Manufacturers Nordic Ergonomic Compliance Statement

Product: Orthostand M30

By: Ergonomix B.V. - Jan Beltman

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Scope

Prevention of Musculoskeletal Disorders (MSD) in static working environments.

The Orthostand is designed and engineered according to ergonomic principles recognized in Nordic workplace regulations. By reducing static muscle loads through height adjustment and forearm support, it serves as an orthopaedic lift to help employers address musculoskeletal risk factors identified in national health and safety legislation.

Regulatory Compliance

The Orthostand facilitates compliance with the following Nordic regulations regarding physical workload and posture:

- **DENMARK (DK):** Arbejdstilsynets AT-vejledning D.2.3 (Vurdering af arbejdsstillinger) and Bekendtgørelse om arbejdets udførelse.
- **SWEDEN (SE):** Arbetsmiljöverkets AFS 2012:2 (Belastningsergonomi) regarding "Static and Repetitive work".
- **NORWAY (NO):** Arbeidstilsynets Arbeidsplassforskriften and Forskrift om utførelse av arbeid (Prevention of MSK).
- **INTERNATIONAL:** ISO 11226 (Evaluation of static working postures).

Biomechanical Static Strain Solution Analysis

1. Cervical Spine & Shoulder Girdle (Neck/Trapezius)

Problem: During physical treatments or fine-mechanical tasks at a table, the neck often flexes more than 20° to 30° forward. This causes constant eccentric contraction of the neck and back extensors (m. trapezius and m. levator scapulae).

Ergonomic Solution: Comparable to a monitor arm in office environments, the Orthostand functions as a tool that brings the workspace to the natural working and viewing height. This restores cervical lordosis (natural curvature) and eliminates the passive "hanging" strain on the muscle groups between the shoulder blades.

2. Upper Extremities (Arms and Shoulders)

Problem: Working with a forward reach of more than 30 cm without support leads to rapid fatigue of the m. deltoideus. Static loading of the shoulders is a primary cause of work-related complaints in the OT and OST sectors.

Ergonomic Solution: The work platform supports the forearms (or elbows when working at higher positions), transferring the load from the shoulder girdle to the mechanical structure of the Orthostand and reducing muscle tension in the arms.

3. Lumbar Column (Lower Back) and Torsion Prevention

Problem: A curved back (kyphosis of the lumbar vertebrae) during low-level work significantly increases pressure on the intervertebral discs. Furthermore, a lack of legroom under a workspace often forces a lateral rotation (torsion) of the spine.

Ergonomic Solution: The electric adjustment of the platform up to 68 cm accommodates for a better working height.

- **Central Positioning:** Since the operator's legs are positioned directly under the platform, the frontal axis of the body remains parallel to the work area. This eliminates harmful torsional movements.
- **Combined Sitting Posture:** When used in combination with a knee chair or saddle stool, pelvic tilt is optimized, minimizing pressure on the lower lumbar vertebrae (L4-L5/L5-S1).

Conclusion for Health & Safety Officers (AMR / Skyddsombud)

The Orthostand M30 is an intervention to transition high-risk work postures (Red/Yellow zones) into safe, supported positions (Green zone). It is an orthopaedic lift to reduce sick leave and prevent long-term wear and tear (Nedslidning / Belastningsbesvär).

Important Note

This product is a technical aid designed to help reduce MSD risk factors. Employers remain responsible for conducting workplace-specific risk assessments, providing proper training, and ensuring compliance with applicable national regulations. The effectiveness of this equipment depends on proper selection, installation, and use in accordance with the specific work environment.