

Forma 5

Trends & Technology applied to ergonomics



The 7 Wellbuilding principles



AIR



WATER



NOURISHMENT



LIGHT



FITNESS



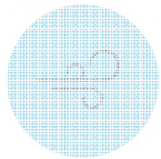
COMFORT



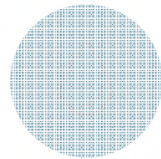
MIND



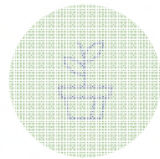
The Colliding Office



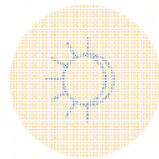
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"The office is not a place, is a mood"

"Keep your eyes on the screen doesn't mean you are more productive"

"Productivity is coming from collaboration"

"We spend less time at the office, but it doesn't mean we are not working"

"Due to a higher collaboration we find more connections between workers"





Open spaces + flexibility



A modern, bright interior space featuring a large, modular orange sofa with two light pink cushions. In front of the sofa is a low, light-colored wooden coffee table with a black metal frame, holding a glass bottle of water and two glasses. The sofa is positioned on a patterned rug with geometric designs in red, blue, and yellow. To the right of the sofa is a vertical living wall with green plants and small lights. In the background, a staircase with a white railing leads up, and a red armchair is visible on the left. The ceiling has exposed concrete beams and modern lighting fixtures.

Relaxing pods





Creative & Collaboration



A modern office interior featuring a large, open-plan space. On the left, a glass-walled meeting room contains a long table and chairs, with a living wall of green plants behind it. In the foreground, an informal meeting area is set up with two armchairs (one grey, one white) and a small white table on a green rug. The ceiling is exposed concrete with visible pipes, and the floor is light wood. A red curtain and a wooden partition are visible on the right.

Formal vs informal meeting areas





Auditorium vs multi-purpose spaces

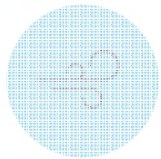


A modern office interior featuring a white desk with wooden legs, black office chairs, and a green sofa with grey partitions. The room has a dark grey wall, a concrete floor, and several potted plants. Track lighting is mounted on the ceiling.

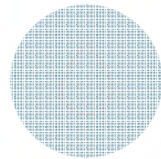
Cosy materials and mix of colours



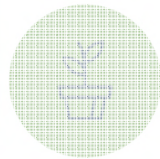
The Colliding Office



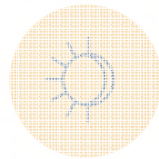
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NOURISHMENT



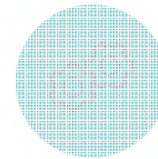
LIGHT



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The daily work has an impact on each person happiness and health.

The office space has to be considered like an ecosystem of areas
which empower creativity, physical wellness, emotions...

at Forma 5 we are on a constant activity, applying technologies which
help us developing ergonomic products.



Sit-stand

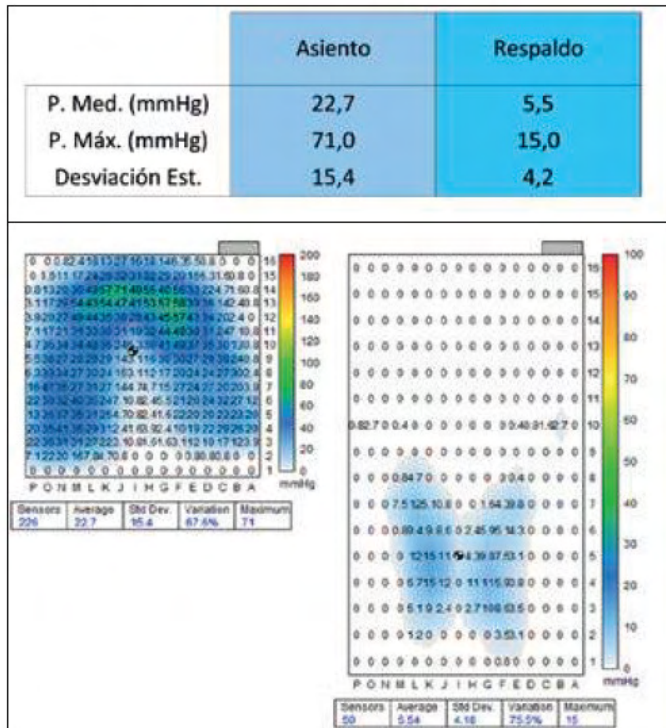
The “*sit-stand*” system promotes dynamism between work sitting and standing. Researches on ergonomics and health in the office argue this system based on the benefits it has for the worker and they are, broadly, the following:

- Reduction of muscle fatigue
- Suppression of muscle pain and back injuries
- Reduction of coronary heart and vascular disease
- Diabetes prevention
- Obesity prevention
- Improvement of motivation and productivity

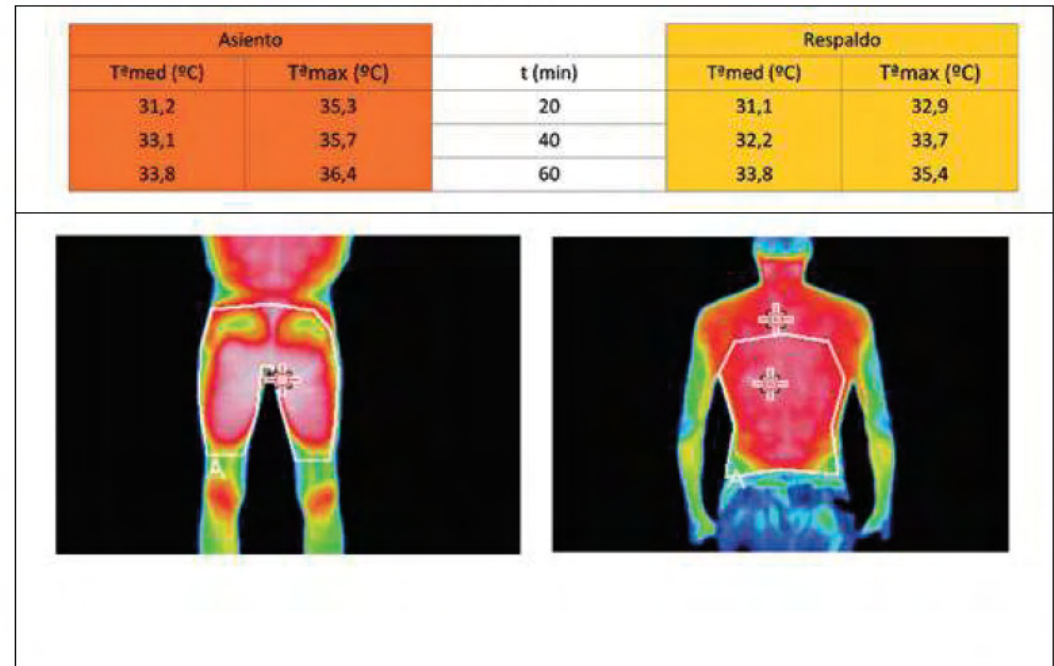


Technology applied on chairs

STUDY OF CONTACT COMFORT



STUDY OF THERMAL COMFORT



Chair is a chair ... or not?

