but put this down to using new and different muscle groups to maintain the correct posture throughout the day.

Customer Experience Consultant Deyanna Rogers said, "I have found it's been really good for my posture. My back is still getting used to the chair but my tummy muscles feel engaged which is great. I feel using the ball chair instead of the standard office chair is helping me to look after my back for



Actual picture from the Jewsons office workspace

the future."

Customer Experience Consultant Nate Barton also commented, saying "I've found the new chairs really beneficial because I don't get numb when I've been sitting down for a long period of time. They're good fun and I can move about a bit while at my desk.

I feel like I've got good support for my lower back. I've had no back pain since I've started using these chairs, whereas previously I would get pains when sitting on a normal chair for long periods of time.

I think the new chairs are beneficial to my health and I don't feel lethargic while at work."

The ball chairs have encouraged employees to actively engage and think about their own health and well-being, and with the cost of the ball chairs being roughly the same as the standard office chair it made perfect sense to make another order.

The ball chairs have been well received by employees and they look great too!



Actual picture from the Jewsons office workspace

### Fun Facts

33 is the percent increase of calories burnt caused by standing.

10 is the increase in heart beats per minute when standing.

2 is the number of years extra life expectancy by sitting for fewer than 3 hours a day.