



High quality video and sound enable wellness

High quality video and sound in business communication mean more than seeing and hearing what is being said. They enable remote communication that is as close to face-to-face interaction as possible. This means business executives can still discuss important business decisions, colleagues can still collaborate and innovate effectively and salespeople can still speak with their customers.

In other words, business momentum can prevail without interruption and work-life balance can be created, meaning more sleep, less travel, and more free time to spend with family and friends. In fact, experts report that having a work-life balance can lead to improved health, enhanced productivity, increased mindfulness, improved relationships, and happiness.

In terms of health, professional quality video and audio have very real, direct benefits. High-definition video can avoid eye strain and even vision issues. High fidelity audio can mitigate hearing damage by avoiding above-normal spikes in audio during live videoconferencing.

You see, no one really thinks about it, but at the core of professional quality remote communication lies not only fluid business communication but also legitimate real health and wellness benefits.

No one really thinks about audiovisual technology in these terms, but these enablers and detriments are very real.

Consider this:

“Eye strain can lead to blurred or double vision, headaches, and difficulty focusing.”¹

“A one-time exposure to extremely loud sound can cause hearing loss. Loud noise can damage cells and membranes in the cochlea.”²

HIGH DEFINITION VIDEO AND AUDIO CONFERENCING

“Top issues negatively impacting video meetings are background noise, poor sound, and video quality, a trend that has continued for the last three years. These and other issues create video meeting fatigue and correlate with the 81% of knowledge professionals and executives who experience physical ailments at the end of each day with video meetings. Likewise, 95% need key technology changes to reduce video meeting fatigue.”³

Today’s top videoconferencing systems include high definition video cameras that automatically adjust to focus on the speakers and their voice and presence. This enables at-home, remote workers to have a more in-person-like experience and to see meaningful body language.

These same solutions can also provide picture-in-picture functionality for a meeting-room facilitator to split the screen for remote attendees, so they see the speaker in one window and a white board (for instance) in a second, all on the same screen simultaneously. This way, remote workers can easily see everything that is important. What’s more, full duplex technology enables everyone participating in the meeting to contribute to the conversation in real time, even simultaneously. So those verbal cues that are so integral to face-to-face conversations will never go unheard.

These capabilities, paired with premium quality personal webcams and digital headsets give at-home workers a clearer audio-visual experience which enables them to be active meeting participants without missing a beat.

HIGH FIDELITY HEADPHONES WITH HEARING PROTECTION

Some of the top professional quality audio headsets today include features that actually protect users’ hearing against sudden, loud sound spikes throughout the day.

Acoustic experts typically define acoustic shock as exposure to sounds over 135 dB SPL, although lower sounds can also damage the hearing. These intelligent headsets cut off sounds

¹ “Eye Strain Symptoms”, Stanford Medicine.

² “How Does Loud Noise Cause Hearing Loss?”, U.S. Centers for Disease Control and Prevention

³ “The Data Behind Video and Meeting Fatigue and How to Combat it”, Webex, May 2022.

at 118 dB SPL, thereby limiting damaging sound spikes. It may seem logical to keep the sound volume lower to avoid these issues, but we know that many remote workers increase volume to counteract noisy children at home or other patrons at a coffee shop or airport, for instance. These heightened sound levels can lead to sudden sound spikes which can be harmful.

These headsets also feature technology which automatically mitigates background noise to help out-of-office workers focus on and hear everything that is important while drowning out extraneous sounds.

High quality audio and video provide not only a great meeting experience, but can also improve employee wellbeing.

EXPERIENCING EVERYTHING THAT MATTERS LEADS TO IMPROVED PERFORMANCE

On the business performance side of things, workers utilizing these premium audiovisual devices can also experience enhanced cognition and retention. Seeing and hearing clearly enables meeting participants to fully understand what is being said and heard without interruption or asking the speaker to repeat themselves. The result is more productive business interaction.

Think about it. How many times have you been on a videoconference and missed something important that was said because of a sound glitch or low-quality audio? Many times, right? Likewise, you can probably recall several occasions in which you couldn't quite make out what was being displayed or written on that chart or white board because it was too far away from the camera or blurry. Having the right at-home equipment enables workers to be as productive as working in the office.

As you can see, audiovisual quality is directly linked to health and cognition. The right devices enable wellness and productivity while the wrong ones can inhibit it. It is time to consider arming your conference rooms and remote workers with the tools they need to be safe and successful.

See how Jabra's industry leading videoconferencing solutions offer the protection your staff needs, the work-life-balance they crave, and the productivity and performance you demand.