

# ERGONOMIC SOLUTIONS FOR OFFICES



## New Heights Electric Tables

- Sit to stand capability (27" to 47") with the simple push of a button
- Offset base for computer use or centered base for conferencing.



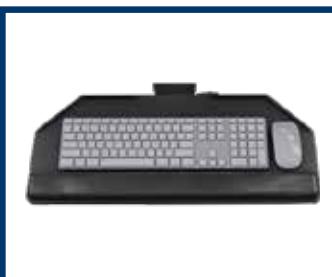
## Houdini Slimform Keyboard Tray

- Highly adjustable; 8" height adjustment and tilts from +10 to -20 degrees
- 19.5" wide plus 8.25" diameter mouse surface



## "W" Crank Tables

- Front crank adjusts table from 27" to 45"
- Clean base design for modern style



## Value Keyboard Tray

- One piece keyboard and mouse tray
- 6.25" height adjustment and tilts from +10 to -20 degrees



## T-4 Crank Tables

- Adjusts from 27" to 43" with crank on the desktop
- Numerous options to create a personalized computer workstation



## Extended Reach Keyboard Tray

- Allows user to go from sitting to standing without adjusting work surface
- 14.13" height adjustment and tilts from +10 to -15 degrees



## KIC™ Sit-Stand

- Sit-to-Stand desktop platform
- Choose table top or clamp mount version
- Single or dual monitor



## EDGE Monitor Arms

- Single and dual models hold monitors between 6.5 to 17.6 lbs.
- Height, distance and angle adjustments



## QuickStand™

- Sit-to-Stand desktop platform
- Two platform sizes available
- Install with clamp or desktop unit



## Task Lights

- Provides personal lighting solutions



## QuickStand™ Lite

- Sit-to-Stand desktop platform
- Clamps to back of work surface or utilize grommet hole



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# THE SIT TO STAND WORKSTATION

In a 2007 Office Ergonomics White Paper that examined the need for movement in the workplace<sup>1</sup>, ergonomist Stephen Marshall stated,

"The work environments of tomorrow will not be static, or non-moving. Tomorrow's work areas will incorporate surfaces that will easily adjust up or down to suit the needs of the individual... A variety of postures that include both sitting and standing positions have proven to be advantageous when attempting to minimize the risk of work related injuries."<sup>2</sup>



Tomorrow is now today, and more recent studies find a correlation between sit time and an increased risk of death. For example:

- An American Cancer Society study (2010) of 123,000 adults found that sitting more than 6 hours during leisure time increased mortality by 37%.<sup>3</sup>
- A study published by the American College of Sports Medicine (2009) found that those who sat the most had a 50% increased risk of an early death, regardless of fitness levels.<sup>4</sup>

In fact, research performed by Miami University of Ohio demonstrated that those workers who changed positions throughout the day with intermittent standing took shorter and fewer breaks. Their counterparts who did not alter their position (non-standers) took an average of 47% more frequent breaks, and those breaks were 56% longer.<sup>5</sup>

## SIT-TO-STAND IMPLEMENTATION

While the research surrounding adjustability in the workplace and sit-to-stand workstations is compelling, the few logical questions arise: Does everyone need a sit-to-stand solution? What is a good approach to implementation?

First, recognize that not everyone needs a sit-to-stand solution.

- Employees that routinely leave their workstation during the workday, are happy with their current workstation design, and experience little or no discomfort during the day may not need a sit-to-stand workstation.
- Employees with problems of the ankle, knee or hip may

## References

1 Bossen, D, Improved Workplace Performance and Productivity Through Movement: The Emerging Role of Adjustability, June 2007

2 Stephen A. Marshall; <http://www.ergosci.com/newsletter.html#Page3>

3 Patel et al., Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults, Am J Epidemiology 2010 172(4).

4 Katzmarzyk, P, Church T, Craig C, Bouchard C: Sitting Time and Mortality from all Causes, Cardiovascular Disease, and Cancer. Med Sci Sports Exerc 2009, 41:998-1005.

5 Dainoff, M.J., "The Effects of Ergonomic Work Tools on Productivity in Today's Automated Workstation Design", Center of Ergonomic Research, Miami University (Oxford, Ohio).

## THE SIT-TO-STAND SOLUTION

Technology has moved us to a place where we are the most productive when we're sitting in front of our computer. Even though we're told to take breaks and move about the office, this does not always occur. The sit-to-stand workstation gives employees the flexibility to move around while still maintaining their work flow and increasing productivity.

not be able to stand for extended periods of time.

- Individuals with positions that require precision control and movement of the hands (assembly or graphic design) may perform better in a seated position.

For situations where a sit-to-stand solution is preferred, organizations can utilize one of the following implementation methods:

- 1) Go Big: Everyone gets sit-to-stand furniture and coaching and instruction on how/when to use it.
- 2) Go Flexible: Deploy shared sit-to-stand workstations that two or more workers will use.
- 3) Go Alternate: Leave the primary seated station unchanged and identify alternate stand-up areas for other tasks.
- 4) Go Small: Only deploy sit-to-stand for those workers with a qualifying medical need.

No matter your organization's implementation strategy, IPI offers a number of solutions to create sit-to-stand work areas:

- Height adjustable desks in both electric and crank models that adjust from seated to standing heights
- Adjustable monitor arms and keyboard trays can turn seated workstations into standing with just a few adjustments
- Ergonomic stools allow user to stand or sit at a standing height workstation

When choosing the right solution for your offices, it is vital to remember that the

easier it is to adjust a workstation, the more frequently the user will adjust it.

## SEATED AND STANDING ERGONOMICS

Regardless of whether your organization deploys sit-to-stand workstations or continues to use seated workstations, each workstation must be ergonomically designed for the user. Even seated workstations should allow the user to vary their position throughout the day. Adjustable keyboard trays, monitor arms and chairs allow employees to not only find the perfect position (whether seated or standing) but to adjust that position throughout the day as needed to relieve any discomfort. The following illustrations provide ergonomic guidelines for workstations.

