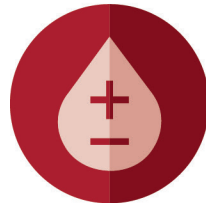


Height-Adjustable Tables

ERGONOMIC FACTS

83%

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



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

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



- 1 Users of height-adjustable tables report improved job satisfaction, feelings of job control, and overall comfort. ³
- 2 Height-adjustable tables can reduce sitting time if used correctly; training is an important component to encourage proper use. ⁴
- 3 Some studies report improvements in general accuracy and speed with height-adjustable table use. ⁵

¹ American Heart Association, 2013

² Uffelen, JG, 2010, Preventative Medicine

³ Robertson, MM, 2008, Applied Ergonomics

⁴ Chau, JY, 2010, Preventative Medicine

⁵ Karakolis, T, 2014, Applied Ergonomics

For more ergonomic information, please visit allsteeloffice.com/ergonomics

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