

## **A suitable standing aid, such as the Move from Variér®, is crucial for jobs that involve doing a lot of work while standing**

Activities that involve standing a lot while working place considerable strain on the body. In order to ensure that this does not lead to health problems, the German Professional Association for Trade and Good Distribution (BGHW) recommends that daily working routines should involve a diverse range of activities and positions. As well as working on various different tasks, ensuring the use of suitable footwear and using correct movements and postures, a key factor in this respect is the use of a suitable standing aid. The Move from Variér® is such a standing aid, as it is recommended by qualified physiotherapists and has been certified as suitable in a practical test carried out by the Spanish Institute of Ergonomics.

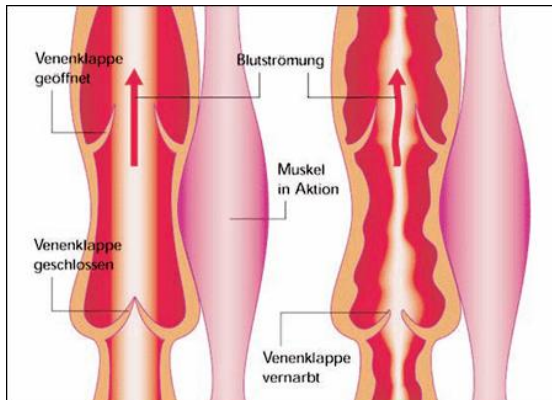
### **Health risks**

Standing in one position for a long time strains the body as major groups of muscles remain tense for a sustained period of time. Maintaining just a single posture leads to muscle fatigue over time and the adoption of a poor posture with associated pressure loading on the intervertebral discs and also tension in the muscles in the neck and torso. In the long-term, activities that involve long periods of standing can lead to back pain, varicose veins, circulatory diseases and fatigue. Studies carried out by the German Federal Agency for Occupational Health and Safety (BAuA) on the subject of "Women with jobs involving standing" have shown that more than 50% of all female sales assistants have experienced health problems, and almost every other one of them frequently uses medications to combat pain and circulatory problems.



Typical work involving standing in the retail business (source: BGHW)

Continuously standing for a long time also has a negative effect on the activity of the vessels in the legs. The muscle pump mechanism with which the veins act, in terms of pressure being applied and released in order to return blood to the heart, becomes dormant. This results in complaints arising relating to dilated veins, painful stases, varicose veins and the feeling of always having "heavy legs".



Promoting blood flow by moving about: muscles apply pressure to the veins, which then open again when the muscles relax. In the healthy vein (left), the blood flows upwards thanks to the closed venous valves. In the unhealthy vein, some of the blood flows in the wrong direction, as deposits on the venous walls provide resistance to the correct flow. (Source: German Professional Association for Health Services and Welfare Work)

*(Text in picture – from left to right and top to bottom: Venous valve open, venous valve closed, Blood flow, Muscle in action, Venous valve scarred)*

### Important measures for reducing prolonged periods of standing

Long periods of standing create a load for which the body is not properly equipped. The most important measure to take in such circumstances in order to avoid resulting damage to health is to interrupt the standing at regular intervals. Working routines should thus be organised in such a way that activities alternate between standing, sitting and moving about.

In addition to a suitably designed place of work, good footwear and specific exercises, the provision of special seating options close to the standing place of work plays a key role in this respect. These can be used to provide a respite from the strain on muscles if there is not enough space or if the work being carried out does not allow the use of proper seating for longer periods.

You should ensure the following when selecting a standing aid

- stable construction,
- slip resistant feet,
- adjustable seating height and angle,
- a hard-wearing and easy to clean seat surface and
- simple operation.



Source: BGHW – work places in retail involving prolonged standing:  
[www.bge.de/asp/dms.asp?url=/bge/m88/m88.htm](http://www.bge.de/asp/dms.asp?url=/bge/m88/m88.htm)

## Move from Variér®



The Move product from Variér® is just such a standing aid. It is versatile and has been used for many years in areas such as receptions, at sales counters, at drafting tables and at dentists. And it is not just the subjective opinions of users that confirm the success of the aid – Move has also been tested by qualified physiotherapists as well as an ergonomics institute.

### Assessed by qualified physiotherapists

The Move from Variér® has been assessed by qualified physiotherapists and has been awarded the “Physio Select” seal of approval.

### Description:

Move has a comfortable, saddle-like seat. Smooth height regulation also provides versatility for this extremely useful and comfortable seating solution. The base plate is slightly rounded, which allows users to sit at any angle and ensures that the seat adapts to the posture of the user. Free movement is thus ensured, without the need to stand, as control is exerted by simple body movements. The base plate can also be fitted with a rubber sole in order to provide stability on smooth surfaces. This is fitted as standard on the Move small model (intended for children).

### Therapeutic effects

- Optimal promotion of movement
- Promotes good balance and poise
- Optimal standing assistance
- Promotes good mobility

### Practical test

- Excellent vertical adjustability

### Usage

- Can be used in compact spaces
- Rotation allows wide radius of use



Source: Physio Select, Christian Rogl-Nemetz & Co KEG, Vienna, Austria

Physiotherapist Jacques Walg from the Netherlands, who regularly advises Variér®, describes the therapeutic effects of such aids:

“The spine retains its physiological curvature in the same way as if one was standing. The load exerted on the spine is reduced and the intervertebral discs are supplied with blood. Load on abdominal and back muscles is applied in a dynamic and alternating way. The blood circulation is not interrupted in the legs due to the muscle pump action.”





**Practical test carried out by the Spanish Institute of Ergonomics (Instituto de Ergonomia)**

The Move has also been subjected to a practical test by the Spanish Instituto de Ergonomia:

Volunteers (hairdressers, cashiers, dentists, architects and engineers) tested the Move in normal working conditions for a week. The subjective assessments revealed that this product increased the comfort of users and significantly reduced feelings of discomfort and tiredness in feet, legs and the spine when used for tasks requiring a mixture of seated and standing positions and allowing a certain degree of mobility. Of the volunteers that took part in the test, 91.2% felt "somewhat more relaxed" or "much more relaxed" at the end of the working day.

For cashier work, the biomechanical study demonstrated that the use of Move significantly reduced the tiredness of back muscles and the lumbar spine, as well as movement of the cervical vertebrae.

In the case of industrial jobs, the main benefit of the Move proved to be a reduction in movement in the cervical vertebrae area. It was also stated in the study that use of the Move led to a reduction in pressure on the lower extremities and prevented the occurrence of varicose veins. Pressure on the joints was also less, thus reducing tiredness.

Source: Instituto de Ergonomia, Inermap, Zaragoza, Spain

**Further Information**

**Move from Variér®**

Design: Per Øie

MOVE is available in the following models, each with 3 different sizes of gas spring:

MOVE for adults

MOVE II for youngsters/women – has a smaller seat

MOVE small for children (one gas spring, rubber sole for extra stability included)

Price: on request

**Manufacturer details**

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