

Study to investigate the impact of the GET ONE chair on employee performance

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Summary: a study conducted to test the impact of the GET ONE chair on performance revealed a 30.7% increase in output.

Introduction

Technological advancements have increased work process efficiency, and a person can do almost all the tasks that their job requires without moving from the desk. The human body, however, is designed for movement, and there has been a resultant increase in levels of worker discomfort and musculoskeletal pain and injury.

A team of 4 managers on a Business Development program in one of South Africa's largest banking institutions chose ergonomics as the theme for their thesis. The goal of their study was to determine whether the use of the GET ONE ergonomic office chair would have an impact on performance.

Study Details

The group to be reviewed had to operate in an environment in which work output is objectively measured. The site chosen was a cheque clearing facility within the bank in which they work. This environment has 60 individuals in two 8 hour shifts, who are tasked with the responsibility of analysing and capturing scanned cheques and deposit slips. The rate at which they work i.e. the number of cheques/deposit slips scanned per hour, is carefully monitored.

Each person in the study group was given a GET ONE office chair, and shown how to use the chair to create an optimal workstation set-up.

The results were then monitored over a one month period.

Results

Analysis of the study period vs. the average achieved to date showed a 30.7% increase in indexing volumes.

Individual questionnaires also revealed that all users were more comfortable and happier at their workstations, and able to maintain concentration for longer periods.

Conclusion

This result shows the impact that ergonomics has on worker performance, and the increased efficiency that correct use of the GET ONE chair generates.