



WELL-BEING
Item Number: 300135

Happy-Feet



DESIGNED FOR 
DANISH STANDARDS



Happy-Feet

Well-being concerns a person's overall state of happiness, health, and comfort. It encompasses physical, mental, and emotional well-being, and often involves a sense of satisfaction with life as well as the ability to handle daily challenges.

When discussing well-being in the workplace, people often consider factors such as:

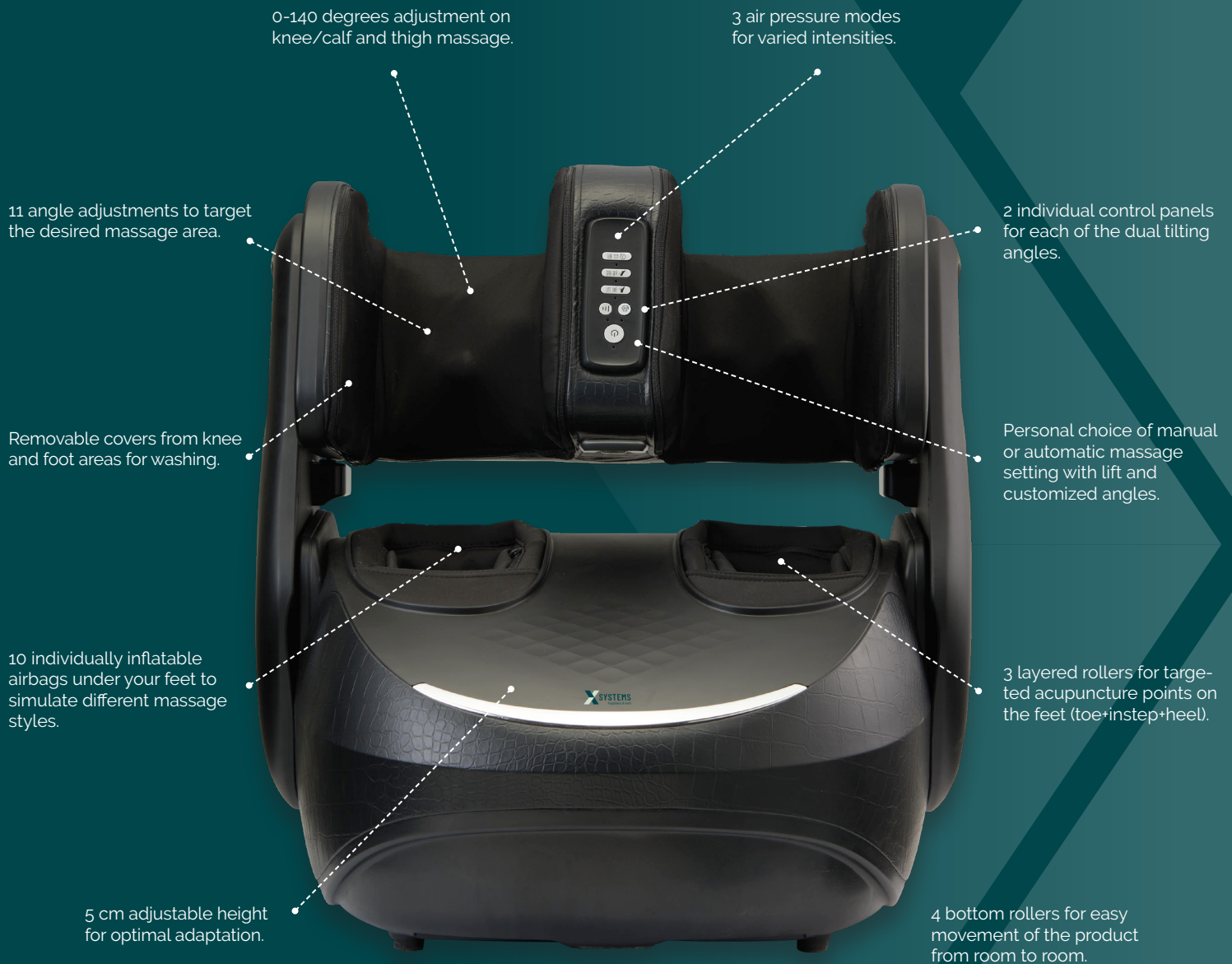
- **Ergonomic workstations:** Correct settings of chairs and tables, to minimize strain and discomfort.
- **Break areas:** Places where employees can relax and recharge.
- **Physical activity:** Fitness facilities or encouragements to move, like walking meetings.
- **Good lighting:** Adequate natural light or lighting that reduces eye strain.

Happy-Feet can produce several positive effects on employees' well-being at the workplace. First, it can help reduce tension and pain in the feet and lower legs, which are common complaints among colleagues who sit for long periods at a desk. Furthermore, Happy-Feet can help relieve swelling and fluid accumulation in ankles and feet, which can be a consequence of poor circulation, occurring with prolonged sedentary work.



Effective massage treatments, either manual or via a massage device, can improve blood and lymph circulation, potentially reducing fatigue and increasing energy levels, as well as promoting the removal of waste products from muscle tissue. The increased circulation can also help improve concentration and attention, thus leading to improved productivity.

Overall, Happy-Feet as a supplement to the workday can be a useful tool for promoting general comfort and well-being, which is important for both mental and physical health, especially in an office environment where workers are prone to develop muscle tension and other related ailments due to sedentary work.



Custom FIT

Individual Workplace Adjustment

Your employees are different and work differently. With a Custom FIT, we review each employee's workplace with the aim of ensuring optimal working conditions for the individual.

A Custom FIT includes an ergonomic review of the employee's body position in the working situation, with special focus on the back and neck, where many experience problems. At the same time, we make measurements and observations in relation to air, light, and sound.

During the review, we primarily solve the challenges that can be handled with a better arrangement of the existing work tools. This may involve adjusting the chair, desk height, or rear-

anging items on the desk. In addition, we guide the employee on what they themselves can be aware of in relation to maintaining a good work posture.

After reviewing all employees' work situations, we compile a set of recommendations for the management with initiatives that will optimize the working conditions for each individual.

BONUS:

With all Custom FIT reviews, we provide a package with tools for light exercises throughout the work day.



ERGONOMICS



WORKPLACE LIGHTING



ACOUSTICS



INDOOR CLIMATE



WELL-BEING



Read and see more at **xsystems.dk** or contact us now at **tel. 0045 86 85 43 43** or **salg@xsystems.dk**

Ergonomic Review

A review takes approximately 15-20 min. per employee. If something can be corrected on the spot, we do it together with the employee.

