

## Prezzybox.com

Prezzybox is the complete online gift solution. If you're looking for a unique or exciting gift for your Mum, Dad, brother sister, buddy, half-cousin or even yourself, then Prezzybox is the place.

Prezzybox was founded in 2000 by Zak Edwards - just as the dotcom bubble was about to burst (great timing!), but has since outgrown its offices twice, and now employs 14 people, 9 of them in the office team at Prezzybox HQ.

## Why did we address workplace health?

Including time spent using computers at home, the office team average 37 hours of computer usage per week, with several of us spending 50+ hours per week at a PC.

We've always tried to create a friendly, healthy and fun place to work. As a result, we don't have an absence problem. However, all-but-one members of the office team suffer aches and pains (predominantly lower back pain) whilst using their computers. One-in-three suffer pain for at least 30 days per year, and one member of the team suffers low back pain on a daily basis.

We'd noticed that these problems affect our work and mood when they flare up, but also the atmosphere around the office – when one of the team is in pain, we tend to share it!

We've always provided decent computing set-ups, including good quality chairs and footrests, and various other ergonomic products over the years, but the aches and pains have continued.

## What did we do?

We heard about a new product called PostureMinder. It's software that uses a webcam to check your posture to help you sit better. It also reminds you to take regular breaks and drink plenty of water during the day.

It sounded interesting (we like new gadgets, they're what we do), but to be honest we were also concerned it might be a bit of a pain (nobody wants to be told off about how they're sitting all the time). However, we were offered a free trial and thought it couldn't hurt to give it a try.

## What was the impact?

After trialing PostureMinder for a month:

- Every member of the team found the posture reminders helped them to improve their posture
- All-but-one found at least one other feature valuable for helping them improve their working habits
- Two-thirds of the team felt PostureMinder had already helped them to start feeling better whilst using their computer
- Everyone would recommend PostureMinder to a friend suffering from a computer-related health problem, and felt that schools should be using PostureMinder to encourage good posture amongst students
- Two-thirds of the team would recommend that ALL computer users should use PostureMinder
- Everyone found PostureMinder easy to use

We actually found that we were all getting competitive to see who had the best posture at the end of each day, which really helped keep our posture and working habits at the front of our minds. We'll definitely be keeping it on now that the trial period has ended, and since it also includes an ergonomic training package, it covers all bases for us in one low-cost, easy-to-use application.



### What is PostureMinder?

PostureMinder is an award-winning health and productivity solution to help computer users feel better today, and protect their health for tomorrow

It provides the following fully-customisable features:

- Intelligent posture reminders – use any low-cost webcam to continually check your posture and deliver reminders precisely when you need them
- Break and micro-break reminders for healthy working and improved performance
- Comprehensive training material on good ergonomics and healthy working
- Stretch exercises to release muscle tension and fatigue
- Drinks tracker to promote good hydration for better concentration and health

