



OUR GUIDE TO SIT-STAND DESKS



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THE RISE OF THE DESK

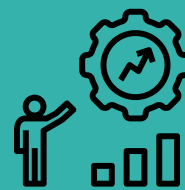
It is reported that Churchill and even Dickens used some sort of standing desk. However while pre pandemic, 90% of Scandinavians work at height adjustable desks, overall the UK is being slow to adapt.

With a fully height adjustable desk, we can adapt our posture to best suit our work. We can have a desk that is the correct height for every individual and the action of changing between sitting and standing postures also brings benefits



HEALTH & WELLBEING

There is overwhelming evidence that using a sit and stand desk is beneficial to our overall health



PROUCTIVITY

Clearly, if we use a healthier workstation we will incur less pain, resulting in better work, and fewer days lost to sickness ,



HAPPINESS

If we are seen to invest in the wellbeing of our people, they will likely be happier in their work, and retention is improved



ADJUSTABILITY

People are not all the same size and shape, we need equipment that adapts to different users and work

WHY GO UP?



The human body is designed to work best in a standing posture. But work, our homes, working practices and modern offices are all geared to offer only seated postures.

If we have a half hour each way commute, and an 8 hour working day, add on meals and some sofa time, most desk workers are spending at least 11 hours a day sitting. Add on sleep time to that and you can see that we simply must move more.

We don't like the word average, since it applies to no one, we are all individuals. Walk into most offices and look around at the people – how many of them are the same height? How many of them have the same length of leg, how many the same length of body?

Now look at the desks – How many of them allow for workers of different height? How many are adjustable?

Sit and stand desks, height adjustable desks, rising desks, call them what you will, once a very rare sight, have grown massively in popularity recently as we gain a greater understanding of the problems caused by sitting all day, and therefore the benefits of offering users the ability to change postures and positions throughout the working day.



BUT WHICH ONE?

Desk or worktop riser? A full functioning height adjustable desk, that allows the user to work sitting or standing, depending on the task at hand is always going to be preferable. But sometimes in domestic environments, there isn't always the space for another large piece of furniture, or maybe the situation is temporary and not worthy of the the investment. There are many different options for desk raisers. From two tier gas lift operated, that offer easy adjustment, but tend to be heavy so not easily moved, to ladder type stacking systems that can be quickly erected on a dining table and hidden away when the work is done.

Desk risers do not offer the same range of movement, offer limited worktop space and can be difficult to move and store.



Single or dual motor desk? A typical rectangular desk can have one or two motors. A motor in each leg will likely have a larger lifting capacity than a single motor, so consider the environment and the workload. A desk in a school is going to have to lift inquisitive children, while a loan worker at home with a laptop will be fine with a single motor. A single motor desk will need a geared bar to lift the other leg, so dual motor desks tend to look neater too. The choice doesn't end here, but these are the most common choices.

Single or two stage leg? Single stage legs have less height range than a dual stage leg. So make sure your getting the range of adjustment you need.

Ensure the desk has a sufficient load rating and height range for it's intended use and users



SIZE MATTERS



Desks aren't all simple rectangles. Back to back desks provide economies of scale, and a corner desk provides a vast desktop space, and the great ergonomics we're looking for.

There are many accessories to consider too. Privacy screens, cable routing, even heated tops can be provided.

Cheaper desks will usually have a choice of colour top, maybe just black or white. Better suppliers may have a huge selection so there'll be something to fit the look you are after.

You need to decide what size of top you will require. Most desks are supplied with the worktop, and good ones may have pre drilled holes which makes installation easier. Usually a rectangular top will be either 800 or 700 deep, and 1200, 1400, 1600 or 1800 long. You can buy the frame only and re-use your existing top, or create something unique for it, but be sure to ensure the dimensions of your frame will be suitable. Although 800mm is the standard depth, for most people the advent of slimmer display screens will mean that 700 is plenty. But if your work requires you to use paper documents or to write, you'll probably want the extra depth. Tops of 600mm are possible, but we'd only recommend them where space is an issue, and only a few frames can take a 600mm top.



ABOUT US



Backworld has been providing healthy seating and desking solutions in Devon for over 30 years. Paul Skinner took over the business in 2018 and passionately believes that everyone should be able to work without pain.

Originally trading from a shop in Exeter, we now have a showroom in Marsh Barton Exeter which is open by appointment.

Paul lives in Exeter with his husband Tony, and in his spare time loves white water kayaking, music and walking his dog, Frank Turner.

