

## CASE STUDY

# Fujikura Ltd. rolls out Ergotron WorkFit to create a healthy office environment

## Easy transition to a more comfortable workspace



### Products introduced:

WorkFit-D Sit-Stand Desk

WorkFit-S Dual

WorkFit-A Dual

LX Dual LCD Arm

Neo-Flex® Underdesk  
Keyboard Arm

Neo-Flex Notebook  
Lift Stand



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Fujikura Ltd. is a global, Tokyo-based electrical equipment manufacturing company. Recently, Fujikura's health management and promotion department began observing the adverse effects of prolonged sitting on their office employees. In the traditional office environment, employees sit for eight hours a day at their desks. This sedentary behavior was beginning to impact employees; physical evidence of "sitting disease" included loss of muscle mass and vision degradation. In addition to the negative effects on physical health, employee productivity was being hampered. Fatigue, decreased energy, loss of mental acuity and focus were pervasive.

In an effort to explore the feasibility of a standing work environment at Fujikura, in 2013, the company conducted a survey of employees to gauge the impact standing more in the office would have on improving health and performance. For the sit-stand solution their employees would use during the trial period, they chose Ergotron WorkFit™ Sit-Stand Workstations because of Ergotron's reputation as the market leader in sit-stand office solutions.

### Choosing a sit-stand solution that could grow with their business

Fujikura specified that the sit-stand solution had to make working in a standing position very comfortable for its employees, be easily adjustable for sitting or standing postures, and accommodate dual-monitor configurations that they wanted to deploy to the staff. They settled on the WorkFit-D Desk with two Ergotron LX Desk Mount LCD Arms. The LX arms attached to the back side of the WorkFit-D worksurface, giving employees the full desk surface for their work.

The 16 WorkFit workstations proved to be robust, durable, and safe to use. The up and down adjustment of both the desk and arm, for instance, was smooth and easy, making it simple to adjust to suit the height of any employee, and to position the monitors for comfortable viewing. Fujikura discovered that the WorkFit-D Desk and LX Arm configuration worked well both as a dedicated workstation for one employee, or as a shared desk in departments that didn't have assigned workstations. In addition, the products were well-priced and affordability was a definite advantage.

Every morning when Fujikura's employees came in and found out where they were working, they easily set the height and the position of their desk and monitors for a productive start to their day. It was an easy transition for employees to adjust the desks, and in seconds switch between sitting and standing for a more comfortable work experience.



## Multi-monitor use boosts efficiency

When Fujikura introduced the use of a multi-monitor configuration on the WorkFit desk, employees initially thought they wouldn't like using two screens. Once they tried it, however, they actually preferred it to the single monitor way of working. They also found the LX arms for positioning their monitors made it extremely easy to adjust them throughout the day into just the right position.

Fujikura also explored WorkFit-A Dual Monitor workstations, which attach to the side or rear of an existing office desk, and the WorkFit-S Dual Monitor workstation, which attaches to the front edge of the desk. And because the WorkFit workstations attach to just about any existing desk, they discovered WorkFit to be a convenient add-on for most office workstations. As far as productivity, Fujikura can't easily gauge improvements because tasks aren't routine. The opportunity is there for the company to achieve the 18% productivity increase associated with investment in ergonomic equipment and the up to 20% increase associated with a dual monitor workstyle.



## Options for laptop users to reduce fatigue

The traditional Japanese office is extremely small, therefore, for the company's laptop user, Fujikura wanted to use a notebook stand on top of the WorkFit-D Desk. They installed the NeoFlex® Notebook Lift Stand and used it in conjunction with the NeoFlex Underdesk Keyboard Arm on the WorkFit-D, to improve productivity for laptop users. The Neo-Flex allowed easy positioning of the monitor to eye level while the keyboard was positioned at optimal typing height. With these ergonomic elements in play, there was less physical and visual discomfort for employees and use of it helped physical and mental fatigue.

One of the most dramatic effects of the trial for Fujikura is the improvement in communication in the office. It has increased in a favorable way, and employees attribute it to being able to move around more when working while standing, to talk to co-workers, even if they're at a distance from each other.



Most employees have taken to standing often while working, and they sit when they tire. Standing has also been introduced into meetings, and the company has discovered meetings are much shorter now and more efficient because of it. Employees also note that they are sleeping more soundly at night. This was an unexpected (and welcome) effect of the new sit-stand workstyle as studies also show that a good night's sleep will enhance the opportunity for employees to perform their best.

The introduction of the WorkFit sit-stand desks drew interest from employees from other departments around the company. Visitors are curious to see co-workers at standing desks, and ask many questions. They say the office looks "futuristic," and are encouraged to experience as much as they can of a standing workstyle while on-site.

In the future, Fujikura hopes to roll out WorkFit Sit-Stand Workstations company-wide. The company will present research demonstrating the improvements in employee health and productivity to their employee base, in order to allay any qualms that employees may have about standing more during their workday. They believe that the evidence will be convincing and likely lead to an eagerness to adopt the standing desk style of working.



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