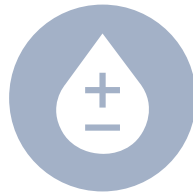


# Height-Adjustable Tables

ERGONOMIC FACTS

83%

Increase in sedentary jobs since 1950, meaning more people are sitting at work than ever before. <sup>1</sup>



*There is evidence that an overly sedentary lifestyle can contribute to negative health effects such as obesity, cardiovascular complications, and diabetes. <sup>2</sup>*

Height-adjustable tables are one option to increase movement and encourage posture changes throughout the workday.



## RESEARCH SUPPORTS THE FOLLOWING

1

Users of height-adjustable tables report improved job satisfaction, feelings of job control, and overall comfort. <sup>3</sup>

2

Height-adjustable tables can reduce sitting time if used correctly; training is an important component to encourage proper use. <sup>4</sup>

3

Some studies report improvements in general accuracy and speed with height-adjustable table use. <sup>5</sup>

<sup>1</sup> American Heart Association, 2013

<sup>2</sup> Uffelen, JG, 2010, Preventative Medicine

<sup>3</sup> Robertson, MM, 2008, Applied Ergonomics

<sup>4</sup> Chau, JY, 2010, Preventative Medicine

<sup>5</sup> Karakolis, T, 2014, Applied Ergonomics

For more ergonomic information, please visit [allsteeloffice.com/ergonomics](http://allsteeloffice.com/ergonomics)

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