



HOW TO CHOOSE: ADJUSTABLE OFFICE DESKS

Height adjustable desks make alternating from sitting to standing throughout the day simpler. They help reduce the chance of back pain and improve circulation, which are essential to productivity. Periodically moving around also creates more interaction between colleagues for collaboration.

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Many studies of the body mechanics of work show that sitting all day is bad for you. Scientists have determined that after an hour or more of sitting, the production of enzymes that burn fat in the body decline by as much as 90 percent. Extended sitting further slows the body's metabolism of glucose and lowers the levels of good (HDL) cholesterol in the blood. All risk factors for developing heart disease and Type 2 diabetes.

Disturbingly, two recently published studies in *The British Journal of Sports Medicine* and in *Diabetologia*, a journal of the European Association for the Study of Diabetes, show that even people who lead an active lifestyle away from work suffer the same negative effects from sitting all day as those who lead a sedentary lifestyle. So, even if you regularly hit the gym, you still need to spend some time standing up and moving around while at work.

However, standing all day isn't any better than sitting all day. Increased varicose veins and joint stress are just a few of the negative impacts on our bodies of standing all day for work.

Alternating from sitting to standing throughout the day reduces the chance of back pain and improves circulation which are essential to productivity. It seems that THIS - periodically moving around - is what we should do to keep our bodies healthy.

Today many of us sit all day in front of our computers. But, in the 19th and early 20th centuries, office workers, clerks, accountants and managers mostly stood. Sitting was viewed as slacking off. So if you stand at work today, you join a distinguished lineage of standing workers, like Leonardo da Vinci, Ben Franklin and Winston Churchill.

As employers continue to invest in wellness programs, the best initiatives will be those that benefit both individuals and organizations. In light of the fact that seated inactivity is

harmful and unproductive, it's no longer reasonable to keep employees sedentary.

Many intervention studies demonstrate the value of using sit-stand furniture. With millions of workers performing jobs in front of computers or around conference tables, it's time to provide them with viable options that benefit wellness, productivity and well-being. When it comes to well-being, you can be confident that providing a height-adjustable desk initiative just makes good business sense.

The Call-to-Action

Here are the things you need to consider when selecting the right height adjustable desk or table for your office:

Find the right shaped table/desk for your workspace. There are tables made to fit anywhere or specialized ones made to occupy corner and cubicles. If you want people to collaborate while working, there are tables for that too.

Look for the right configuration for how your team works. There are single-occupancy height adjustable desks and height adjustable tables and desks pods that can accommodate multiple people.

Look into agile characteristics, for example, look for folding/nesting tables if you need to save space or increase the flexibility of a room. Look for modular furniture that is easily re-configurable, if that is your priority.

Fit the level of employee interaction/collaboration of your team. There are height adjustable tables and desks that encourage dialogue and cater to private office set ups. If you want project teams to work together, a grouped configuration would be more optimal.



Ease of use will encourage your team to utilize adjustable desks to their full potential. There are different methods available to adjust the height of office furniture. The more technical, the higher the cost. From hand cranks to programmable features, here are the main options:

- **Crank** adjusts lift by manually turning a handle. This table is ideal for applications requiring height adjustment with limited budgets.
- **Pin:** Manual lifts can incorporate a pin adjustment. The pin adjustment is perfect for applications that require special heights but are not adjusted on a frequent basis.
- **Electric:** Operable with the push of a button, electric lifts are available in both single-stage and dual-stage electric. Some controllers are programmable.
- **Gas:** The gas lift mechanism utilizes gas spring mechanisms for fast and effortless operation. A paddle allows for simple, smooth and seamless adjustment.
- **Fixed:** Fixed versions of height-adjustable tables and desks allow for continuity of design. You have the freedom to specify fixed and height adjustable in the same office while maintaining a consistent base style.

Make sure the lift mechanism can accommodate the weight you need to lift. Most tables support about 120 lbs.

Make sure the tables/desks can accommodate your necessary electronic devices, like hard drives, monitors, phones, and video screens are only a few of the devices that take up room on a desk or table. Choose a table or desk large enough to fulfill your needs.

Make sure that adjustable table/desk comes with matching office furniture choices. Many manufacturers make ONLY sit-stand desks for individual sale which does not allow for good integration into a preordained office design if you plan to update an entire office.

Address budget concerns during your search, the type of adjusting mechanism (gas, electric, pin, crank) will make a table more or less expensive, with crank and pin mechanisms being the least expensive and electric the most. The type of metal, surface materials, and colors will all effect price.

Look for surfaces that can be integrated into your current office furniture. Choose height adjustable tables and desks that will fit with your current offices - both aesthetically, practically and stay within your budget. You can replace desks with new height-adjustable ones or you can also just buy the bases and retrofit your existing work surfaces with them.

If you have modular work surfaces, like those that come with cubicles, a qualified furniture installer should be consulted, because some modifications to your work surfaces will need to be made to accommodate the movement of your table.

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