

Health and Productivity



Plantronics – for a healthier, more efficient lifestyle

Headsets are becoming more and more a part of our everyday environment – we see them used in travel agents, city banks and the media, and even by busy executives whilst driving – but why do so many people choose to use a headset?

There are two vital reasons – improved health and productivity.

Reduced muscle tension

New research has highlighted the fact that anyone spending more than 2 hours a day on the telephone could benefit from using a telephone headset*. Muscle tension and strain can be reduced by up to 41%** when moving over to a handsfree option.

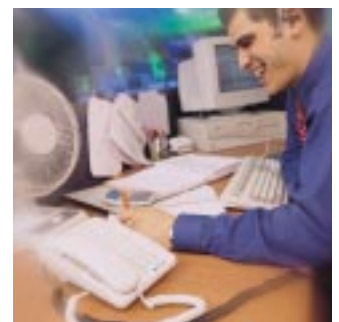
Plantronics is now working with BackCare† to reduce back pain in the office environment. What's more, BackCare now use Plantronics headsets in their own office.



Smarter working

Productivity can be increased by as much as 43%††, because using a headset means that you have both hands free to carry out other tasks, such as typing or looking for files, during your telephone conversation.

Plantronics are the world's leading manufacturer of lightweight telephone headsets, and have been designing and producing headset solutions for the past 4 decades. We pride ourselves on the superb design, sound quality, comfort and durability of our products – which is why more and more people around the world are turning to Plantronics as their preferred headset manufacturer.



*Surrey University **Valley Medical †The UK charity solely concerned with back pain ††HB Maynard & Co

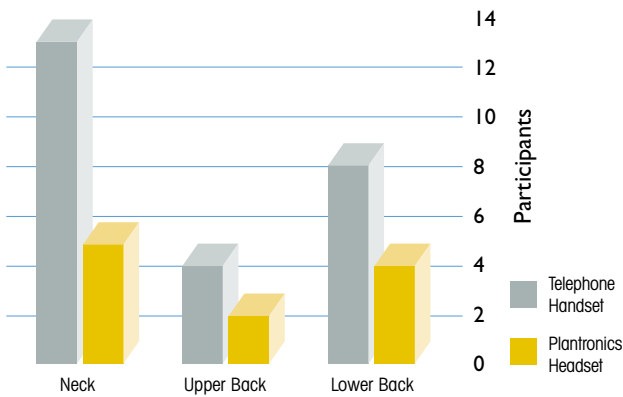
Reduced muscle tension

'Phone neck' is an injury increasingly recognised by physiotherapists, and is caused by extended use of a telephone handset. Holding a phone between head and shoulder for long periods increases muscle tension dramatically, and can lead to long term damage.

Whether at work or at home, we're all guilty of holding the phone in this way. Many jobs include using the phone as a major part of the day's work – from telemarketers and help desks, to solicitors and accountants. What's more, we don't stop using the phone when we go home for the day – evenings and weekends are spent phoning friends or relatives.

But there is an answer to the problem. New research from the University of Surrey, England, has proved that using headsets can reduce neck, shoulder and upper back muscle tension, making you altogether more healthy, and relaxed. The detailed study concluded that anyone using a telephone handset for just 2 hours daily faces a measurable health risk. The results, as indicated in the table below, were overwhelmingly in favour of switching to Plantronics headsets.

The number of participants reporting musculoskeletal symptoms

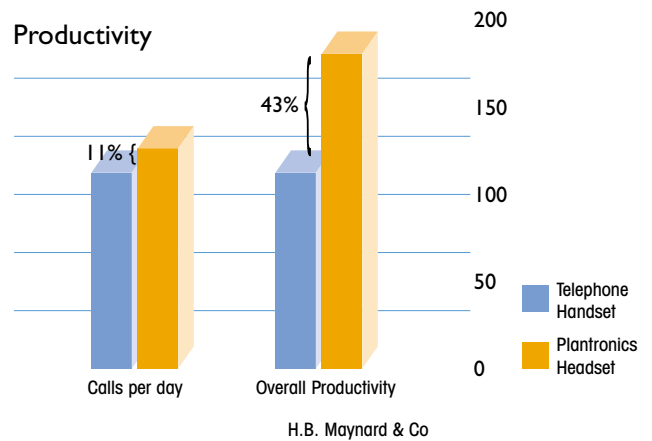


Smarter working

It has also been shown that using a headset can dramatically improve efficiency and productivity in the office. Research carried out by HB Maynard & Co observed more than 2,000 telephone calls. It proved that headsets can provide an overall productivity increase of up to 43%^{††} by reducing:

- Time taken to key in information or to reference material
- Errors made in typing or writing
- Fatigue

The study also concluded that Plantronics headsets allowed users to make significantly more calls per day than a conventional handset user.



So, the message is loud and clear, whether you're at home, on the move or at work, using a telephone headset is the easy and convenient way to increase both your health and productivity. With the choice of a wide range of unique headset models for all your working environments, Plantronics has the headset solution that's right for you.



Customer Helpline **0800 410014**

If calling from the Republic of Ireland, please phone 1800 551 896

or e-mail us at

headset.helpline@plantronics.com

Alternatively, visit our website

www.plantronics.com