



Forma 5
DESIGNING YOUR DREAMS

SKALA

THE TASK DESK THAT TAKES CARE AND INCREASES PRODUCTIVITY



THE TASK DESK THAT TAKES CARE AND INCREASES PRODUCTIVITY

Currently, the offices may differ from each other, but user's needs and requirements, that is to say, the human body, they are similar. People are not made to sit in one position all the time. Our bodies are designed to move.

In the automated world of today, **it is not always easy to get the movement that our body needs to work correctly.** Many of us stand motionless for more than 16 hours a day (car, work, home, bed ...). For this reason, we try to create solutions that help break the static monotony and invite to the movement in the office.

To this end, in Forma 5 we have developed **Skala, the adjustable task desk electrically in height** that has been developed in collaboration between our R&D and Tandem Company, a prestigious design and engineering studio which includes other creations like F25 or Logos.



The Skala electric lift system **allows the top height adjustment for sit-stand positions** in a simple and quickly way, helping the user to change positions from time to time by a simple press of a button.

Skala has **powerful and quiet engines** that they can move single desk and other kind as return desks and benches. They are made by Linak, a world leader in electric actuator systems.

The engine **technology** and the functional and operational **design** of the set are reinforced by the **innovative software** that allows you to connect a computer with the power adjustment system to turn on the height control and more importantly, to receive some alarms that invite the user to move and change position. **This software challenges the user** to achieve their movement goals in the workplace, thanks to the statistics to obtain graphically.

Skala becomes the perfect task desk for dynamic and creative spaces and also for workgroups. Its use is recommended for both operational and executive positions where health and productivity are essential factors.

HEALTHFUL BENEFITS

The human body is designed to move. Mobility maintains correct the spine, improves blood circulation and reduces muscle fatigue. To sum up, mobility helps keep our **bodies healthy**.

The effects of prolonged sitting:

- Discomfort in the lower extremities
- Muscle fatigue
- The increase of pressure between discs
- Muscular overcharge in neck and shoulders
- Decrease of muscular activity that causes pain or spasms

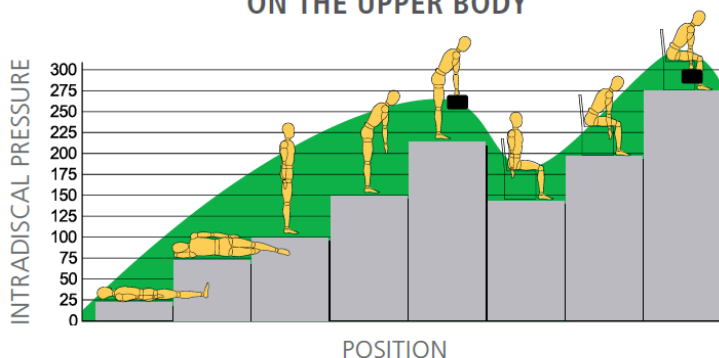


The effects of prolonged standing:

- Foot pain
- Swelling in the legs
- Varicose vein
- Muscle fatigue
- Lumbar pain
- Stiff neck and shoulders

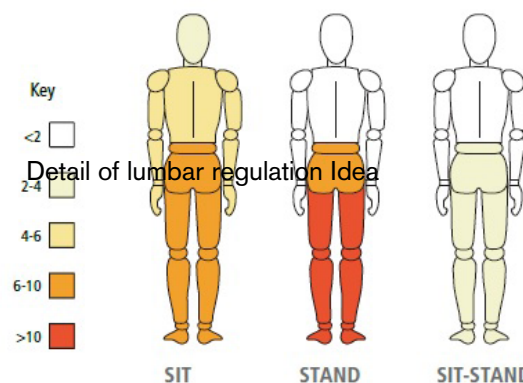
Inactivity and a poor body posture in the office affect different parts of the body

SITTING PLACES MORE STATIC LOADING ON THE UPPER BODY



“Towards a better understanding of low-back pain,” Alf Nachemson. Rheumatology and Rehabilitation (1975)¹⁵

MEAN MUSCULOSKELETAL DISCOMFORT FOR BODY REGION AND POSTURE

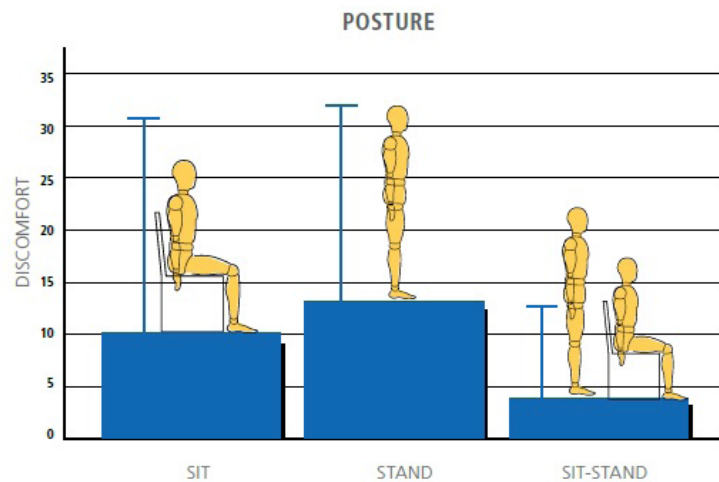


SKALA

It is not a matter standing or sitting all the time. We must seek the balance and the change of body posture, and this is achieved with the movement produced by alternating between standing and sitting.

Another reason why these systems with height adjustment desks help health is calorie intake. A study by the Mayo Clinic EEUU, shows that work two hours standing a day, it burns 340 extra calories with respect to the sitting work. We can say that work standing burns 3 times more calories than doing it sitting.

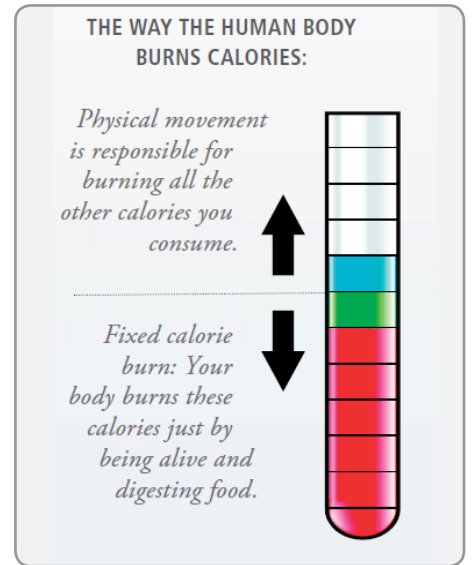
We live in a world where one of the biggest risk factors for health is obesity. This is caused by a poor diet and a sedentary lifestyle without physical exercise or mobility.



| Activity | Calories/Hr* |
|---|--------------|
| Sitting, watching TV | 66 |
| Standing, quietly | 79 |
| General Office Work (filing, copying, etc...) | 99 |
| Laundry | 141 |
| Walking, 2 mph | 164 |
| Playing with kids, moderate effort | 348 |

*based on 145 lb person

NEAT ACTIVITIES²



INCREASE IN PRODUCTIVITY

Productivity is another issue to consider to the choice of a task desk as Skala.

As we have argued previously, mobility reduces stress, muscle fatigue and cardiovascular problems. Therefore, this mobility **has a positive impact and directly on the user's health**, and this, in turn, **lead to lower absenteeism of time off work** due to back pain and other problems associated with a static activity.

Skala has a positive effect on the productivity of a company, because there are fewer days off work per employee at the end of the year.

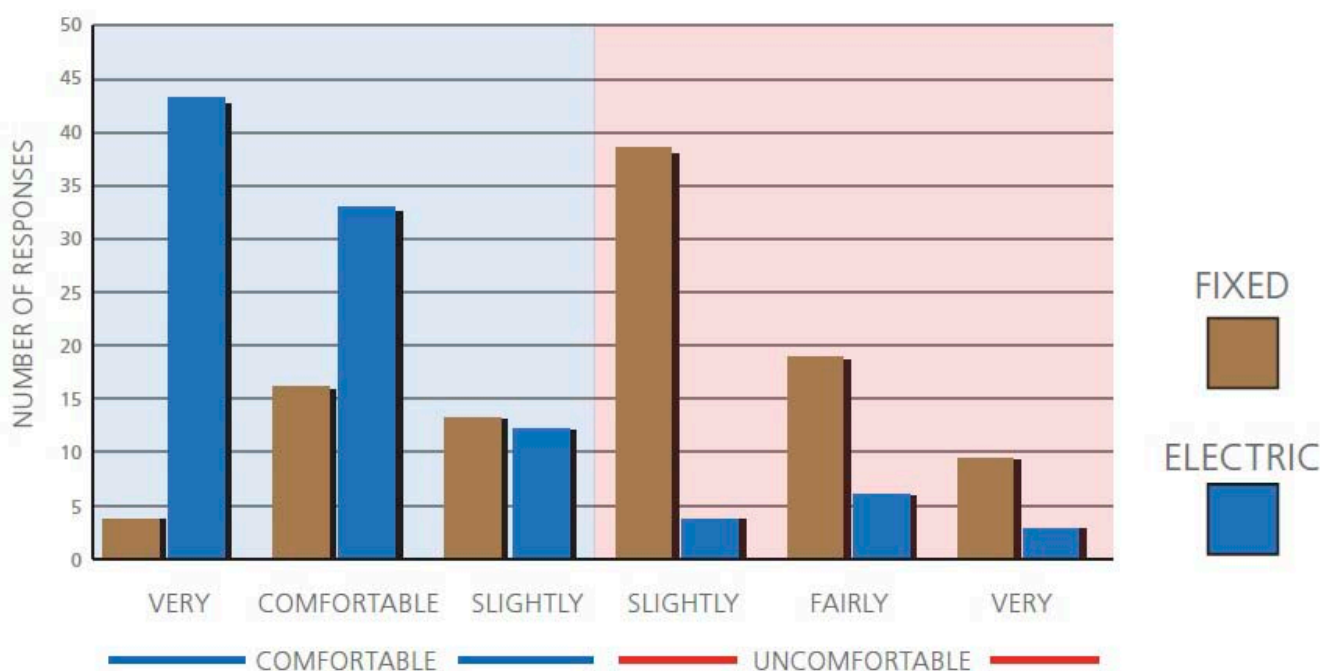
Physical activity programs in the workplace have been shown that **they reduce the risk of time off from work to 32%, reducing the economic cost of problems associated with health up to 55% and increasing productivity by up to 52%.**

Researchers have found that communication and teamwork increases by 25% when it equipped with ergonomic workstations.

A greater investment on an height adjustable desk relative to a fixed desk is quickly offset by increasing productivity, lowering sick leave and increased employee satisfaction.

The use of height adjustable desks have increased for boardrooms or **collaborative spaces to keep agile meetings**: it has shown that a stand-up meeting is shorter, concise and direct than a meeting table where it is sitting.

RATINGS OF WORKSTATION COMFORT



And not just in spaces for meetings: in the **operational positions** too, because being liftable, it can use for improvised meetings or to assist coworkers who approach the desk. In this way, both people will be at the same level and will not have to lean or recline to look at documents or monitor.

These improvised meeting spaces reduce the need for exclusive collaborative areas, so it is not longer necessary to have so many square meters reserved for meeting areas. This amounts to a saving of square meters in the office.

Even in **the offices of executive positions**, which are those with a higher cost / hour for the organization, these desks will help to receive suppliers, customers and employees standing and to obtain more quickly in their conversations.

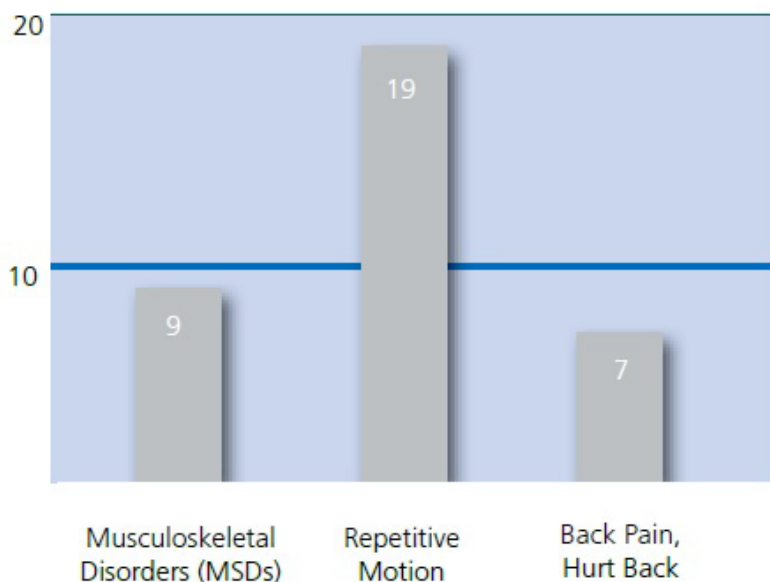
As a matter of economy of time, **Skala helps reduce costs and increase productivity** transformed into a more available time.

After all, greater satisfaction in the workplace has a positive effect on physical and mental health of the employee.

U.S. Bureau of Labor Statistics

MEDIAN DAYS AWAY FROM WORK (YEAR 2006)

NONFATAL OCCUPATIONAL ILLNESS/INJURY CASES



RIGHT LEFT

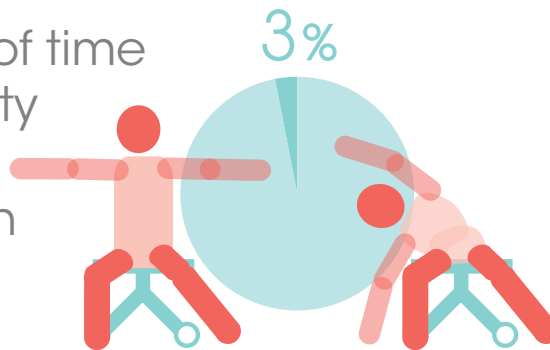
DECREASES IN MSD SYMPTOMS AT ELECTRIC HEIGHT ADJUSTABLE WORKSTATIONS

SIGNIFICANT DECREASE (Blue)

MARGINAL DECREASE (Brown)

#HEALTHYOFFICE

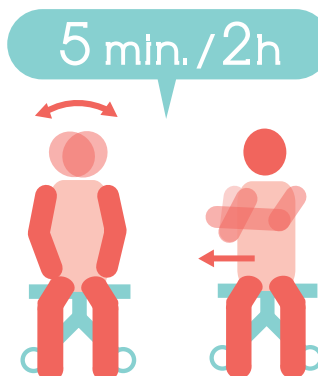
We assign 3% of time to do an activity that improves physical health



Physical well-being motivates us and it has a positive impact on mental health



Experts recommend that every 2 hours working, we must stop 5 minutes to do a simple table stretching

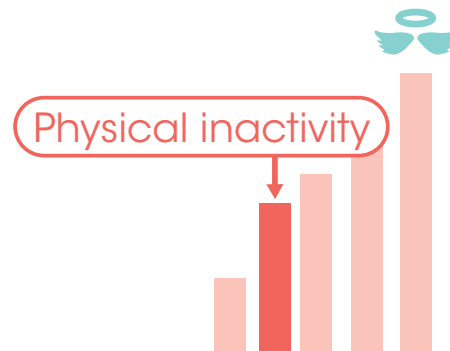


The best way to get healthy habits is creating a workstation that compelled deliberately the movement



#HEALTHYOFFICE

Physical inactivity is the 4th risk factor for mortality in the world



Working standing for 15 min every hour can burn more than 130 calories a day, 650 a week



Working standing benefits the blood circulation, the heart and the muscular system

