

CONTOUR DESIGN 2024

# Ergonomics and employee well-being

PAIN SHOULDN'T BE PART OF YOUR JOB

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A person with a beard is seen from the side, looking at a large computer monitor. The monitor displays a webpage with text and images. The person's hands are on a keyboard and a mouse on a wooden desk. The background is a blurred office setting with shelves.

# Introduction

Musculoskeletal pain in the workplace is a growing concern that affects productivity and employee well-being. This publication aims to explore the relationship between prolonged computer use and physical discomfort and how ergonomic solutions like centered mice can mitigate these issues.

By understanding the challenges faced by modern workers and examining effective solutions, we can help minimize computer users' pain and foster healthier and more comfortable work environments.

Pain shouldn't be part of your job.



# Pain in the workplace

Musculoskeletal disorders (MSDs) are a significant concern in the workplace, affecting the health and productivity of workers across various sectors.

According to the European Agency for Safety and Health at Work, MSDs are the most prevalent work-related health issues, with approximately three out of five EU workers reporting pain related computer work.

Common types include back pain and muscular tension in the upper limbs, like carpal tunnel syndrome and tendinitis.

## 3 out of 5

of EU workers report  
MSDs related  
complaints

MSDs vary across regions and industries, highlighting the need for targeted prevention. Key risk factors include repetitive motions, awkward postures, and prolonged sitting or standing.

Prolonged computer use, in particular, leads to discomfort in the neck, shoulders, and wrists due to poor posture. Effective help and prevention strategies are therefore vital if we want to maintain a healthy workforce.

Implementing ergonomic solutions, such as adjustable workstations and ergonomic equipment, can reduce the risk of developing these disorders.

Raising awareness of risk factors and fostering supportive work environments further mitigates the impact of MSDs. Addressing these issues is crucial for employee well-being and enhancing overall workplace productivity.

(European Agency for Safety and Health at Work, 2019).

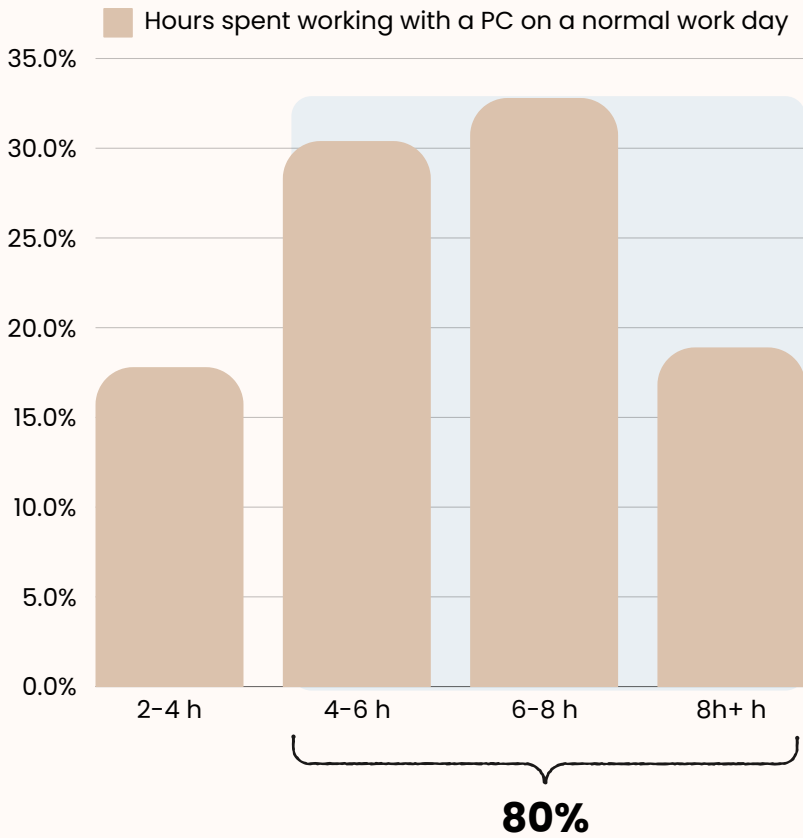
By investing in better ergonomic practices, we reduce computer work's negative impact on employees, creating healthier, more sustainable work environments.



# The impact of prolonged computer use on health – The Opeepl study

To gain a deeper understanding about this delapidating trend, Contour Design conducted a study in 2024 with the advisory company Opeepl. The Objective was to gain insights into how ergonomic hardware and other aids are perceived within end users in Contour's key industries. The primary goal of the Opeepl survey was to investigate how employees experience discomfort related to their daily computer habits, specifically targeting areas such as the neck, shoulders, and wrists (Opeepl 2023).





The survey reveals that over 80% of respondents report using a PC for more than four hours per working day.

This prolonged computer use is a common aspect of office life and is closely linked to various health concerns, particularly musculoskeletal issues. By identifying specific pain locations and assessing how these problems vary across different job roles, the survey underscores the widespread nature of musculoskeletal discomfort in the workplace. These insights highlight the urgent need for effective ergonomic practices (Opeeppl 2023).



# Building on the findings regarding prolonged computer use

A significant number of office workers report regular discomfort due to computer use. Specifically, the study shows that 75% attribute their neck, shoulder, or wrist pain to working on computers. This underscores the bad effects of static postures and repetitive movements common in office environments (OpeepI 2023).

# 75%

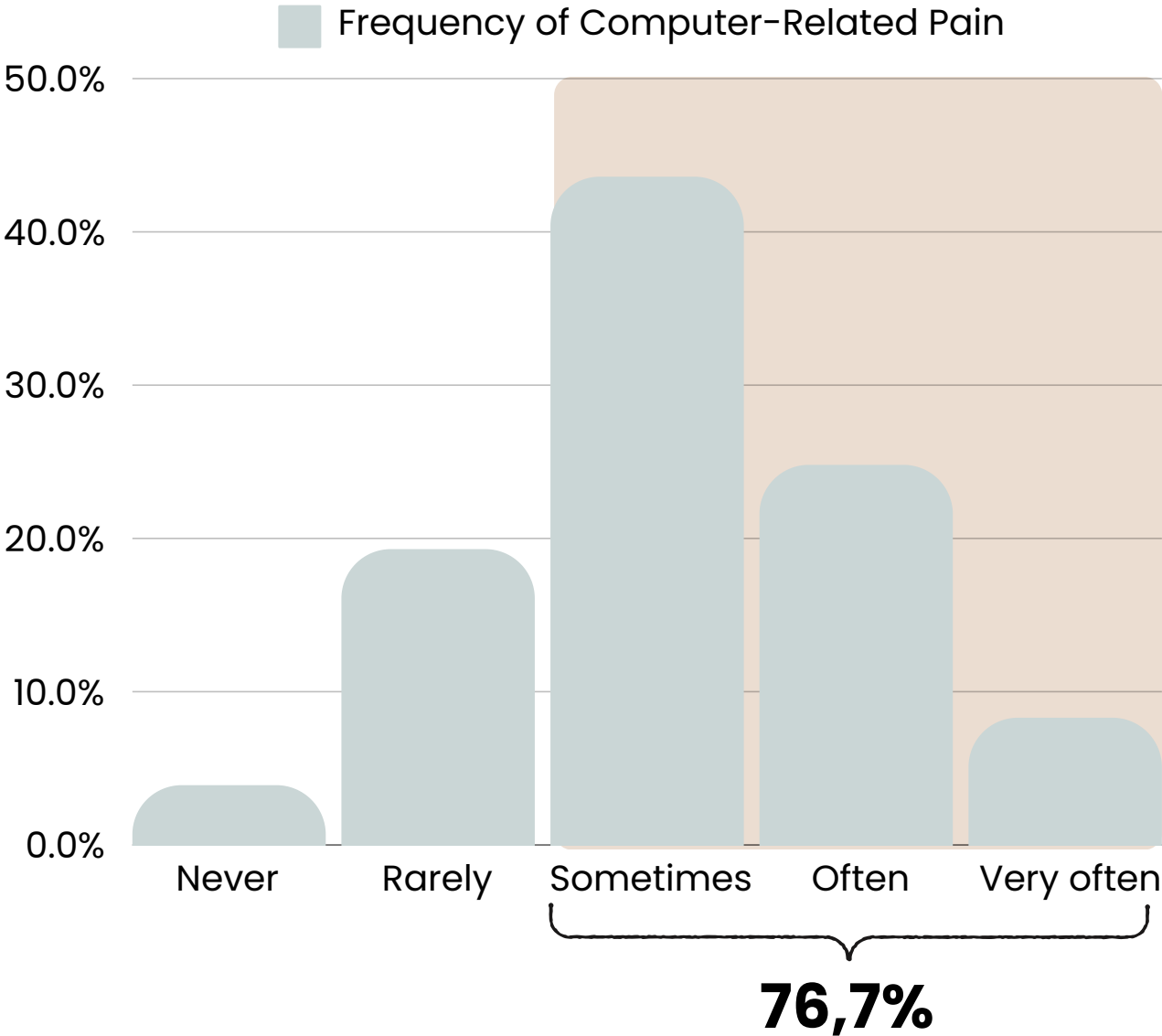
Report pain from prolonged computer use.



The graph below illustrates how frequently employees experience discomfort in their neck, back, shoulders, arms, wrists, or fingers due to computer use:

- Never: 3.9%
- Rarely: 19.3%
- Sometimes: 43.6%
- Often: 24.8%
- Very Often: 8.3%

These numbers conclude that a staggering 76,7% of office workers experience occasional to daily pain (Opeepl 2023).



These findings further highlight the urgency for effective ergonomic practices to alleviate discomfort and prevent future injuries (Opeepl 2023).





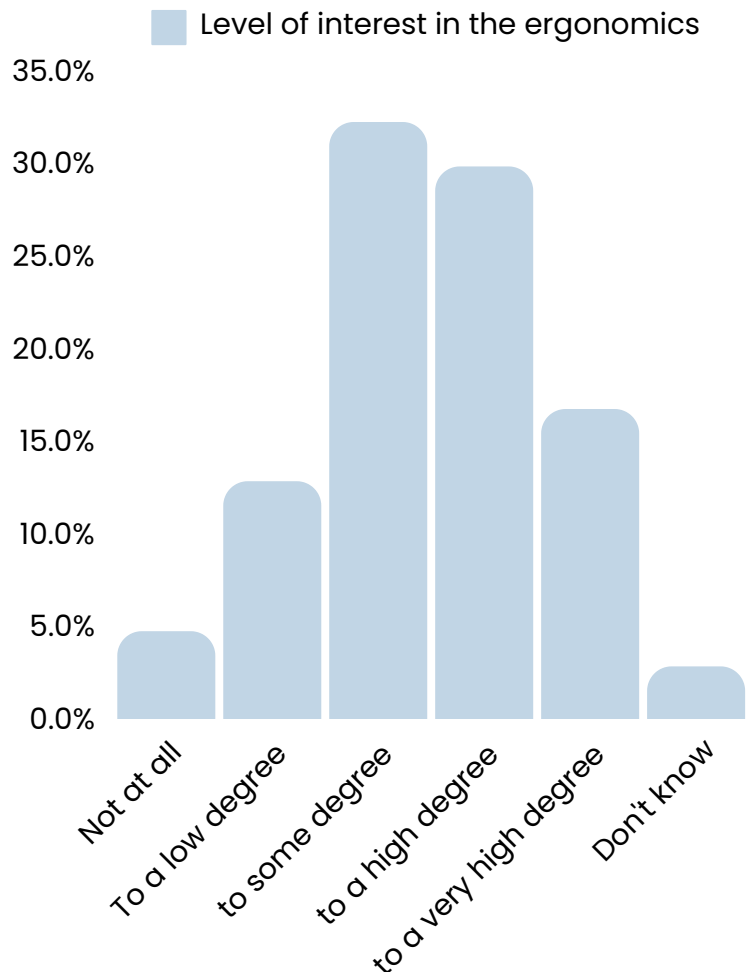
# 90%

Express interest in ergonomic solutions

## Proactive attitudes toward ergonomics

A very positive fact derived from the Opeopl survey indicate a proactive attitude among workers towards addressing discomfort in the workplace. With 90% of computer users expressing interest in ergonomic solutions, employees are not only recognizing their discomfort but are also eager to explore options to enhance their health and well-being.

This proactive mindset is crucial for advocating ergonomic investments within organizations, as it reflects a clear demand for tools and practices that promote a healthier work environment. By leveraging this interest, organizations can implement targeted solutions that alleviate pain and improve overall productivity and employee satisfaction (Opeopl 2023).



# The value of ergonomics in the workplace

Ergonomics plays a crucial role in preventing musculoskeletal disorders (MSDs) in the workplace. The EU-OSHA report emphasizes that effective ergonomic interventions can significantly reduce the risk factors associated with MSDs. These interventions are vital, especially in environments where prolonged sitting and poor posture are common, such as in offices where computer use is prevalent.

Findings of the EU-OSHA report indicate that many workers are exposed to a combination of physical, organizational, and psychosocial risk factors that contribute to the development of MSDs. By addressing these through ergonomic solutions, such as adjustable workstations, proper seating, and equipment designed to minimize strain, organizations can effectively mitigate the onset of computer use related pain and injury.

Incorporating ergonomic principles into the workplace not only benefits employee health but also enhances productivity (European Agency for Safety and Health at Work, 2019).



# The Kvadrant Survey

The conclusion from the Opeep survey is clearly that discomfort from extended computer use is a common challenge in today's office environment.

But what can help diminish this discomfort and help reduce the pain workers experience in the office?

To explore Contour Design's belief that centered mice like the RollerMouse family, help reduce strain and pain, the Kvadrant survey was conducted. This was to assess the effectiveness of ergonomic solutions, particularly the RollerMouse Family (Kvadrant 2024).

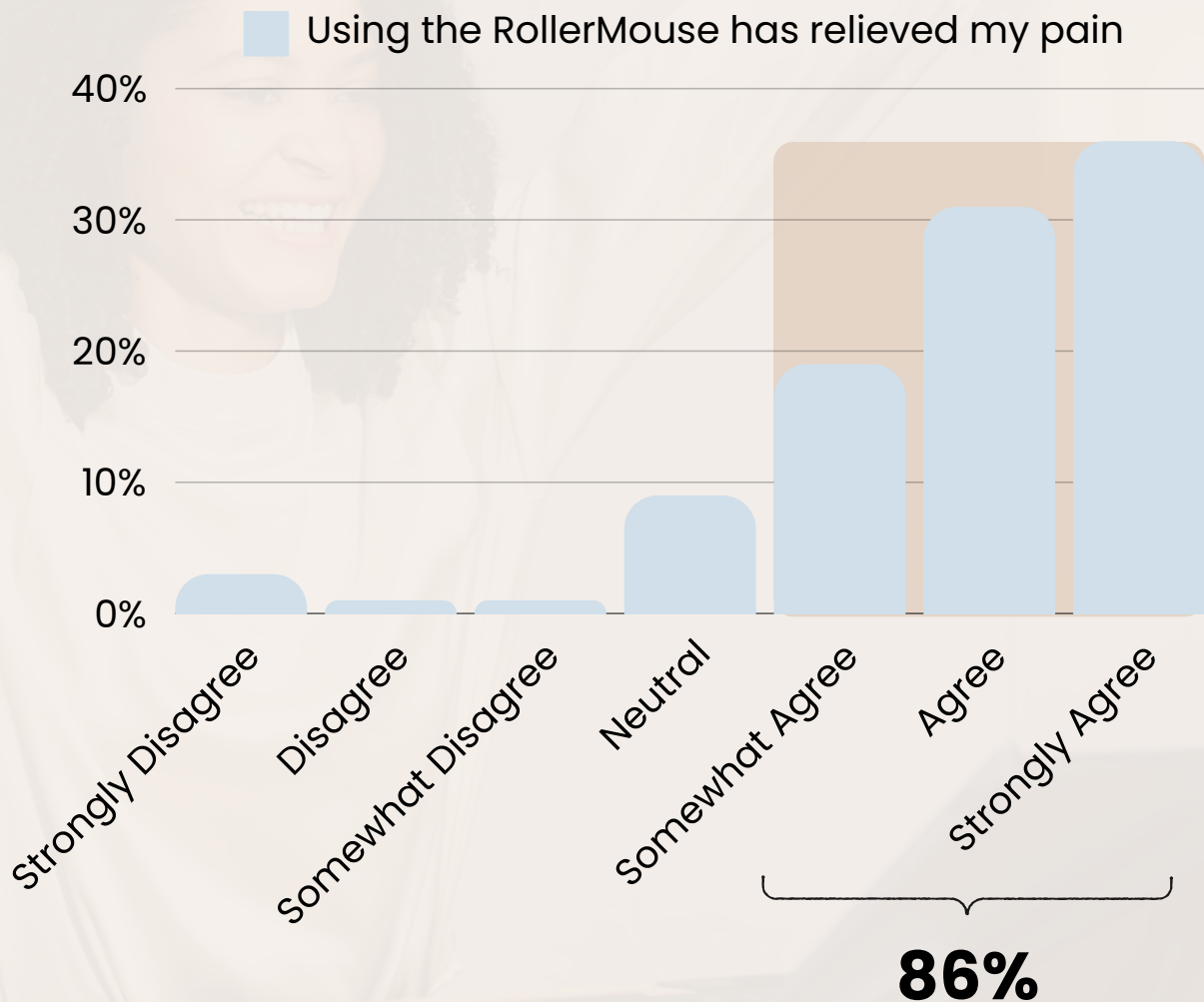


# RollerMouse, a tool for pain relief

**86%**

of RollerMouse users  
experienced  
significant pain relief

The survey revealed that almost 9 out of 10 (specifically 86%) of RollerMouse users experienced significant pain relief in their upper body, especially in the neck and shoulders. This is because the RollerMouse family promotes a more natural hand position, by ensuring mouse work centered and in front of your body. RollerMouse this way reduces strain during prolonged computer use, helping to prevent musculoskeletal disorders (Kvadrant 2024).



These findings highlight the critical need to integrate ergonomic solutions into work environments, where comfort directly impacts performance (Kvadrant 2024).

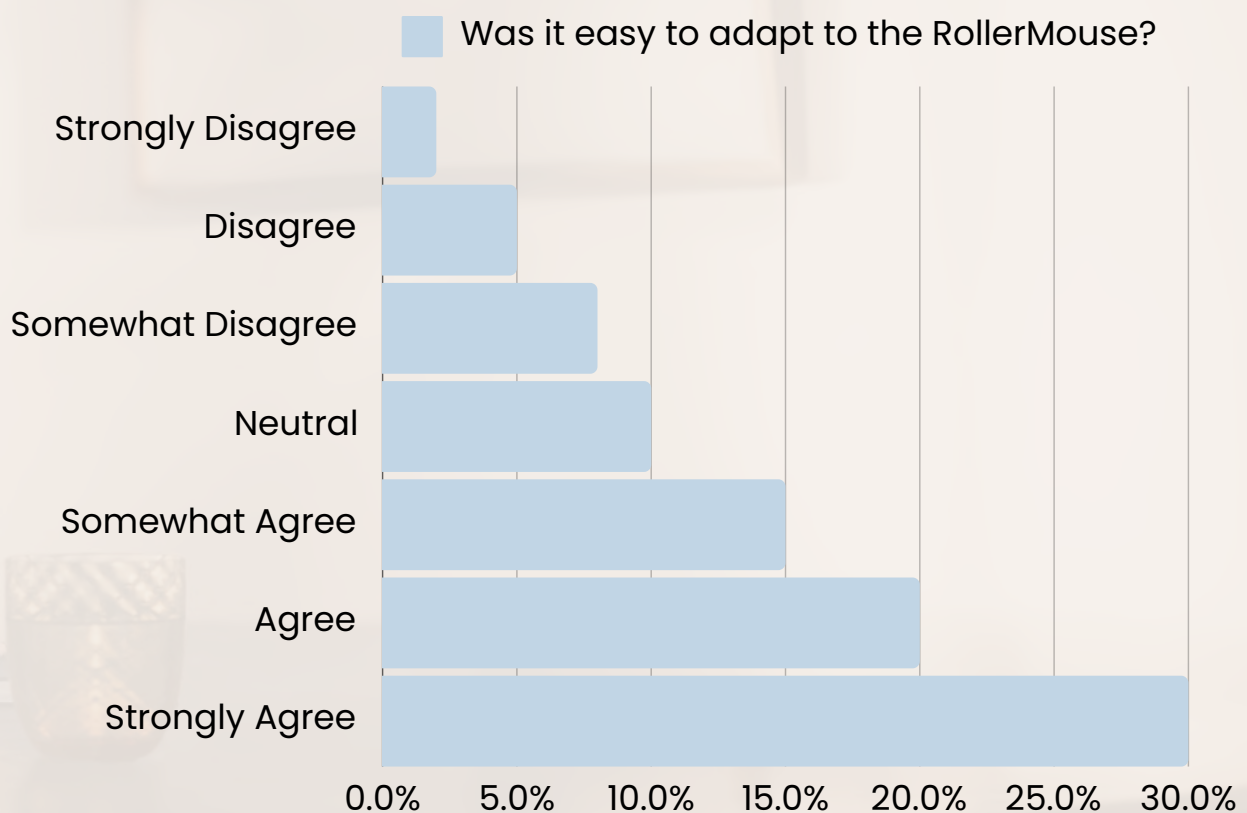
# User experiences: Ease of adaptation to RollerMouse

The Kvadrant survey indicates that more than 65% of users found the RollerMouse easy to adapt to, with many reporting a smooth transition to the ergonomic design. This ease of use enhances overall satisfaction and the daily work experience (Kvadrant 2024).

**65%**  
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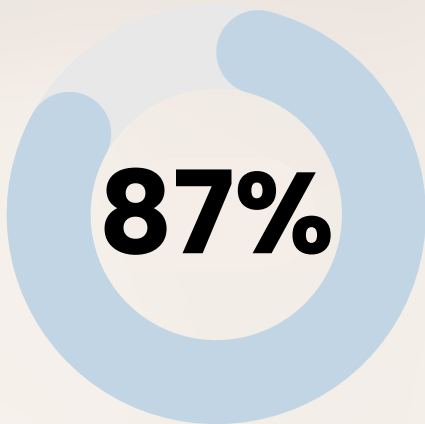
A significant portion of users noted also minimal difficulty in adjusting to a RollerMouse, encouraging organizations to consider integrating ergonomic solutions into their workspaces.

This user-friendly experience alleviates initial resistance to change and fosters a proactive approach to ergonomic health (Kvadrant 2024).



# Strong user recommendations for the RollerMouse

The Kvadrant survey reveals a significant endorsement for the RollerMouse, with 87% of users recommending it to their colleagues. This strong approval reflects the positive impact the ergonomic tool has on their work experiences. Users appreciate that the RollerMouse promotes centered working, allowing for a more natural hand position without the need for straining or gripping. This design reduces discomfort in the neck, shoulders, and wrists, common pain points associated with prolonged computer use (Kvadrant 2024).



of RollerMouse users  
would recommend it to  
others

By effectively alleviating pain and enhancing comfort, the RollerMouse empowers employees to maintain better posture and focus on their tasks. Such widespread recommendation underscores the effectiveness of ergonomic solutions in addressing common workplace discomforts.

The take away from this, is that by fostering a culture that prioritizes ergonomic tools like RollerMouse, organizations can create healthier, more efficient work environments that benefit both employees and the organization as a whole (Kvadrant 2024).

# Conclusion

Musculoskeletal pain is a significant issue in Europe, affecting productivity and quality of life for many workers. With 3 out of 5 workers reporting pain related to computerwork, we will generate substantial workforce issues, including millions of sick days if focus on ergonomic solutions are not integrated into daily office life.

The study by Contour Design and OpeepI highlights the link between prolonged computer use and musculoskeletal issues, with over 80% of respondents using a PC for more than four hours daily. The study found that 75% of office workers attribute their pain to computer use, emphasizing the need for effective ergonomic practices.

The Kvadrant survey supports the effectiveness of ergonomic solutions like the RollerMouse, with 86% of users experiencing significant pain relief. The RollerMouse promotes a natural hand position, reducing strain and preventing musculoskeletal disorders. Additionally, 87% of users recommend the RollerMouse, reflecting its positive impact on their work experience.

# References

**1. European Agency for Safety and Health at Work** (2019). Work-related MSDs: prevalence, costs and demographics in the EU. Available at: [EU-OSHA](#).

**2. OpeepI** (2023): Research Project: Office Ergonomics and Pain Prevalence Available on request from Contour Design Nordic.

**3. Kvadrant** (2024): Research project | Screening of office ergonomics - awareness and perceptions among end-users=1.256

