

6 THINGS TO CONSIDER BEFORE MOVING TO SIT STAND



“Sitting can put considerably more strain on the body than Standing.”

There is a growing mountain of empirical evidence supporting the debilitating effects of sitting for prolonged periods of time. No matter how well a chair fits and supports the individual, they will eventually become uncomfortable from sitting.

Sit-Stand workstations allow users to get relief from the discomfort of sitting without abandoning task.

While there are many benefits to offering employees the ability to Sit and Stand, switching over can be expensive. If your organization is thinking of adding Sit Stand

workstations to your facility you may want to explore options that allow you to maintain your investment in existing furniture and convert it with a fully integrated height adjustable workstation system.

This ebooklet provides you six key items to consider when looking at Sit Stand solutions for your organization.

USER SAFETY

First and foremost, ask yourself – can the product be used or configured in such a manner as to put employees at risk to injury? Whenever you have a fixed work surface next to a height adjustable work surface the likelihood of something (fingers, hands, documents etc.) being pinched between the work surfaces is very high. These areas are known as “Pinch Zones” where two surfaces meet. It is not a matter of if something will get pinched, but rather when it will get pinched.

To prevent pinch zones avoid placing fixed height and height adjustable work surface next to each other. Better yet, use an L-shaped work surface where the entire surface rises and lowers as one piece.



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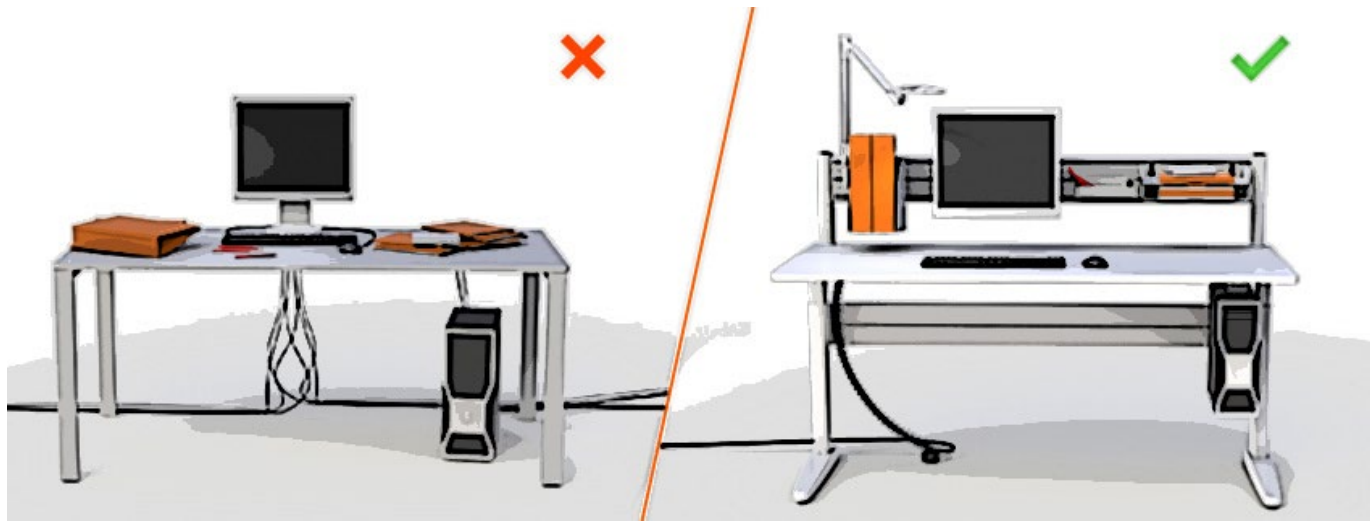
5.2.1.4 Pinch Points

Pinch points, in which fingers, arms, and legs can be caught between movable surfaces or parts, shall:

- Be avoided by means of design or guarding

PRODUCT & EQUIPMENT

Like user safety, consideration must be given to ensure that products and equipment are configured in such a manner that no damage may occur. By introducing the vertical movement of a height adjustable work surface, you need to be aware of things like – where your CPU is positioned; will the file cabinet interfere with the up and down movement of the work surface? Will existing cables need to be extended or changed out to accommodate the increase lengths required do to the surface movement?



POWER & DATA

Have you accounted for the additional power and data requirements that come along with height adjustable work surfaces? Is there adequate power for all your equipment needs? Will data ports or lines need to be extended to eliminate snagging or stretching of cables and wires?



PRIVACY

Visual and acoustical privacy are paramount in making employees comfortable. Studies show that offices without panel partitions or other acoustical damping systems often have a higher incidence of distractions, more frequent breaks and a significant decrease in employee productivity. Will your panel system allow for sufficient privacy or do you need additional privacy/modesty and acoustic panels that will rise and lower with the work surface?



ORGANIZATION & SPACE OPTIMIZATION

Having an organized work station that optimizes the use of available space can make both a physical and psychological difference in your employees' comfort and performance. A panel system with a beam can help employees arrange their work tools and materials within their optimum reach and focal zones. The beam solution should be able to rise and lower with the work surface as workers go from sitting to standing throughout the day.



FLEXIBILITY & ADAPTABILITY

Furniture systems and work related tools can be a substantial investment. To get the most from you existing investment, make sure the system you choose consist of common components which can be configured or re-configured to meet current or future requirements? Anotherwords – the system is “Future Proof”.

Ask yourself if the common components being used can convert existing static height workstations to Sit-Stand?

Is Your Furniture System Future Proof?

NEXT STEPS

Need help defining your Sit Stand needs?

Contact Us – We can help!

We provide modern and distinctive solutions for all your workspace challenges including storage, lighting, spatial and human factor needs. All our products provide aesthetic and functionality to the workspace with an eye toward ergonomic design.

Contact Us!

Email:
info@spaceco.com

Phone:
[800.840.8499](tel:800.840.8499)

www.spaceco.com

SpaceCo Business Solutions, Inc.
17650 E. 32nd Place, Suite 10A
Aurora, CO 80011

