

University of Groningen

Sensors@Work

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1. Without a comprehensive definition of healthy sitting behaviour it is impossible to create a proper feedback signal. (this thesis) 2. The "gold standard" in the world of science is not gold. (this thesis) 3. Next to physical overactivity, physical inactivity is a major threat for sustainable employability. (this thesis) 4. A worker cannot fully exercise autonomy in the workplace. (this thesis) 5. No science without design, no design without science. 6. Sensor technologies in the workplace are useful servants, but not replacements of the human sensory system. 7. Product validation in lab conditions is incomplete when it is developed for the workplace. 8. Remote monitoring with sensor technologies can reveal secrets that otherwise remain invisible to the physician. 9. Today's older worker is not tomorrow's older worker. 10. Data gathering is easy, interpreting the data correctly the challenge. 11. Be thankful and sceptic when something that can go wrong, is not going wrong. 12. Be grateful for being criticized. 13. Finding balance is one of the most important and challenging aspects of life. 14. The best motivation and drive are contributing to the well-being of others.