

Case Study Workplace Analysis

1. Initial Situation

Workplace: Office workstation at Technopark Zurich. Standing and sitting activity.

Personal situation: Ms. K., 52 years old, has been back at her usual workplace since May 2021 after more than a year on sick leave. It became soon clear that her previous workplace spectacles were no longer sufficient. She had neck pain and tired quickly.

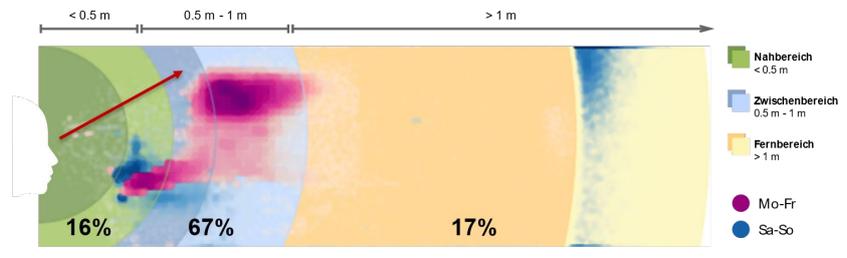


Figure 1: Distance Distribution

Impairments in the pelvic and gluteal areas also required workplace optimization with an ergonomic office chair and a desk that allowed her to work both sitting and standing. Ms. K. postponed the purchase of new glasses for various reasons, in particular because she did not know what the best fit might be for her and concerns of making the wrong choice.

2.) Vivior Contact

As part of a field study at Technopark, Ms. K. was invited to use the Vivior Monitor for a test measurement. "It was easy to use, and the small device on the temple of my glasses occasionally triggered interested questions from others."

3.) Expectations

The intent was to learn more about one's own vision and how it's affected by the existing difficulties with position and posture. That the results of the test could be taken into account directly in the production of a new pair of glasses was a positive surprise. Vivior referred Mrs. K. to Blickfang Optik, Hombrechtikon, Switzerland.

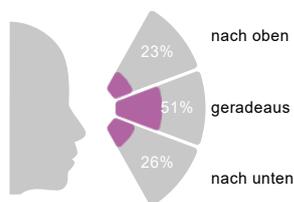


Figure 2: Head Position

The Vivior Vision Expert convinced Mrs. K.: "Competent, supportive and with patience, the expert advised me on the selection of the new frames after a thorough eye examination. For both new spectacles, the Vivior measurement data was taken into account when ordering the lenses."

4.) Result

«I have been wearing the two new pairs of spectacles for a few weeks now. The office spectacles immediately brought great relief. Vivior checked the workplace and optimized the desk and PC settings. The workplace still needs to be optimized with a brighter light source. The spectacles for "leisure time" still take some getting used to, but are also great for me in my everyday life and I am sure we will become good friends. 😊».