



HET DIGITALE = IDEALE KANTOOR ?

Veerle Hermans

100 JAAR KANTOORINNOVATIE



1920

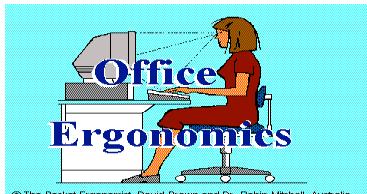


1960

(<http://www.buerolandschaft.net/en/landscapes/>)

100 JAAR KANTOORINNOVATIE

- Nieuwe vormen van informeren en communiceren



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ERGONOMIC REQUIREMENTS FOR OFFICE WORK WITH VISUAL DISPLAY TERMINALS (VDTs) ISO 9241, V.A. 1993

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100 JAAR KANTOORINNOVATIE

Het eiland



Cubicles



Hot desking

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VALKUILEN



VALKUIL 1: QUID KLAASIEKE ERGONOMIE ?



“DOORDACHT. Coworkingplekken zijn ingericht op een manier die het midden houdt tussen zakelijkheid en huiselijkheid.”
(Mediaplanet, november 2012)



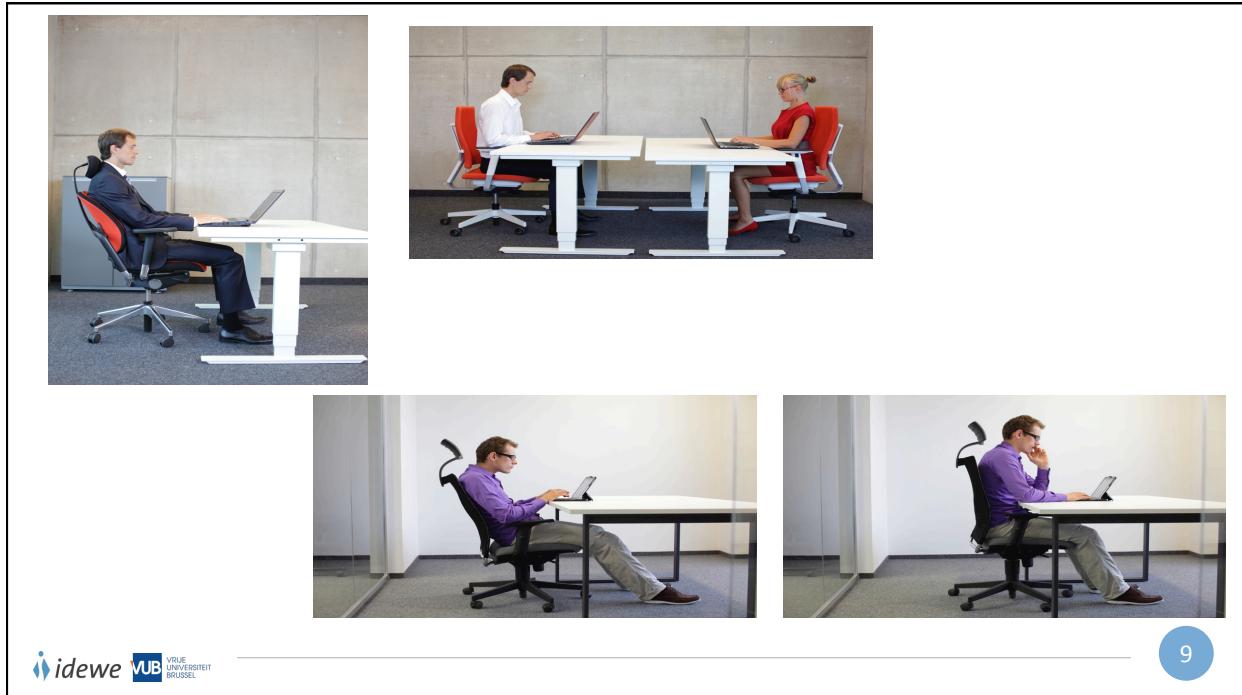
**“Toch ontbreekt de belangrijkste schakel
in alle discussies: de werknemer zelf en zijn
ergonomie tijdens het werken.”**

**“Omschakeling van traditioneel naar innovatief niet altijd succesvol”
(de Croon et al., 2003, van der Voordt, 2003, Vanderhoven, 2005)**



Bring Your Own Device





Oplossing!

HULPMIDDELEN

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Oplossing!

ZITMEUBILAIR

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Oplossing?

DYNAMISCHE WERKPLEK

**Bezint
eer ge
begint**

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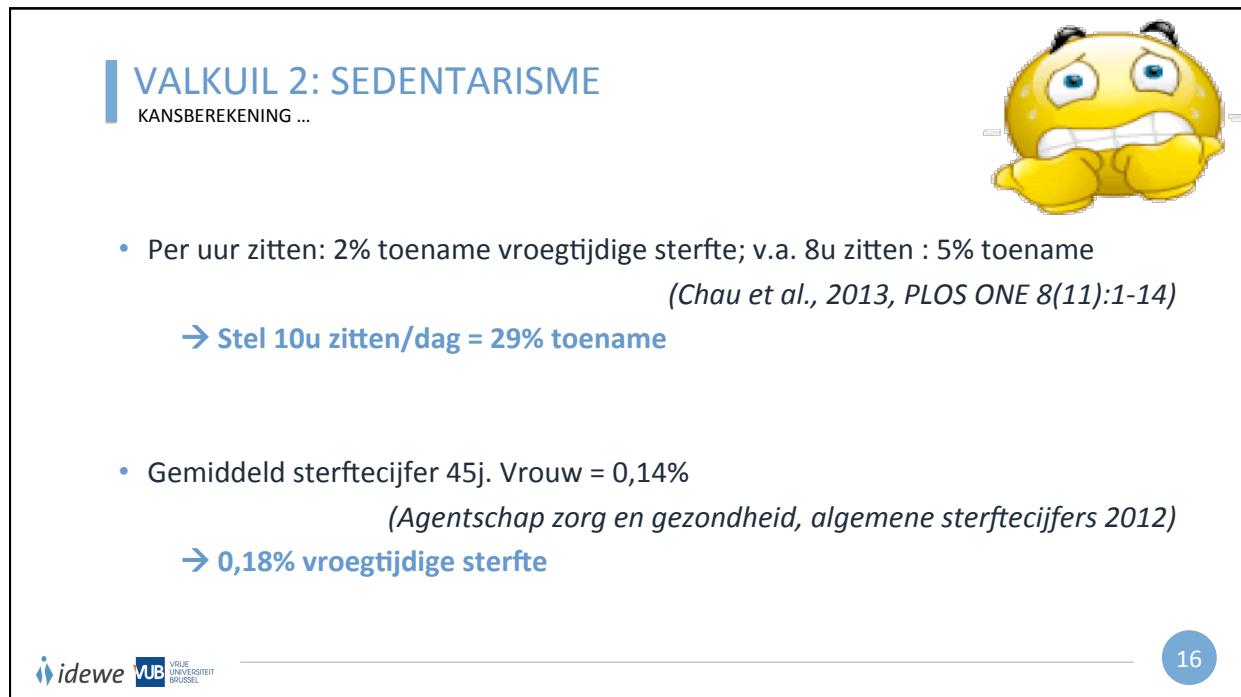
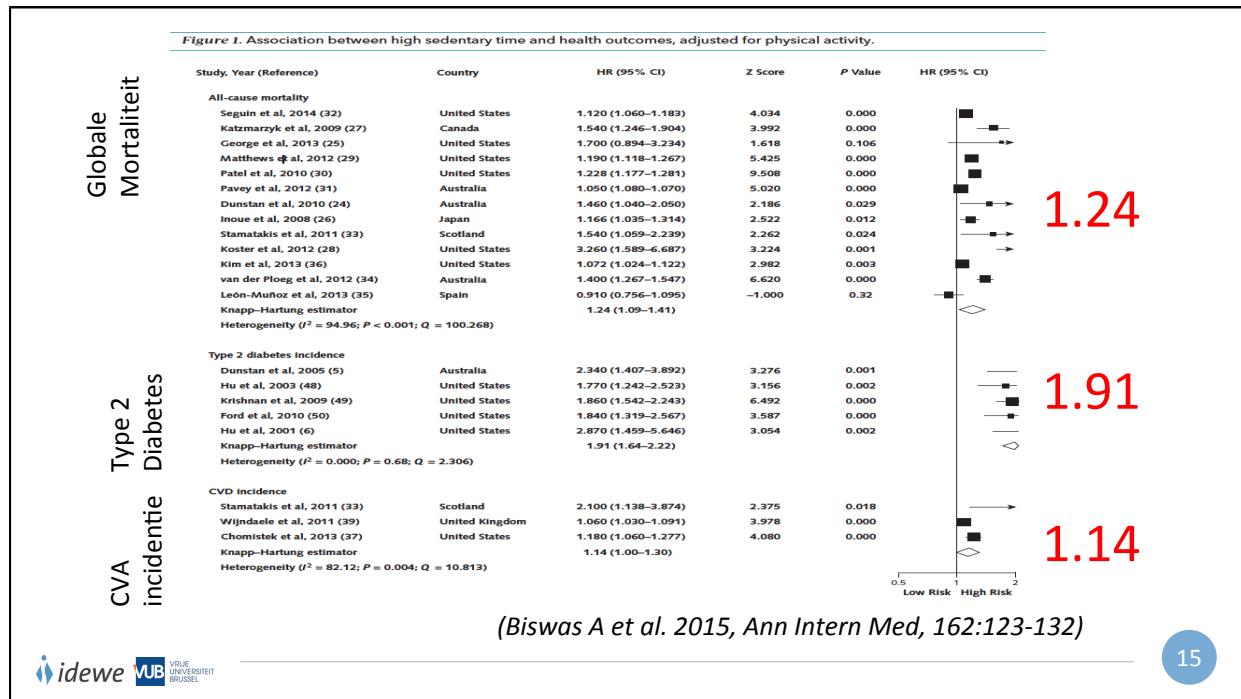
VALKUIL 2: "SEDENTARISME"

ZITTEN MAAKT ONS ZIEK

SITTING IS KILLING YOU
The Truth About Sitting Down

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Slide

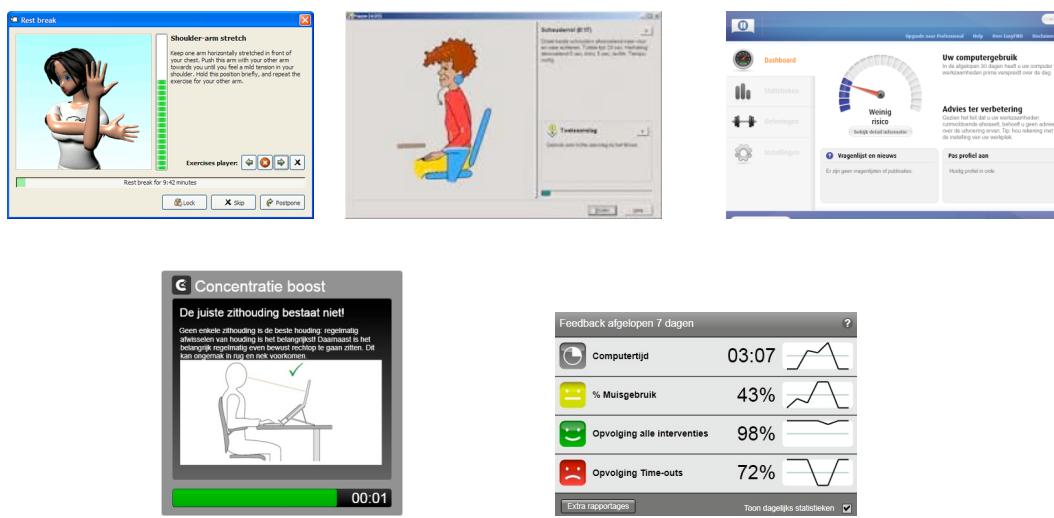


VALKUIL 2: SEDENTARISME

EFFECT VAN INTERVENTIES ?

Shrestha N, Kukkonen-Harjula KT, Verbeek JH, Ijaz S, Hermans V, Bhaumik S. Workplace interventions for reducing sitting at work. Cochrane Database of Systematic Reviews 2016, Issue 2. Art. No.: CD010912. DOI: 10.1002/14651858.CD010912.pub3)

SOFTWARE PAUZEPROGRAMMA'S



The figure displays five screenshots of software programs designed to promote physical activity and break times:

- Rest break:** Shows a character performing a shoulder stretch exercise. Instructions: "Shoulder-arm stretch: Keep one arm horizontally stretched in front of your chest. Push the arm with your other arm through your shoulder until you feel a stretch in your shoulder. Hold the position briefly, and repeat the exercise for your other arm." It includes a timer for a rest break of 9-42 minutes.
- Sofawaker (BTW):** Shows a character sitting in a chair. A tooltip says: "Tijdens een pauze moet u niet alleen meer bewegen maar ook meer ontspannen. Tijdens deze pauze moet u zitten en rusten. Tijdens de pauze moet u niet alleen meer bewegen maar ook meer ontspannen. Tijdens deze pauze moet u zitten en rusten." (During a break, you must not only move more but also relax more. During this break, you must sit and rest. During this break, you must not only move more but also relax more. During this break, you must sit and rest.)
- Dashboard:** Shows a gauge for "Werkplek risico" (Workplace risk) with a value of 50%. It includes sections for "Statistieken" (Statistics), "Referenties" (References), and "Instellingen" (Settings). It also shows a "Vragenlijst en nieuws" (Survey and news) section and a "Pas profiel aan" (Adjust profile) section.
- Concentratie boost:** Shows a character sitting at a desk with a laptop. A message says: "De juiste zithouding bestaat niet! Geen enkele zithouding is de beste houding: regelmatig wisselen van houding is het belangrijkste. Daarnaast is het belangrijk om te bewegen en te rusten om te gaan ontspannen. Dit kan oognerf en rug en nek voorkomen." It includes a timer for 00:01.
- Feedback afgelopen 7 dagen:** Shows a summary of activity over the last 7 days:

Metriek	Waarde	Graph
Computertijd	03:07	
% Muisgebruik	43%	
Opvolging alle interventies	98%	
Opvolging Time-outs	72%	

VALKUIL 3: PARADOX VAN DE 2 C'S

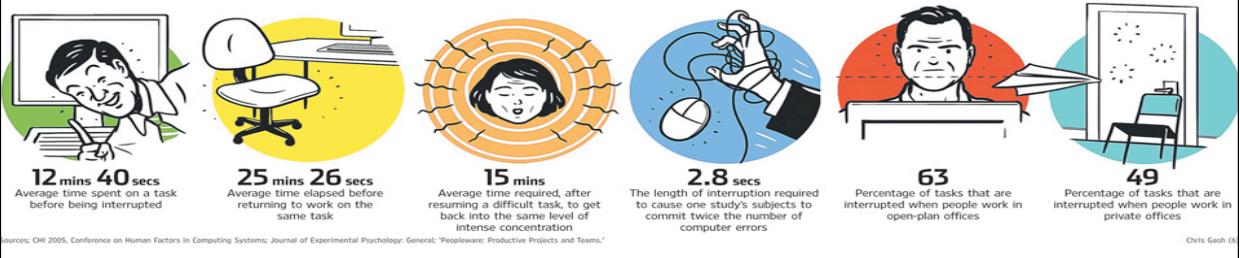


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Kunt u nog nadenken op kantoor?

Van Homo Sapiens tot Homo Interruptus

Elke 12,4 min worden breinwerkers onderbroken
(*Wall Street Journal*, 10/9/2013)



The screenshot shows the homepage of the Freedom app. At the top, there's a navigation bar with links for 'About', 'Purchase', 'Give', 'Trial', 'Press', and 'Support'. Below the navigation, there's a section titled 'Block Digital Distractions' featuring a large clock icon. A text block explains that Freedom is an app that locks you away from the Internet to increase productivity. It highlights compatibility with Windows, Mac, and Android, works with OS X Yosemite, and has over 500,000 users. To the right, a box offers a \$10 price and a 60-day money-back guarantee. Below this, there's a 'Try Freedom' button. The page also includes logos for various publications like NPR, The New York Times, TIME, and USA Today, under the heading 'As Seen In'.

The screenshot shows a presentation slide with the title 'AFZONDEREN ...' in blue text at the top. Below the title is a photograph of a woman with dark curly hair, wearing a pink and green patterned top, sitting at a desk and looking at a computer screen. Behind her, several yellow lanyards are hanging on a hook. The slide includes the 'idewe' logo and 'VUB VRIJE UNIVERSITEIT BRUSSEL' text at the bottom left, and a blue circular number '22' at the bottom right.

The top half of the slide features a screenshot of the Flowys GO mobile application. At the top are two large, colorful icons: a green circle with a white checkmark and a red circle with a white spiral. Below these are the words "FLOWYS GO". The main interface has a white background with the text "FLOWYS GO" at the top. It says "FLOWYS zijn messengers, voor jezelf en voor anderen!" (Flowys are messengers, for yourself and for others!). There are two grey stick-figure icons sitting at desks. One has a green speech bubble that says "WAARMEE KAN IK JE HELPFEN?" (How can I help you?). The other has a red speech bubble that says "IK ZIT IN M'N FLOW! KUN JE LATER TERUGKOMEN!" (I'm in my flow! You can come back later!). At the bottom of the app screen is the website "www.flowyourtime.com". The bottom right corner of the app screen shows the "FLOWYS GO" logo again.

The bottom half of the slide shows a photograph of a man wearing a headset and working at a desk in an office. He is looking at a computer monitor which displays a spreadsheet or database. On his desk are a keyboard, a mouse, and some papers. To the right of the photo is a text box with the question "IS IT APPROPRIATE TO WEAR HEADPHONES IN THE OFFICE?" in bold capital letters.

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The top left rendering shows a modern office interior with several people working at their desks. The room has a high ceiling with linear lighting fixtures and large windows overlooking an outdoor area. The top right rendering shows a multi-level office space with a central atrium featuring a large tree and people working in various areas, including a circular meeting room and individual workstations.

(RDW Veendam, Kraaijvanger Architecten)

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