

THE MODERN OFFICE WELLNESS APPROACH

BEYOND THE DESK



Combating Sedentary Stress at Work

In the UAE's fast-paced work culture, long hours at desks have led to a hidden health crisis: sedentary stress. Prolonged sitting increases the risks of musculoskeletal disorders, obesity, and reduced productivity.

This is more than a health issue for HR and business leaders—it's a business challenge. The solution? Simple strategies and ergonomic changes can create healthier, more dynamic workspaces.



The Impact of Sedentary Work in the UAE

70% of UAE office workers report experiencing back pain or musculoskeletal discomfort. (Source: Dubai Health Authority)



Companies that implement workplace wellness programs see a productivity increase of up to 25% and a 30% reduction in absenteeism.

(Source: Global Workplace Wellness Study)



Sedentary jobs have increased by 83% since 1950, while movement-based jobs have significantly declined. (Source: WHO)

The UAE government has emphasized workplace wellness in initiatives like the National Program for Happiness and Well-being, encouraging businesses to prioritize employee health.

ACTIONS FOR EMPLOYERS

TO ENHANCE WORKPLACE HEALTH



Promote Movement

Culture – Encourage short breaks, standing meetings, and walk-and-talks.



Ergonomic Office Furniture

Enhance productivity and well-being by creating ergonomic workspaces that support comfort and focus.

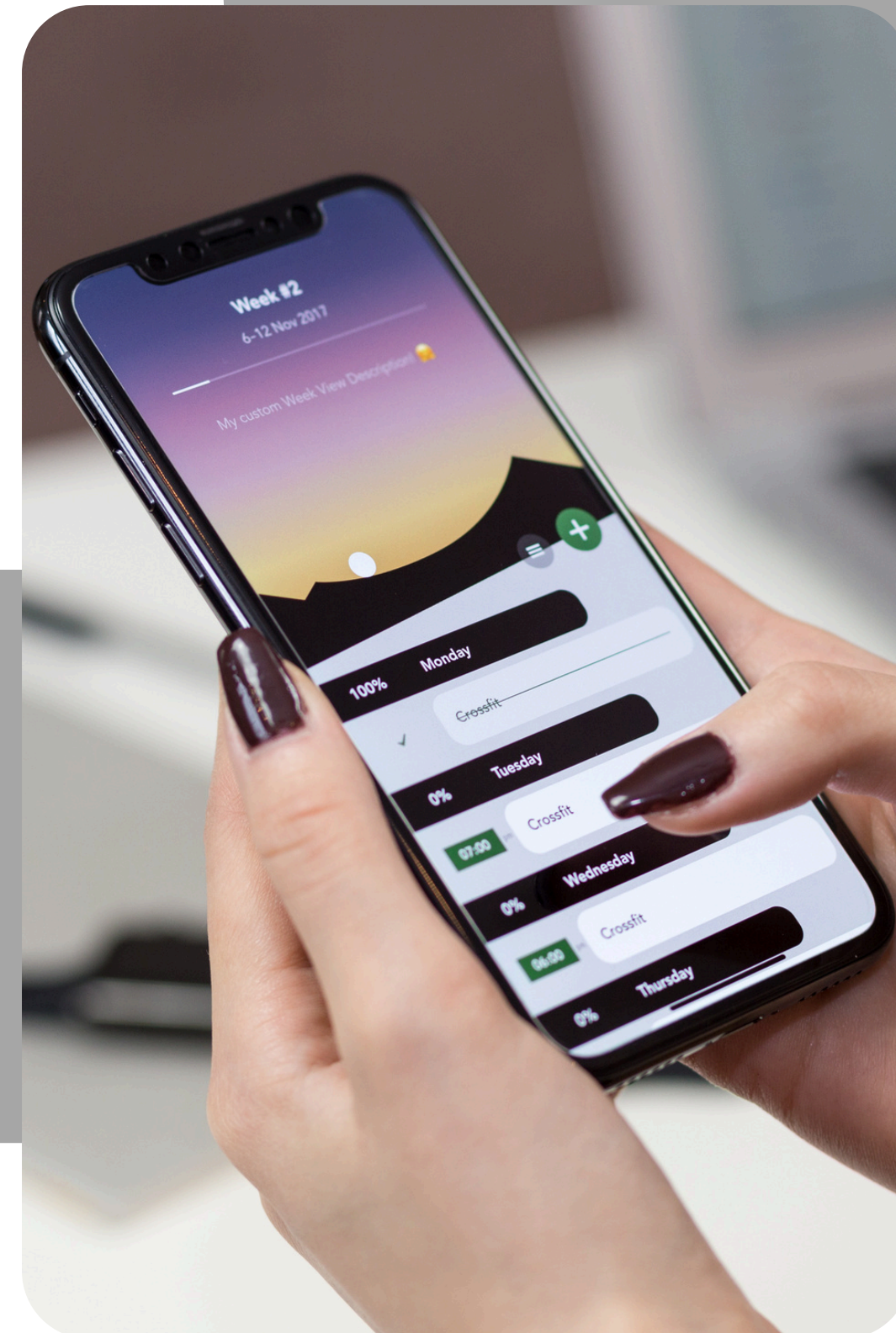


Invest in quality solutions like
BOSQ Optron Chairs and Sit-
Stand Workstations.



Leverage Technology

Use apps or reminders to prompt employees to stand up or stretch every hour.



Redesign Workspaces

Implement flexible seating and movement-friendly zones.





Educate Employees

Host wellness workshops to raise awareness about the risks of prolonged sitting.





Practical Hacks to Reduce Sedentary Stress



The 30-30 Rule

Every 30 minutes, take a 30-second break to stretch or move.



Desk Yoga & Micro-Movements

Simple stretches like neck rolls, wrist flexes, and shoulder shrugs can relieve tension.



Active Meetings

Switch from conference rooms to standing or walking meetings.



Hydration Breaks

Encourage employees to get up and refill their water bottles frequently.



Workstation Ergonomics Check

HR can conduct monthly assessments to ensure employees' desks and chairs are correctly adjusted.





Ergonomic Solutions

BOSQ OPTRON CHAIR & SIT-STAND WORKSTATION



BOSQ Optron Chair

1. Lumbar Support
2. Adjustable Armrests & Seat Depth
3. Breathable Mesh Back



BOSQ Sit-Stand Workstation

1. Seamless Height Adjustments
2. Reduces Fatigue & Boosts Energy
3. Improves Circulation & Reduces MSD Risk

#WeBackYou
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AN INITIATIVE BY **BOSQ**

From comfort to productivity.

The #WeBACKYOU program brings workplace wellness to life with events, challenges, and networking opportunities while promoting ergonomics and sustainable office solutions. Join us in reshaping workspaces for comfort, productivity, and well-being. Be part of the movement!



#WeBackYourHealth

Stay healthy, work smarter! Ergonomic solutions for a balanced work life.



#WeBackYourWorkPlace

Your workspace, your way!
Expert-backed solutions for comfort, style, and workplace.



#WeBackYourProductivity

Boost focus, minimize stress! Smart workspace solutions for peak productivity.





ERGONOMIC CHAIRS | WORKSTATIONS | LOUNGE | ADJUSTABLE DESKS

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