Sit-Stand Workstations

Your guide to keeping up with the latest in workstation technology
The Height Adjustable Trend

More and more organisations are creating flexible work environments to support changing work styles and preferences. They are encouraging mobility throughout the office and providing various work spaces for both collaboration and segregation. This improves employee satisfaction and in turn has proven to foster creativity, productivity and efficiency. Sit-stand workstations are an important way that workplaces can cater to the varying needs of their employees. As a consequence, employee satisfaction and productivity are optimised.

An abundance of articles, news stories and research has been published on the potential health risks associated with sitting for extended periods throughout the working day. This has led to an increased interest and demand for sit-stand workstations. The health benefits of utilising sit-stand workstations can then lead to indirect financial benefits through less sick days and higher productivity amongst employees.

This document is your ultimate guide to sit-stand workstations, breaking down the benefits, terminology and technology of these game-changing desking systems. Throughout this document, we will cover the real difference between ‘height adjustable’ and ‘sit-stand’, wellness in the workplace, what to look for in a sit-stand workstation and the UCI difference.

What’s in a Name?

All too often ‘height adjustable’ and ‘sit-stand’ are misused. While all sit-stand desks are height adjustable, not all height adjustable desks can really be classified as sit-stands. Sit-stand is defined by height adjustability range and ease of use.

Many height adjustable desks on the market today will be called sit-stands even if they don’t technically extend to full standing height, or if they are just winder-adjust, which doesn’t allow for easy sitting to standing shifts.

Beware of the trap here and ensure that if it’s being called a sit-stand workstation it caters to a full standing position ergonomically.

Full standing position to cater to most of the population requires the worktop to extend up to 1200mm high from the floor.

UCI’s height adjustable workstation range includes two full sit-stand models that meet this requirement. This document focuses purely on sit-stand systems that can convert from seated to standing position at the press of a button.
Wellness in the Workplace

Technology plays a huge role in today's work environments. Employees have everything within reach at their desks, multiple screens to work off and various internal communication tools to prevent them needing to move about the office. While these advances in technology may seem convenient, they are also adding to the sedentary behavior of the average office job.

This is why wellness in the workplace is more important than ever. To name a few, lower-back pain and spinal shrinkage, increased risk of heart and kidney disease, diabetes and weight gain have all been linked to prolonged sitting.

Of course standing comes with its own inherent problems such as fatigue, circulatory strain and varicose veins as well as the more obvious influences on employee satisfaction and practical difficulties in sustained concentration and fine motor skills.

Essentially any posture, regardless of how comfortable is detrimental over time. Movement is the key and to address this, many companies are opting for electric sit-stand workstations.

Sit-stand Workstations have been found to reduce incidence of musculoskeletal injury, lower perceived fatigue, increase energy and, importantly, they have been found to boost employee satisfaction and work performance.
Things to Consider

Consideration of the following issues before selecting your sit-stand product is essential to fostering and maintaining a sit-stand “habit” among employees and obtaining the maximum return on investment:

Height Adjustability Range

A range that covers both the very tall and the very short for optimal sitting and standing heights is essential to gain benefit and hence encourage use. A height adjustment of up to 1200mm high covers the vast majority of user requirements.

Ease of Use

‘Touch of a Button’ simplicity is essential to encourage use regularly throughout the day, as opposed to manual, winder-adjust mechanisms. Also look for additional functions such as pre-set heights, which allow users to easily switch between sitting and standing heights that suit them. Even better is computer software that integrates with your desk enabling height control and reminders to stand up.

Disruption

Adjustment of height should not disrupt equipment or other desk items. The adjustable surface must be large enough to not only support the keyboard and monitor but also other items required for normal work.

Speed

The switch between sitting and standing heights should be fast enough to foster regular use. When comparing products from other suppliers be sure to test the speed with a loaded workstation as a sit-stand that is fast and quiet in a showroom may be considerably slower and noisier when weighted with computers and files.

Aesthetics

Be sure to take in to consideration the placement of the sit-stand mechanism on the workstation. It may change the look and appeal of the workstation if the mechanism and motor are not concealed appropriately.

Safety

Look for both included and optional add-on safety features to suit your requirements. A couple of things include being able to set custom upper and lower height limits, anti-collision intelligence and add-on safety strips that stop and reverse the movement of the workstation if the worktop hits an object.
UCI's Sit-Stand Range & Capabilities

UCI's sit-stand workstation range is designed and manufactured in Australia by the UCI Design Studio and UCI Manufacturing plant in Adelaide. Our in-house capabilities allow us to:

- Provide shorter lead times (delivery to site within 5 weeks)
- Monitor quality control to the highest standard
- Keep prices down
- Meet national and international environmental and quality standards
- Meet your specifications and desired finishes with made-to-order frames and components

UCI also offers a complete project delivery service with efficiency and reliability. The team at UCI have extensive experience in the delivery of more than 30,000 workstations annually across Australia. Orders are fully trackable with our integrated system from the manufacturing process right through to delivery.

The UCI Difference

UCI prides itself on being a market leader in sit-stand workstations, with more than 13 years of supplying Australian offices with electric height-adjustable desk systems. Below are just some of the reasons why our clients choose UCI designed and manufactured sit-stand systems:

- UCI has the greatest adjustable height range on the market, catering to the vast majority of the population
- UCI actuators are eco-friendly, using just 0.1W in standby
- Danish made Linak mechanisms, which are backed by an industry-leading 5 year warranty
- UCI DeskFit Software is available to allow employees to control their desk heights and monitor their use from their computer
- Large weight capacity
- Large range of control options, including programmable height settings
- Two sit-stand models
- Products are PVC-free
- Height adjustment is quick and super quiet
- Programmable control box enables UCI desks to be individually programmed to specific client height range needs
- Advanced safety features are available

On the next page we compare the features and specifications of our two sit-stand models: Paradigm and Interchange.
UCI’s Sit-Stand Workstation Systems

**New**

**PARADIGM**

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**SIT STAND MECHANISM**

- 3 position programmable electric user interface

**SPEED**

- 38mm per second

**HEIGHT RANGE**

- 615mm to 1270mm
- one of the largest height ranges on the market

**WEIGHT CAPACITY**

- 140kg bench style
- 210kg capacity for 120 degree and L shape style

**SOUND**

- A low 47dbA with 35kg load

**SAFETY**

- With DeskProtect technology the actuator will stop and reverse when <8kg of pressure is applied

**WELLNESS**

- FitDesk wellness software available to encourage regular use.

**WARRANTY**

- 10 year on frame
- 5 year on electronics

**MODELS**

- Bench
- L shape
- 120 degree
- and more!

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**New**

**> interchange**

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**SIT STAND MECHANISM**

- 3 position programmable electric user interface

**SPEED**

- 38mm per second

**HEIGHT RANGE**

- 620mm to 1275mm
- one of the largest height ranges on the market

**WEIGHT CAPACITY**

- 160kg bench style
- 240kg capacity for 120 degree and L shape style

**SOUND**

- A low 47dbA with 35kg load

**SAFETY**

- With DeskProtect technology the actuator will stop and reverse when <8kg of pressure is applied

**WELLNESS**

- FitDesk wellness software available to encourage regular use.

**WARRANTY**

- 10 year on frame
- 5 year on electronics

**MODELS**

- Bench
- L shape
- 120 degree

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As with all UCI workstations, Paradigm and Interchange are proudly manufactured in Australia to individual customer requirements and specifications.
Contacts

Melbourne
700 Spencer Street
West Melbourne
VIC 3003
T 03 8379 0200
F 03 8379 0299
melbourne@uci.com.au

Sydney
Level 1, Foster Street
Surry Hills
NSW 2010
T 02 9212 2600
F 02 9212 2677
sydney@uci.com.au

Brisbane
3 Primrose Street
Bowen Hills
QLD 4006
T 07 3854 1600
F 07 3252 2512
brisbane@uci.com.au

Perth
578 Murray Street
West Perth
WA 6005
T 08 9486 8777
F 08 9486 8766
perth@uci.com.au

Adelaide
34 Starr Avenue
North Plympton
SA 5037
T 03 8379 0200
F 03 8379 0299
adelaide@uci.com.au

Hobart
14-16 Tasma Street
Hobart
TAS 7000
T 03 6231 3077
F 03 6231 3391
hobart@uci.com.au

Ulverstone
111 Eastland Drive
Ulverstone
TAS 7315
T 03 8379 0200
F 03 8379 0299
ulverstone@uci.com.au

Canberra
12 Pirie Street
Fyshwick
ACT 2609
T 03 8379 0200
F 03 8379 0299
canberra@uci.com.au