



Hills Shire Times

Tuesday 18/08/2015

Page: 12
Section: General News
Region: Sydney, AU
Circulation: 58494
Type: Suburban
Size: 294.00 sq.cms.



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Bev Jordan

STANDING at work is a huge hit with office staff at Snack Brands, Bella Vista.

The business has installed 60 standing desks throughout the company following the success of a two-month trial last year.

The company's health and safety manager Andrew Wilson says staff were a little bit sceptical at first but he is thrilled by the reaction.

"I ordered the desks to improve the health and well being of our staff and since we've had the standing desks they've been used non stop," he said.

The desks are adjustable and come with an app that can set the time you stand at them.

"Everyone who uses one stands at them about 90 per cent of the time," he said.

"I love using mine," Mr Wilson told the *Times*.

"The Varidesk has improved the health, energy levels, digestion and overall wellness of our employees."

"Our staff love having the freedom to sit down or stand up at work."

He said standing at the desk had helped staff with pre-existing back injuries as well as increasing their productivity.

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Snack Brands office worker Ari Segal with his sit-stand adjustable Varidesk. Picture: DAVID SWIFT

Do you have a small business?