

HOW WORKING ON YOUR FEET CAN IMPACT ON YOUR HEALTH

80%

of workers face at least one injury or health condition



34%

report mental health struggles



43%

rely on painkillers



26%

sought help from their GP



82%

of workers who use anti-fatigue mats find them helpful



Only 43%

have been offered support from their employer



46%

have lower back pain



48%

took time off work in the past year averaging 2.4 days per person



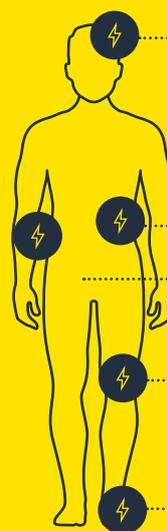
45%

find it hard to get out of bed or start the day

From pain to productivity loss: the real cost of standing at work

Standing for hours is a daily reality for many workers. On the surface this might seem harmless, but our research has uncovered a number of risks, including:

- Physical toll: standing for long hours on hard floors can lead to serious health issues like lower back pain (46%), foot pain (33%), and knee pain (29%).
- Mental health impact: more than a third a third of workers report that standing has harmed their mental health.
- Financial strain: workers say their health problems have cost them an average of £148 per year due to missed wages or spending on treatments and coping mechanisms.
- Lost productivity: nearly half of surveyed workers have taken sick days in the past 12 months because of standing-related health issues. On average, they missed 2.4 days of work each, at a heavy cost to businesses.



18%

had brain fog

46%

had back pain

23%

reported joint stiffness

29%

had knee pain

33%

had foot pain

Survey of 1,000 employed adults who do not work in office jobs and are standing for at least half of their work day, conducted by OnePoll on behalf of COBA, in October 2024

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