



How tech designed
with wellbeing
in mind drives
productivity

Seven ways to keep WFH employees feeling their best



It's widely held that a happy worker is a better worker. In fact, a 2019 study led by the Saïd Business School at the University of Oxford found that workers were, on average, 13% more productive in weeks when they self-reported as being very happy.¹

Today, in the era of working from home (WFH), IT professionals have a real opportunity to help employees feel supported and valued by helping them establish a positive, effective working environment. Wondering where to start?

Solve for these seven issues, and you'll be well on your way to cultivating a happy, productive workforce.

1



Tired or irritated eyes caused by screen fatigue

Research shows that up to 90% of people who work at a computer screen experience tired or irritated eyes.²

Solution: Computer monitors that offer always-on, low blue light help with screen fatigue. Details like Quad HD resolution, wide viewing angles, and accurate color calibration create a premium viewing experience.

Discomfort from using a laptop keyboard

Typing on a laptop keyboard for an extended amount of time can cause a person to work in an awkward, hunched position.

Solution: An external keyboard can help keep arms comfortably placed close to the body with elbows at an ideal 90° angle while the laptop is raised for easier viewing.



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Discomfort from looking down at a small laptop screen

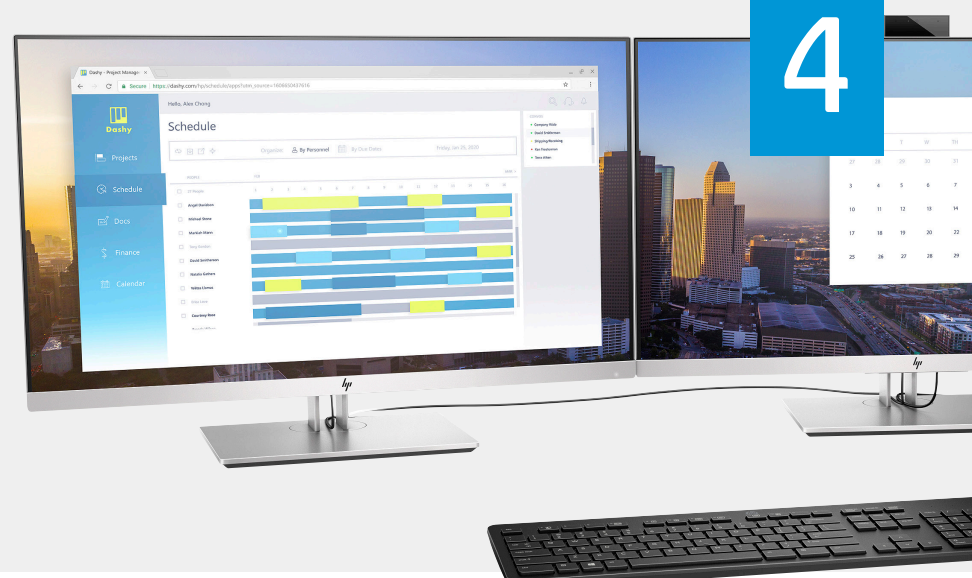
Looking at a small screen at the wrong height can cause people to lean forward at the neck in an uncomfortable position.

Solution: An external monitor with an adjustable screen can help people find their sweet spot in a comfortable, upright position.

Too much work for one screen

Workers regularly have to run multiple programs at the same time: Email, messaging, websites, documents, and spreadsheets just to name a few. Trying to juggle everything on a single screen can slow them down.

Solution: Having more than one monitor is proven to improve productivity. One study found that two monitors increased productivity by 25% and three monitors by 35.5%.³ That can make a huge difference for anyone—especially those who work with complex or highly visual applications.



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Desktops littered with cords and cables

A cluttered workspace can feel chaotic. Cords and cables strewn about desktops leave workers fumbling to find the right connectors, rearranging setups for different devices, and taking valuable minutes away from work.

Solution: A dock helps clear the desk and the mind, with connections for a wired network, data, and video—all through a single USB-C® cable. Quick plug-in and plug-out makes it easy for people who need to be flexible in where and when they work.

A poorly-placed video conferencing camera

We've all seen it—someone on the video conference is looking directly at the others on their monitor, but the camera from their laptop is pointed at the side of their head.

Solution: A monitor with a built-in pop-up webcam provides a great viewing experience for video conferences—and ensures viewing is off whenever they want it to be.



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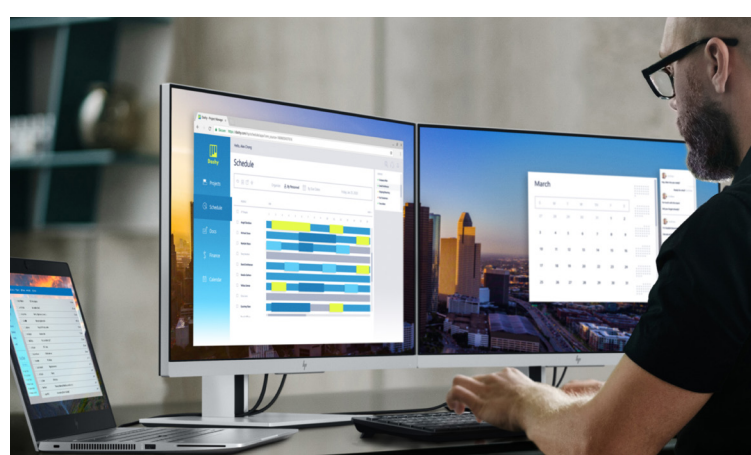
Slow, out-of-date OS can be prone to lags

The small things can make a big difference. When people are busy, an outdated OS that requires a lot of time for start-up and refresh can cause frustration and delays—which adds up to lost focus.

Solution: Make sure your people have PCs that empower them to do their best work—with fast processors that let them work as fast as they need to. With the latest Windows 10, they can multi-task like pros. For business, HP recommends Windows 10 Pro.

Create a healthier, more productive workforce

Evolving workspaces need solutions that make it easy to adapt. HP PCs, monitors and accessories use human-centered design to support people in being comfortable, connected, and productive—wherever they are. With monitors and PCs that include recycled materials and are shipped in sustainably-sourced recyclable packaging, HP helps you promote the wellbeing of employees and the environment.



HP tech helps you take care of employees

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Make it easy for your people to deliver their best. [Learn more at www.hp.com](https://www.hp.com).

¹ SSRN, Does Employee Happiness have an Impact on Productivity? October 2019 https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3470734

² WebMD, What is Computer Vision Syndrome? <https://www.webmd.com/eye-health/computer-vision-syndrome#1>.

³ Inc., www.inc.com/don-reisinger/why-i-use-3-monitors-to-boost-productivity-and-you-should-too.html, May 19, 2019.

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