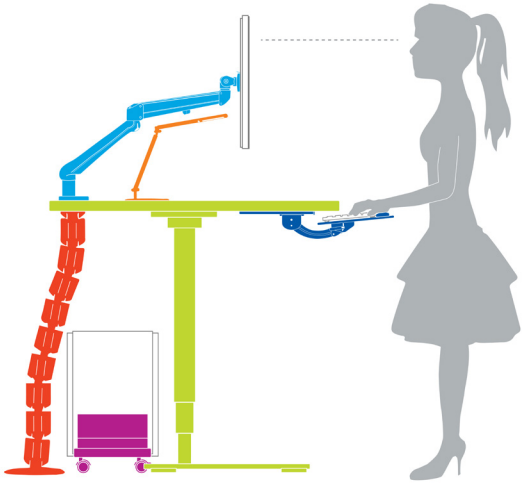
BENEFITS OF HEIGHT ADJUSTABLE TABLES

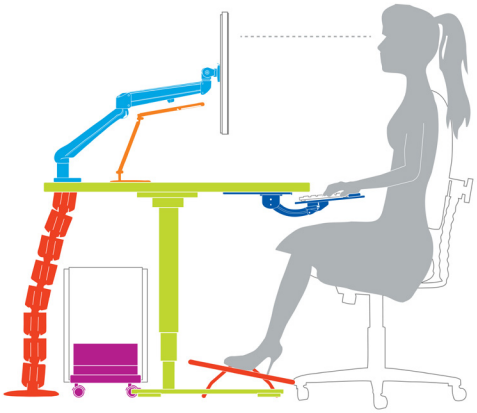
According to the American Academy of Orthopedic Surgeons (AAOS),back injuries are the number-one work-related hazard in the United States. Among their recommendations for preventing back pain at work (as well as at home) if you must spend long periods sitting at a desk, is to try to stand once an hour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

PREMIUM

CRANK

ESPREE

ALL-FLEX®

ESI'S PREMIUM, CRANK, ESPREE, AND ALL-FLEX HEIGHT ADJUSTABLE TABLE BASES MAY CONTRIBUTE TO THE FOLLOWING LEED PROJECT CREDITS.

LEED CI 2009
COMMERCIAL INTERIORS

- **MRc 2 -** Construction Waste Management
  Returnable Packaging—Packaging materials for table bases include corrugated cardboard and polyethylene stretch wrap. These materials are part of a closed-loop recycling system, meaning they can be recycled repeatedly.
- **MRc 3.2 -** Materials Reuse - Furniture & Furnishings
  Height Adjustable Bases are designed and produced with long-term use in mind using quality products that will stand the test of time. Height Adjustable Bases can be easily relocated and re-purposed.
- **MRc 4-** Recycled Content ***(2 possible points)***
  Steel is purchased from a variety of mills that produce steel using either the Basic Oxygen Furnace (BOF) process or Electric Arc Furnace (EAF) process. Both processes use a significant portion of scrap metal to produce steel.

  The Steel Recycling Institute estimates that BOF steel contains 25.5% post-consumer and 6.8% pre-consumer scrap. LEED" only counts 1/2 of pre-consumer waste for MR Credit. Therefore, the recycled content of BOF steel for the purpose of LEED" certification is 28.9%. Likewise, EAF steel contains 56,9 post-consumer and 31.4% pre-consumer scrap, resulting in 72.6% available for credit.
- **IEQc 4 -** Low-Emitting Materials - Systems Furniture and Seating
  Most metal components have a powder-coat paint finish that emits negligible volatile organic compounds (VOCs)
- **IDc 1- Innovation in Design**
  Products may contribute to Innovation in Design Credit 1 when used as part of a Green Furniture Program.

LEED EB 2009
EXISTING BUILDINGS

- **MRc 2.2 -** Sustainable Purchasing – Furniture
- **IDc 1 -** Innovation in Design

LEED NC 2009
NEW CONSTRUCTION

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IDc 1 -** Innovation in Design
- **IDc 1 -** Innovation in Design: Low-Emitting Materials - Systems Furniture and Seating

LEED SC 2009
SCHOOLS

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IEQc 4.5 -** Low-Emitting Materials - Furniture and Furnishings
- **IDc 1 -** Innovation in Design: Ergonomics Strategy

LEED FOR RETAIL 2009
NEW CONSTRUCTION

- **MRc 2 -** Construction Waste Management ***(2 possible points)***
- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IEQc 4.5 -** Low-Emitting Materials - Furniture and Furnishings
- **IDc 1 -** Innovation in Design

LEED FOR RETAIL 2009
COMMERCIAL INTERIORS

- **MRc 2 -** Construction Waste Management ***(2 possible points)***
- **MRc 3.2 -** Materials Reuse - Furniture & Furnishings
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **MRc 5.1 -** Regional Materials
- **IEQc 4.5 -** Low-Emitting Materials - Systems Furniture and Seating
- **IDc 1 -** Innovation in Design

TRIUMPH-LX™

VICTORY-LX™

Q CRANK

CORE

ESI'S TRIUMPH-LX, VICTORY-LX, Q CRANK, AND CORE HEIGHT ADJUSTABLE TABLE BASES MAY CONTRIBUTE TO THE FOLLOWING LEED PROJECT CREDITS.

LEED CI 2009
COMMERCIAL INTERIORS

- **MRc 2 -** Construction Waste Management
  Returnable Packaging—Packaging materials for table bases include corrugated cardboard and polyethylene stretch wrap. These materials are part of a closed-loop recycling system, meaning they can be recycled repeatedly.
- **MRc 3.2 -** Materials Reuse - Furniture & Furnishings
  Height Adjustable Bases are designed and produced with long-term use in mind using quality products that will stand the test of time. Height Adjustable Bases can be easily relocated and re-purposed.

  The adjustable cross channels allow for even easier re-purposing as they can be adjusted to fit various sizes of worksurfaces.
- **MRc 4 -** Recycled Content ***(2 possible points)***
  Bases are comprised of 96% Steel and include 4%-7% Post Industrial Recycled Content and 11%-13% Post-Consumer Recycled Content depending on product.
- **IEQc 4 -** Low-Emitting Materials - Systems Furniture and Seating
  Most metal components have a powder-coat paint finish that emits negligible volatile organic compounds (VOCs)
- **IDc 1 -** Innovation in Design
  Products may contribute to Innovation in Design Credit 1 when used as part of a Green Furniture Program.

LEED EB 2009
EXISTING BUILDINGS

- **MRc 2.2 -** Sustainable Purchasing – Furniture
- **IDc 1 - Innovation in Design**

LEED NC 2009
NEW CONSTRUCTION

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IDc 1 -** Innovation in Design
- **IDc 1 -** Innovation in Design: Low-Emitting Materials - Systems Furniture and Seating

LEED SC 2009
SCHOOLS

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IEQc 4.5 -** Low-Emitting Materials - Furniture and Furnishings
- **IDc 1 -** Innovation in Design: Ergonomics Strategy

LEED FOR RETAIL 2009
NEW CONSTRUCTION

- **MRc 2 -** Construction Waste Management ***(2 possible points)***
- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **IEQc 4.5 -** Low-Emitting Materials - Furniture and Furnishings
- **IDc 1 -** Innovation in Design:

WORKSURFACES

ESI'S WORK SURFACES MAY CONTRIBUTE TO THE FOLLOWING LEED PROJECT CREDITS.

LEED CI 2009
COMMERCIAL INTERIORS

- **MRc 2 -** Construction Waste Management
  Worksurfaces are packaged using returnable (Blanket Wrapped) or recyclable (Cardboard, Wood and Plastic) materials which can reduce disposal into landfills.
- **MRc 3.2 -** Materials Reuse - Furniture & Furnishings
  ESI Worksurfaces are produced with long-term use in mind using quality products that will stand the test of time. Worksurfaces can be easily relocated and re-used.
- **MRc 4 -** Recycled Content ***(2 possible points)***
  Standard particle board and NAUF particle board are made of 100% pre-consumer recycled wood fiber. Particleboard is at least 90% wood fiber by weight.
- **MRc 5 -** Regional Materials
  ESI Worksurfaces may contribute to this credit for projects located within a radius of 500 miles. Worksurfaces are manufactured in Oak Creek, WI 53154.
- **MRc 7 -** Certified Wood
  FSC Certified particle board material is used in our worksurfaces
- **IEQc 4.5 -** Low-Emitting Materials - Systems Furniture and Seating
  Products have successfully passed SCS Indoor Advantage Gold certification and Greengard indoor air quality tests
- **IDc 1 -** Innovation in Design
  Products may contribute to Innovation in Design Credit 1 when used as part of a Green Furniture Program.

  All Laminate and edge adhesives used are Low VOC and do not contain urea-formaldehyde

LEED EB 2009
EXISTING BUILDINGS

- **MRc 2.2 -** Sustainable Purchasing – Furniture
- **IDc 1 -** Innovation in Design

LEED NC 2009
NEW CONSTRUCTION

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **MRc 7 -** Certified Wood
- **IDc 1 -** Innovation in Design
- **IDc 1 -** Innovation in Design: Low-Emitting Materials - Systems Furniture and Seating

LEED SC 2009
SCHOOLS

- **MRc 3 -** Materials Reuse ***(2 possible points)***
- **MRc 4 -** Recycled Content ***(2 possible points)***
- **MRc 7 -** Certified Wood
- **IEQc 4.5 -** Low-Emitting Materials - Furniture and Furnishings
- **IDc 1 -** Innovation in Design: Ergonomics Strategy

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