

# THE ANATOMY OF A PLANES HEIGHT-ADJUSTABLE TABLE

Top dimension accommodates 1" pinch-point clearance.

No tools required - user adjustable.

No crossbar mid-leg offers proper knee-space clearance per ANSI/HFES 100-2007.

Four-memory programmable actuator option accommodates easy adjustment throughout the day.

Glides offer 1" adjustment.

22"-48" height range option exceeds ANSI/HFES 100-2007 sit-to-stand requirements.

Accessibility for individuals in wheel chairs.



## BENEFITS

- Frequent, easy adjustability goes a long way to reduce fatigue and discomfort.
- Allows workers a physical break without leaving their workstation.
- Allows workers to move about their workstations more freely.
- Accommodates different sizes of workers.
- Accommodates different working postures/styles (Figure 1).
- Research supports benefits of alternating between seated and standing postures.
- Changing from sitting to standing throughout the day can reduce spinal shrinkage.
- Promotes postural changes and body activity resulting in improvement in employee's perceived energy level and mood after a day's work.
- Allows individuals with back injuries relief from pain by standing part of the day.
- Reduces discomfort experienced during the workday.
- Workers have reported improvements in their productivity.

