

GODREJ INTERIO SPEAK

Dear Reader,

Wishing you a Very Happy New Year.

This year we bring to you our very first issue on Wellness.

In this issue, we are introducing the concept of Ergonomics and the Ergometer, a scientific measuring device used at Godrej Interio to recommend the right chair to the user backed with an article on building a stress free and productive workplace.

In the Green Section we elaborate on efforts undertaken at Godrej Interio to improve indoor air quality and consequent wellness at the workplace and the factory.

We are also pleased to announce the Greenguard Certification for Vurv Green Workstation, our green variant of Vurv. The issue also features Sedna, a range of ergonomic chairs for various office applications.

It is our constant endeavour to bring to you a distinctive spread of articles. We hope you enjoy the issue and we will be glad to receive your valuable feedback.

Happy Reading!

Warm Regards,
Team Godrej Interio

**INTRODUCTION
TO
ERGONOMICS**

**TALK GREEN
WALK GREEN**

**HAPPY
SPACES**

**NEW
INTRODUCTION**

**ON THE
BOOKSHELF/
WELLNESS
TIPS!**

**HOW TO CREATE
A STRESS FREE
OFFICE**



“ Wellness at the workplace ought to be top priority for all, regardless of age, work profile, designation or gender. ”

INTRODUCTION TO ERGONOMICS

Ergonomics is the science of designing the workplace environment to fit the user. One of the important aspects of the environment is the furniture. Ergonomic furniture goes a long way in the making of a healthy and productive workplace.

With the chair being the piece of furniture where direct interactivity is the maximum, it has been the focus area in the field of Ergonomics. With the increase in usage of computers, it is becoming extremely important for customers to have the RIGHT chair and to maintain the RIGHT posture to avoid problems such as backache, Spondylitis, etc. However most customers face a challenge when it comes to selecting the right chair for themselves.

Godrej Interio Ergometer

With this in view, Godrej Interio has developed a scientific measuring device called the 'Ergometer'. It has been developed by the in-house ergonomics team and is inspired by the mission of the division, "Enriching life by transforming home and work spaces".

ERGOMETER process is a revolutionary process in recommending chairs, which not only helps users select the RIGHT chair for their body size, but also choose the chair based on their job profile, aided by a software. It guides the customers

to select the right chair and avoid problems like back ache, thereby enriching their life.



Godrej Interio Ergometer is installed in flagship Company Owned Showrooms across the country – Mumbai, Pune, Ahmedabad, Raipur, Delhi, Chandigarh, Lucknow, Jaipur, Kolkata, Guwahati, Bhubaneshwar, Chennai, Bangalore, Hyderabad, Cochin, Vizag, Trivandrum and Coimbatore.





TALK GREEN WALK GREEN

ENHANCING INDOOR AIR QUALITY

While embracing technology, industrialization and urbanization is important for progress, this rapid development has a flip side to it - the degradation of air quality.

For a long time now, experts around the world have been engaged in detecting the sources of outdoor air pollution and developing corrective and preventive measures to reduce its adverse effects. Indoor air pollution has, however, gained prominence only recently.

Indoor Air Quality is a term referring to 'the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants'. The various causes of indoor air pollution could be micro organisms, particulate matter and gases. This, if unchecked, can cause headaches and dizziness, trigger asthma / allergies and over the long term may cause more severe problems.

Indoor air quality is of prime importance, be it at home, at the office or in the factory. At Godrej Interio we appreciate the importance of indoor air quality in our factories and are taking premeditated steps to improve the same.

- A yearly third party audit is conducted to monitor all the critical locations of the workplace. Strict government norms are followed in all plants. The gas emission levels, concentration of dust particles, etc., are monitored and maintained within the specified limits. A ventilation survey is also carried out.

Wind energy enabled hot air extractors have been installed in our plants to facilitate ventilation.

- Dust extractors are utilised on the wood working shop floor. These suction pumps make use of a vacuum to extract the saw dust on the floor during the cutting operation thus substantially reducing the amount of saw dust inhaled by the workers.
- Also each process is analysed with respect to its air polluting capacity. Spray painting, for example, involved the use of thinners and other harmful chemicals that emitted fumes, noxious gases, etc. Hence, this process was substituted by powder coating. Powder Coating is a 100% VOC-free process.
- Stress on personnel training, use of protective equipment, correct and safe practices, installation of state-of-the-art equipment for air quality enhancement, etc., reflects our commitment towards enhancing the indoor air quality.
- To extend benefits of good indoor air quality, Godrej Interio has also recently launched its Greenguard Certified range of furniture, Stallion Green Workstations, Spacio Green Workstations and Unite Green Storages, which meets the most stringent IAQ norms. This year we have added Vurv Green, a desk based system, to this range.

Thus, while the rest of the world is just waking up to the importance of IAQ enhancement, Godrej Interio is well on its way along the path to a healthier and safer future!

HAPPY SPACES

Until recently, it was always the aesthetics of the home and the workplace that were of utmost concern. Hardly any attention was paid to their “happiness quotient”. Which was surprising given the amount of time we spent here. But now, the idea of creating “happy spaces” is gradually gaining popularity.



So what makes a space “happy”? Besides the users themselves, it largely depends on the perception of the user and the designer. It could be how you choose to design and decorate the space as per individual needs, culture, aspirations, etc.

Following is an example of how the vision of an organization percolates down to create brighter offices spaces.

The SPACE Office at Godrej Interio

SPACE is not just an office. There’s much more to it than the sum total of the gadgets and furniture it houses. It’s really about thinking out of the box and ahead of the curve, about thinking brighter. An embodiment of Godrej Interio’s vision for tomorrow, it embraces excellence in innovation and design. It’s a place that

encourages uninhibited thinking, and invites you to unleash your imagination, “bedhadak bolo” as we say in Godrej Interio speak!

More than giving you a desk to work, a room to debate or a corner to retreat, SPACE lets you create your own



definitions, your own expressions. It’s a space that inspires increased productivity and happiness amongst employees!

SPACE is a combination of refreshing design and cutting-edge engineering techniques and technologies. Lending itself wonderfully well to our aim of developing brighter living spaces across the group offices and other areas and enhancing performance.



NEW INTRODUCTION

Sedna

The SEDNA range of ergonomic chairs can easily be looked upon as thrones of power. Crafted from the finest leather, these chairs are ideally suited for high-powered corporates. They offer comfort of the highest degree and are designed for long hours of seating. Each chair has the most advanced ergonomics, with even the minutest detail perfected to exacting Italian design standards.



High Back with Headrest



Visitor



Conference Room



Mid Back

Vurv Green

Our flexi-desk based system now comes in a green variant. With GREENGUARD Certification, Vurv Green not only adorns your workplace but also helps maintain healthy indoors.



ON THE BOOKSHELF

Healthy House Building for the New Millennium - A Design & Construction Guide by John Bower



Healthy House Building for the New Millennium is an eye opener! It brings to your notice hitherto unsuspected sources of indoor air pollution.

But even more importantly, it provides readily available, real world solutions, with excellent hands-on information and details for putting it all together. Design professionals will especially appreciate the details provided.

WELLNESS TIPS!

Wondering what is causing those Nagging Pains?*

Research has shown that the following factors are primarily responsible for development of MSDs in office going people.

- Lack of appropriate breaks
- Inappropriate monitor height
- Improper keyboard / mouse placement
- Improper posture: Head leaning forward / curved back / hunched shoulders

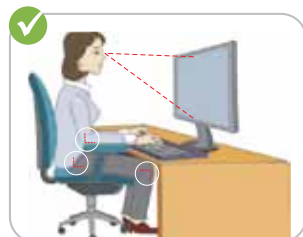


Author John Bower is a nationally respected expert on healthy home building. Better yet, he's a builder who understands the construction process. Hence, the book covers every building component, including foundations, flooring, cabinets, paint, filters, ventilation, etc. Dozens of photographs illustrate many of the key points. A complete set of house plans is included. This new expanded edition has added new information on products, techniques, options and websites. Plus, there's an all-new chapter about the author's own healthy house.

Healthy House Building for the New Millennium is an absolutely fantastic guide, in every sense of the word!

To protect yourself from MSDs consciously:

- Take frequent breaks (every 20-30 min)
- Adjust monitor / keyboard and mouse as shown
- Use ergonomic chair that is fit for your body size and job profile
- Adopt 90-90-90 sitting posture



If you have comfort or health queries related to your office environment, please feel free to contact us at dr.sitright@godrej.com

*Please refer last page

HOW TO CREATE A STRESS FREE OFFICE

Your office needs to be a stress-free space that promotes productivity, inspires you to work hard and provides you with all that you need to do so. This guide will help you create a stress-free office space.



- **STEP 1 : Choose a relaxing color.** The biggest element to your stress-free office design will be the color you choose to paint the walls. Dark colors make rooms look smaller, cramped and cave-like. Beige, greens and blues are all great colors that have a relaxing and calming effect. Leave your ceiling white, but paint the walls a stress-free color.
- **STEP 2 : Get creative with your office furniture.** The furniture in your office space doesn't need to be cold, industrial-quality stuff. If you're going to be spending most of your day using this furniture, why not invest in something that is functional, comfortable and attractive?!
- **STEP 3 : Breathe fresh air.** Building ventilation should be so designed to prevent entrance of chemical contaminants and biological pollutants. It has been found that sources of such contaminants are mostly within the office buildings, like VOCs found in carpets, paints, furniture, etc., which have an acute

impact on human health. Use of low VOC products also helps maintain a healthy indoor atmosphere.

- **STEP 4 : Bring in natural light.** It promotes a feeling of freshness and makes for an active atmosphere. Bright overhead lights and consequent eye distress and headaches are common to employees in most workplaces. Impact of such harsh artificial lighting can be reduced by using filters, lower indirect light fixtures and task lighting.
- **STEP 5 : Prevent noise pollution.** Noise can have a psychological effect on employees. Proper acoustic fittings capable of absorbing noise can be the solution.
- **STEP 6 : Bring in lots of personal touches.** Your office space will be a stress-free environment if you take the time to personalise it. Make the space your own so that you're more comfortable working in it. Hang family pictures on your wall. Bring in a few live plants. Anything you can put in your office to remind you of the people and things that you love will make your office space a stress-free one.

An organization's physical infrastructure greatly reflects its attitude toward its employees. It impresses upon employees the aesthetic and sensitive outlook of the organization. Ineffective office ergonomics can have an adverse effect on employee output. Proper ergonomic planning is sure to promote a safer, healthier and work-conducive environment for employees and a productive ambiance for the organization.

“This information is not intended as an alternative to personal, professional medical advice. The reader should consult a physician in all matters relationship to health, and particularly in respect of any symptoms which may require diagnosis or medical attention. The advice and information given in this mailer are believed to be accurate and true at the time of sharing with you and have been issued in good faith. Godrej & Boyce Mfg. Co. Ltd shall not accept any legal responsibility or liability for any errors and omissions that may have been made.”



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