

Many office workers are tired in the end of a normal workday!

1 How do we know that many office workers are tired in the end of a normal workday?

Backapp AS has done a research project supported by the Norwegian Research Council (Skattefunn project). One of the targets was to document tiredness for office workers at the end of a normal workday.

354 office workers from Norway (KGH Custom Service) from Sweden (Kongsberg Maritime, Ving Thomas Cook Northern Europe Division, Tretton 37) and from Denmark (Kamstrup, Siemens Gamesa, Toyota and OK oil) participated in the study.

Of the 354 participants, 209 were women and 145 were men. The average age was 42 years. Height and weight were normal.

The participants were sitting in normal office chairs with back support - with or without arm rests.

All participants had electric sit/stand adjustable height desks.

The office workers answered a questionnaire created by Force Technology in Denmark, an independent third party. Force Technology also collected the data and reported the results.

2 What did we find?

The office workers were working in the seated position in front of a computer screen an average 5.4 hours per day. They were working in the standing position an average 1.2 hours per day.

The office workers were asked “how often do you feel tired at the end of a normal working day? The answers were reported anonymously. Results are in Table 1.

Table 1. How often do you feel tired at the end of a normal workday?

	Number	Percent
Never	21	5,9
Infrequently	98	27,7
Every now and then	134	37,9
Quite often	83	23,4
Frequently/every day	18	5,1
Total	354	100

3 What did we learn from the results?

To feel tired at the end of a normal workday is a common issue for office workers. When you are tired, your work capacity declines and the number of mistakes increase. 28,5% of the office workers reported that they were tired every day or quite often. You come home tired, and it is tempting to just lay down and rest. The balance of the day is often spent in a seated position.

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Movements in the workplace is important to avoid tiredness at the end of the working day. Passive sitting during the workday describes most office workers. Only the head and arms are necessary for performing office work. The rest of the body normally remains static We can turn it the other way around and say that the body delivers energy to the head. A slow body having pains steals away the ability to concentrate and reduces brain capacity.

If 28,5% of office workers are tired in the end of a normal workday, what is the price in reduced productivity?

A company of 354 office workers having an average salary plus costs of 825 000 NOK pay 83,325 million of NOK per year to the 101 who are tired in the end of a normal working day. Is it possible to increase the working capacity for the 101 by 10%? This means a saving of 8,333 million per year. Is movement and exercise the solution?