



headsets



plum communications ltd

headsets

- reduced muscle tension
- smarter working

Plum always thrive on supporting companies in improving their employees' productivity levels, as well as promoting health and safety in the workplace. One way we do this is through offering customers headsets, which can be used in correlation with existing telephone systems. Headsets are becoming more and more a part of our everyday environment – we see them used in travel agents, city banks and the media, and even by busy executives whilst driving – but why do so many people choose to use a headset?

What our customers say?

"The best thing about doing business with Plum Communications is the after sales relationship, if anything goes wrong we can put a face to the problem and get it sorted"

plum benefits

- UK based
- knowledgeable and experienced staff
- responsive service
- independent advice
- vendor accreditation
- competitive prices
- flexible billing

plum services

- broadband
- consultancy
- mobiles
- security
- telephone calls
- telephone lines
- telephone systems

Reduced Muscle Tension

'Phone neck' is an injury increasingly recognised by physiotherapists, and is caused by extended use of a telephone handset. Holding a phone between head and shoulder for long periods increases muscle tension dramatically, and can lead to long term damage.

Whether at work or at home, we're all guilty of holding the phone in this way. Many jobs include using the phone as a major part of the day's work – from telemarketers and help desks, to solicitors and accountants. What's more, we don't stop using the phone when we go home for the day – evenings and weekends are spent phoning friends or relatives.

But there is an answer to the problem. New research from the University of Surrey, England, has proved that using headsets can reduce neck, shoulder and upper back muscle tension, making you altogether more healthy, and relaxed. The detailed study concluded that anyone using a telephone handset for just 2 hours daily faces a measurable health risk. The results, as indicated in the table below, were overwhelmingly in favour of switching to Plantronics headsets.

Smarter Work

It has also been shown that using a headset can dramatically improve efficiency and productivity in the office. Research carried out by HB Maynard & Co observed more than 2,000 telephone calls. It proved that headsets can provide an overall productivity increase of up to 43% by reducing:

- Time taken to key in information or to reference material
- Errors made in typing or writing
- Fatigue

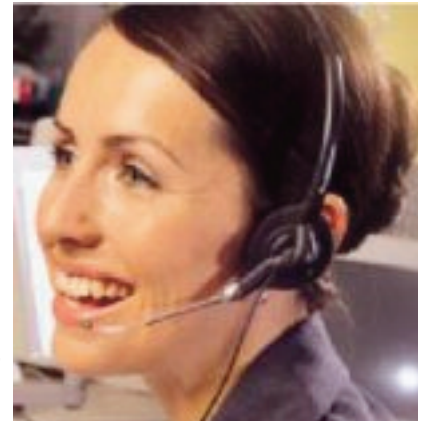
The study also concluded that Plantronics headsets allowed users to make significantly more calls per day than a conventional handset user.

So, the message is loud and clear, whether you're at home, on the move or at work, using a telephone headset is the easy and convenient way to increase both your health and productivity. With the choice of a wide range of unique headset models for all your working environments, Plantronics has the headset solution that's right for you.

effective communications for business

business goal: business improvement • connectivity • cost reduction • security

tel. 0161 622 3500 or e-mail info@plumcom.co.uk

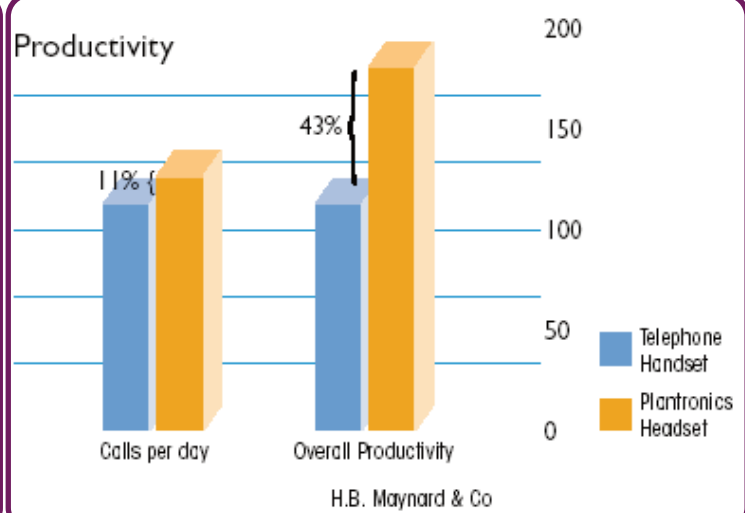
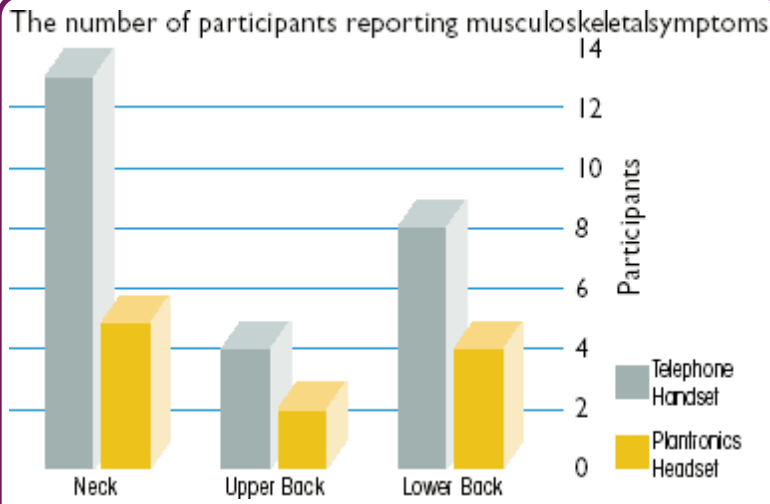




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recommended headsets

Plantronics SupraPlus



- **Genuine productivity tool**
Hands free phone calls for easier multi-tasking
- **All day comfort**
Free both hands whilst on the telephone
- **Binaural or Monaural** (pictured left & right above)
Make your choice dependant on your preferences
- **Noise Cancelling or removable voice-tube**
Make your choice dependent on your own working requirements

Plantronics CS60



- **Genuine productivity tool**
Hands-free phone calls for easier multi-tasking
- **All-day comfort**
Free both hands whilst on the phone, with a choice of three wearing styles – headband, over-the-ear or optional neckband
- **Freedom to move**
50 metres range in a typical office means you no longer need to be tied to your desk when on the phone
- **Excellent sound quality**
DECT™ wireless technology combined with a noise-cancelling microphone ensures you can clearly hear and be heard

Prices shown as UK pound sterling and subject to VAT @ current price 18/03/2009

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