



## BOOST YOUR BUSINESS' BRAINPOWER WITH OPLØFT

Office workers perform better in tasks related to attention-span, decision-making, language skills, positivity and creativity after their static workstations are enhanced with portable sit-stand platforms.

Now, businesses can benefit from an innovative product to support healthy agile working that has been scientifically proven to enhance productivity levels.

New Opløft from Posturite is the first ever sit-stand platform that is truly portable enough to provide

flexibility of movement in the workplace. Its launch is supported by **new independent research** which proves how Opløft can improve performance levels.

Users simply place Opløft onto an existing flat surface and easily adjust its height - with the computer or work items in situ - to secure the required sit or stand height. It's robust enough to lean on and extends beyond the edge of the table surface, providing comfortable standing leg room. Holding a weight of up to 12kg, Opløft is ideal for all types of technology, desktop computers, laptops and other work devices. It boasts a unique gas elevation system for precision functionality, as well as a sleek and minimalistic Scandinavian design to provide the ultimate dynamic and healthy working environment.

Dubbed 'the new frontier of the flexible working movement', Opløft provides sit-stand flexibility as well as maximum ease and convenience. Unlike its clunky counterparts, it is compact, easy to store away and portable to enable you to move around your home or between working spaces, giving you the freedom to stand up and move around your working environments.

Lead researcher, Professor of Human Brain Research, Vincent Walsh said: "Our research revealed that workers using Opløft were twice as competent in their decision-making skills and their language-based problem skills also improved by 64%. They completed tasks measuring concentration and vigilance 10% faster and made 45% fewer mistakes. Their creativity also improved by 28%."

**Watch a video of the trial results here.**

**[www.posturite.co.uk/oploft](http://www.posturite.co.uk/oploft)**



## RRC NEW COURSES FOR 2019

This year, RRC is introducing two new NEBOSH Courses to its Dubai classroom schedule along with expanding the courses offered in its UK centres.

Launched in London in mid-2018, RRC's NEBOSH HSE Certificate in H&S Leadership Excellence course has proven exceptionally popular and for 2019 RRC has scheduled further courses in Birmingham, Glasgow, Manchester & Newcastle. The training provider is also introducing the course to their Dubai centre with

the first course in February, and a further four dates scheduled throughout the year.

Following the growing interest in environmental training in the Middle East region, RRC is also introducing the NEBOSH International Environmental Diploma to the Dubai centre with the first course starting in autumn 2019. This is a three-week course and has been structured to incorporate the NEBOSH Environmental Certificate to allow students to gain two qualifications.

These courses are also available online and can be studied anywhere in the world.

Gary Fallaize, RRC Managing Director, commented: "As somebody who has had a keen interest in environmental issues for many years, I am personally delighted that we can now offer the NEBOSH Environmental Diploma in Dubai. This will really help to develop the environmental practitioners in the region and prepare them for the challenges of this increasingly critical profession."

**[www.rrc.co.uk](http://www.rrc.co.uk)**