

Knoll |

Avanti
Office Products

Working Remotely?



Tips For A Healthy Work Experience

Eyestrain? Sore back? It is amazing how making even small tweaks to furnishings or work habits can make you more comfortable and energized over a long work day. To reduce your risk of injury, and improve your performance no matter where you work, consider these practical ergonomic tips.



01. Adjust Your Immediate Surroundings

Start with a good chair.

Stick with proper ergonomic seating products. Anything else greatly increases your chance of injury or muscle strain. Choose a flexible agile seating experience that supports a range of postures, and your need to shift between different work tasks. Adjust the seat so your feet are flat on the floor. For a change of pace and a bit more comfort, move to a sofa, club chair or other soft seating while reviewing documents or making calls.

k.™ task

Simple. Affordable. Adaptable.

k. task is a highly adjustable, highly affordable work chair well-suited for the demands of today's workplace. The double-layer mesh back and cushioned seat offer lasting comfort, while the simple aesthetic adapts to any environment.



height adjustable arms, plastic base, standard cylinder, no lumbar, hardcasters



ReGeneration® by Knoll

Be true to form.

Innovative in its simplicity, this work chair minimizes materials and components. The straightforward design leverages flexible and durable materials that respond to your movements, providing comfort and ergonomic support throughout the day without interrupting your work flow.



flex back net task chair, height adjustable arms, plastic base, standard cylinder, no lumbar, soft casters, knockdown



Generation® by Knoll

Celebrating 10 years of sitting how you want

In the buzzing workplace of today, Generation's innovative, elastic design gives you the flexibility and comfort you need to sit and work however you choose. Since its introduction in 2009, Generation has redefined seating by replacing the notions of how people "should" sit with the support users need to work freely. The first chair to promote unrestrained movement, Generation is a true reflection of innovation and thoughtful design.



height adjustable arms, plastic base, standard cylinder, no lumbar, soft casters, knockdown

Muuto Fiber Arm Chair

Iskos-Berlin

The Fiber family is a new interpretation of the iconic shell chair, adding a new perspective to the form with its shell made in an innovative composite of plastic and wood fibers, giving the Fiber family a uniquely deep surface and soft, matte touch. Though invisible to the eye when viewed from afar, the natural details of the wood fibers are revealed when viewing the design up-close.



Swivel Base with Casters and Remix 2 Front Upholstery, Matching Shell and Base, Remix 2 fabric by Kvadrat



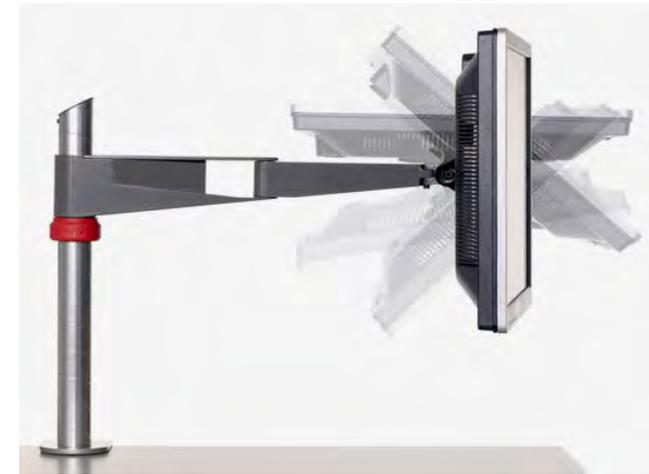
Position your screen correctly.

To reduce eyestrain, position your screen at least 20-30 inches from your face (an arm's length). To decrease neck strain, the screen should be centered directly in front of you at eye height and tilted up a bit so that the screen surface is perpendicular to your face. Investing in a high-quality monitor arm will let you make these adjustments with ease.



See the light.

Lighting needs to be balanced for the task at hand. An adjustable task light will allow you to fine tune illumination for desktop projects as well as minimize glare, reducing eyestrain and headaches. To avoid glare on the screen, position the light to the side of the monitor, rather than behind or in front of it. For video calls, optimize visibility by having the light come in front of you, rather than a window behind you.



Sapper Single Monitor Arm



Sparrow Task Light



Beam Table Lamp



Power Disc



Keep it clean.

Whether you're working from home or at a shared workspace, wiping down surfaces and tools with disinfecting wipes before and after your work day lowers the risk of transmitting germs.

02. Incorporate Movement and Visual Breaks into Your Work Day

Keep moving.

Take a short walk during your lunch break or before you hunker down in the morning. Use a wearable fitness device to remind you to stretch or do some yoga poses every hour. Build in opportunities to use stairs or add a few more steps. Instead of a thermos of coffee that sits on your desk all day, use a mug that requires a trip back to the coffee pot for a refill. Even better: take a walk to your local café in the afternoon.



Vary your posture.

Consider a sit-to-stand desk that allows you to switch positions and postures through the day. Adding an active stool allows you to perch or gently move to relieve some pressure. For more movement while standing, add a balance board to help boost energy and focus. If a “sit-stand” worksurface is not available, use a combination of worksurfaces that offer both seated and standing height work postures, such as a dining table and a bar-height counter. Some people like to stand during virtual meetings, walk during phone calls, and sit for reading and computer work. Whatever your preferences, standing even occasionally during your workday is good for your health.



k.™ stand

A straightforward height-adjustable table

k. Stand is a collection of height-adjustable bases, worksurfaces and accessories that are easy to specify and use.

k. stand responds to the needs of today's office by scaling to create adaptable spaces that support many work modes among diverse work groups and in all areas of the workplace.

Furniture that gives users choices and flexibility contributes to individual well-being, engagement and productivity. Height-adjustable tables allow users to tailor their work experience, adapting the work space to meet their needs -- not the other way around.



k.stand Height Adjustable Table
Laminate

Rest your eyes.

When your eyes are focused on an object in the distance, they're meeting optical infinity, in which eyes are totally at rest. Practice the "20-20-20 rule." For 20 seconds every 20 minutes, take a break and look 20 feet away. Also, remember to blink more. People under normal conditions blink 12 to 15 times a minute, but those reading on a screen blink only seven times



03. Nourish Your Spirit with Connections to Nature

Soak up some sun.

Sunlight, even filtered through a window, has been shown to improve mood. Try to situate your workspace so you have natural light streaming in. If that's not possible, walk around through the day or try working outdoors so you're exposed to daylight and nature.



Bring in plants.

Plants reduce stress and create a feeling of well-being. Placing plants in or near your workspace can also help improve air quality and lower background noise.

Give yourself a view.

A growing number of studies suggest that views to, or images of, nature boost memory and focus. If possible, select a work location with views to the outdoors and natural objects (trees, sky, clouds, greenery, etc.). If this is not possible, wood grain furniture and colors of nature such as blues and greens have been shown to boost productivity and creativity. Images of nature on your walls or screen saver can also provide similar benefits.



Value Added Bundle

Bundle and Save

- k. stand Height Adjustable Table (laminated 24"x48")
- k.task Chair
- Sapper Single Monitor Arm

Please contact your local dealer for delivery cost



for information on:

- Knoll warranty
- Terms and Conditions



for general information and ordering
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Modern Always®
because modern
always works.**