

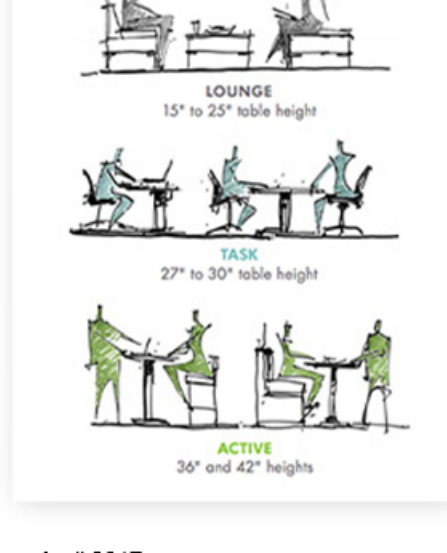


Details Matter: How to Make the Most Out of Your Workplace

Ergonomics of chairs and the sit to stand desk ---- what is the right height?

THE RIGHT HEIGHT

People today demand a choice in where they sit in order to be as comfortable and productive as possible. Posture is important and people require different types of seating for different activities. We have a variety of products for multi height applications.



As originally published by Falcon, April 2017

Today's work environment is surely different than our parents or grandparent's office experience. Today, a healthier work environment includes plants, natural light and the need for movement.

Here are a few simple tips to setting up an ergonomically correct workstation.

1. Adjust the chair height so that your feet are flat on the floor & the highest point of the seat (when in the horizontal position) is just below the knee cap when you are standing in front of the chair.
2. Keep your wrist position neutral. Consider using a wrist rest or split-design keyboard.
3. Keep your monitor between 20 – 40 inches from your face to reduce eye strain.
4. Change your posture regularly and alternatively, STAND!

How to properly adjust your desk chair?

How to set up an ergonomically correct workstation

The use of a standing desk reduces obesity, cancer and leads to a longer life. That is a big statement! Standing burns 50 more calories per hour than sitting and a case study from 2011 reported that 43,000 cases of colon cancer and 49,000 cases of breast cancer annually are caused by prolonged sitting.

Read more about this study here: [Benefits of a standing desk](#)

There are many potential benefits of sit to stand adjustable furniture including less sick days, higher productivity and improved employee satisfaction. However, to get the greatest benefit for the employee and the company, you need to ensure that you deploy the right equipment to the right population and then support the users by offering guidance in how to be comfortable and successful with the new equipment.

Test out the concept with PARsolutions help. Start with an alternate stand-up area where employees can share the standing surfaces to get used to the concept. Central printers and recycling can encourage users to get up and walk too. Or if your budget allows, go big! Everyone gets sit to stand furniture and coaching and instruction on how and when to use it. This has the highest initial cost but has been shown to produce very good results.



LVT Flooring --- Does thickness of the wear layer matter?

Luxury Vinyl Tile and Planking (LVT) is the fastest growing flooring material on the market. The profiles are very realistic and the suppliers and options are endless. Let's cut through the fluff and get right to the facts of what you need to know --- not all LVT products are the same. The standard thickness of LVT is 3.2MM. It is offered with various polyurethane wear layers.

- 6MM & 8MM wear layer: Residential grade and used for property management (apartments & condos) where cost is the #1 priority and the replacement lifecycle is short.
- 12MM wear layer: Light Commercial grade and used in Beauty Parlors, Dining and Living Rooms of Senior Living and other facilities that do not get 24/7 traffic.
- 20MM, 22MM & 28MM wear layer: 20MM is the "Gold Standard" in the LVT marketplace and the Commercial Standard used in hospitals, office buildings, assisted living facilities, restaurants and anywhere else you wish!
- 40MM wear layer: This is used for extreme high traffic areas. Comes with ceramic infusion (R9 finish) or a diamond finish (R10 finish) to improve slip resistance, scratch resistance, indentations and enhance long term durability.

[Check out Amtico's Signature Anthology Collection --- 40MM wear layer & their Quantum Guard® HP finish.](#)

[Check out Armstrong's Natural Creations® with Diamond 10® technology --- this funny video says it all!](#)

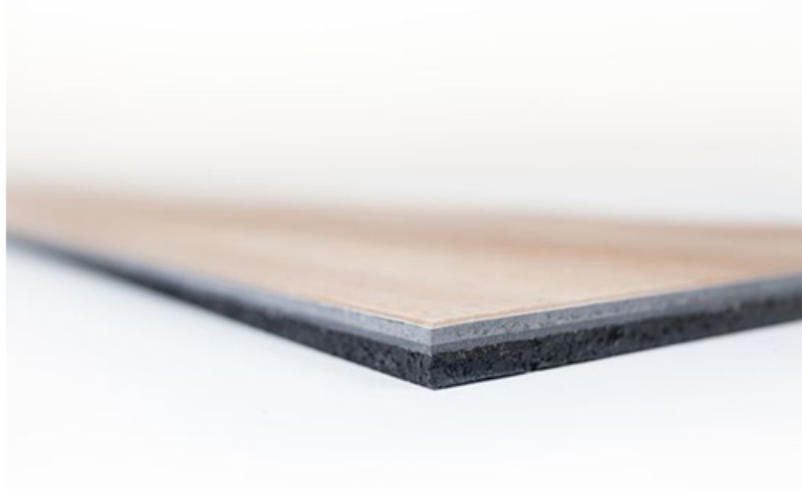
These wear layers look the same at face value, but will not perform the same or last the same amount of time. Do not be fooled --- purchase the correct wear layer to maximize your ROI.



PARfloors specifies and installs miles of LVT because....

1. The profiles look real with textured surfaces & wide width wood planks.
2. LVT typically has a no wax, no buff finish and three levels of maintenance practices to choose from. Simply sweeping and mopping is standard practice for any low or moderate traffic commercial space, but spray buffing and/or waxing is available for high usage spaces.
3. It is much quieter than other hard surface standards such as quartz, VCT, terrazzo and porcelain tiles.
4. LVT is offered in direct glue, floating or loose lay installation options as well as with an attached rubber underlayment. There is a solution for all pre-existing building issues!

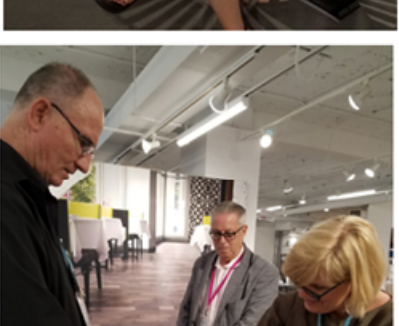
[Check out EnviroQuiet® by Floorfolio](#) --- this patented technology offers superior STC / IIC ratings and softness underfoot with a one step process, eliminating a double glue down installation over a sound barrier. Cost efficient and effective!



Patented EnviroQuiet® by Floorfolio

Lean on your friends @ TeamPAR to ensure you receive the right wear layer for your building needs. Come visit our new flooring library and let us help you design your space in budget as we increase your ROI and decrease your maintenance costs. We are known as Educated Dealers for a reason --- our 25 years of Value Engineering experience and passion for customer service are the main ingredients in our "Secret Sauce"!

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