

## BENEFITS of Height Adjustable Tables

According to the American Academy of Orthopedic Surgeons (AAOS), back injuries are the number-one work-related hazard in the United States. Among their recommendations for preventing back pain at work (as well as at home) if you must spend long periods sitting at a desk, is to try to stand once an hour and stretch.

Indeed, changing position throughout the workday, whether one's job is done primarily in a standing or sitting posture, has been shown in previous studies to reduce back pain, as well as other symptoms such as foot swelling and spinal shrinkage. Improvements in worker productivity have also been noted when people are able to vary their posture, as in one study where employees using "sit-stand" adjustable furniture reported feeling more energetic and less tired at the end of the day.

**18/10/2007 - Cornell University has conducted a study and research into the benefits of an Electrical Height Adjustable Desk compared to that of a Fixed Position Desk. This is only a small extract of the whole study;**

This report describes results for a study of electric height-adjustable work surfaces (EHAWs) conducted in two companies. A total of 33 computer workers from the two companies worked at fixed-height work surfaces (FHWs) and then at EHAWs for between 4 and 6 weeks.

Participants completed extensive survey questionnaires immediately before and then 4-6 weeks after using the EHAWs. Results showed significant decreases in the severity of musculoskeletal discomfort for most upper body regions.

In the EHAW condition daily discomfort ratings were lower in the afternoon and productivity ratings improved. Written comments about the EHAWs generally were positive. There was a strong preference for using the EHAWs

### STUDY CONCLUSIONS:

The results of this study suggest that there may be a number of benefits associated with using the EHAWs. Apart from some minor increases in the frequency of experiencing some musculoskeletal discomfort, there were substantial decreases in the severity of many upper body MSD symptoms after working at the EHAWs. These changes occurred over a relatively short timescale of 4 to 6 weeks which suggests that the potential benefits may be even greater after longer time periods of use. There were significant improvements in comfort ratings for all aspects of the furniture workstations with the EHAWs, and there was almost a unanimous preference for the EHAW arrangement. A majority of the written comments on the surveys also supported this view. Exploration of the longer-term impact of EHAWs on MSD symptom frequency is needed.



Rectangle

Control switch provides a 3 position memory setting for quick and accurate adjustments.

### Additional Work Surface Shapes



Diagonal



Curved