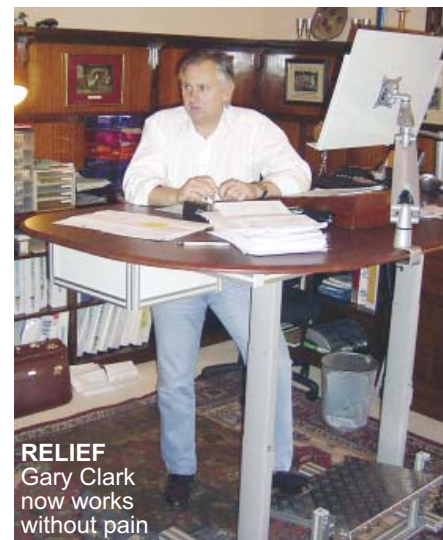


# Australian designer/engineer leads the world in preventing back and neck workplace injuries

Australian designer leads the world in preventing workplace injuries with new electronic height adjustable workstations



**ADJUSTABLE**  
Alternate between sitting and standing to relieve discomfort



**RELIEF**  
Gary Clark now works without pain

Workplace injuries are at epidemic proportions – costing millions in lost time and compensation each year. The main culprit is the humble desk.

Engineer/Designer Richard Winnicki has made it his quest to reduce costly workplace injuries through the **activDesk** – an innovative electronic height-adjustable desk or workstation for the office.

**“the cumulative effect of sitting statically on a chair for long periods of time over many years catches up with the body”**

- Rick Southern

**SITTING AND STANDING**

The **activDesk** grew out of Richard’s pioneering work on assembly lines for some of Australia’s leading technology companies - Resmed, Lucent Technologies and Cochlear.

By designing height - adjustable workstations on these assembly lines, technicians now had the option of sitting or standing while

they worked. As a result, neck and back injuries were reduced and productivity increased! Richard developed the **activDesk**, experts applaud the design ergonomists and physiotherapists have been telling us for years that sitting all day at a desk puts undue pressure on our spines, and like RSI, is cumulative.

Physiotherapist Rick Southern sees more and more clients with back and neck problems resulting from too much time on incorrect chairs at poor desks at work.

“It will get worse” he says, **“the cumulative effect of sitting statically on a chair at a desk for long periods of time over many years catches up with the body. It compresses the lower lumbar discs, creating a range of problems.”**

**LAWYER’S GRIM SITUATION**

A severe neck injury meant lawyer Gary Clark could only sit for very brief periods and yet he could not find a workstation to stand at.

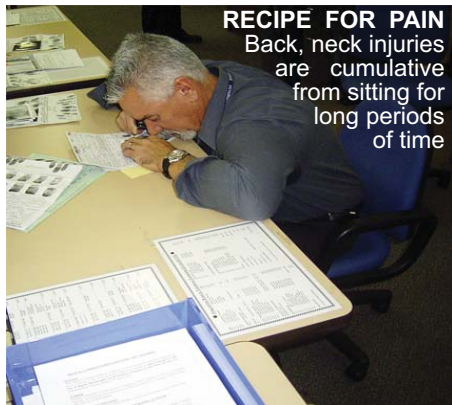
Gary heard about Richard Winnicki’s electronic, height adjustable workstations from an ergonomist and asked him to design a suitable workstation for his office. Gary now has three of the career-saving appliances.

**“It’s really liberating ... I can sit or stand whenever I want”**  
- Gary Clark

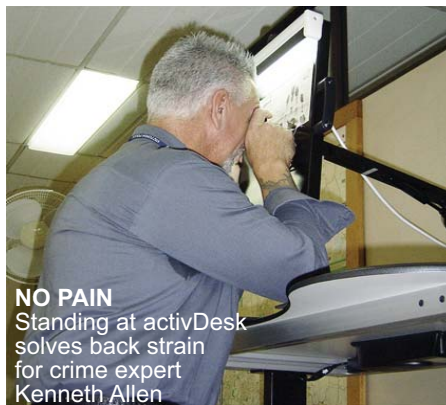
**CATCHING CROOKS**

After years of back and neck injuries from crouching for hours over desks, Vicpolice Fingerprinting experts can now examine fingerprints without strain.

For Expert Kenneth Allen it now means catching crooks is no longer a pain in the neck with their new **activDesks** which allow them to stand or sit in comfort at a push of a button! The Branch has sixteen of the desks.



**RECIPE FOR PAIN**  
Back, neck injuries are cumulative from sitting for long periods of time



**NO PAIN**  
Standing at **activDesk** solves back strain for crime expert Kenneth Allen

**Experience **activDesk****

Contact AME System to trial the **activDesk** product range

[www.amesystem.com.au/activdesk](http://www.amesystem.com.au/activdesk)