



1. THE DRAW



2. THE MULTI-DEVICE



3. THE TEXT



4. THE COCOON



5. THE SWIPE



6. THE SMART LEAN



7. THE TRANCE



8. THE TAKE IT IN



9. THE STRUNCH

Research: Global Posture Study

Because these new postures are not adequately supported, workers are uncomfortable, in pain, and doing long-term harm to their bodies. While technology boosts productivity, it can cause pain that disrupts our work, our ability to concentrate, and our creativity.