

HEIGHT ADJUSTABLE DESKS

"The chair gives you the correct sitting height but the adjustable desk gives you the correct working height".



Do I need a height adjustable desk?



There is a common misconception that having a height adjustable chair means that you are correctly set up for work, but a great chair is only part of the answer. **The chair gives you the correct sitting height but the adjustable desk gives you the correct working height.**

Ergonomists, occupational therapists and the Australian and New Zealand Standard (AS/NZS 4442:1997) recommend that your office chair be set so that your feet are firmly on the floor, and that there not be pressure on your thighs. That generally means that your bottom should be level with or below your knees. Once your chair is in place then the desk should be located comfortably low, allowing your hands and arms to rest in a more natural posture (greater than 90° angle at the elbow). For many people within the population a standard desk height of around 720 mm is simply not going to allow them to work comfortably and efficiently.

Furthermore for certain people with particular work needs a height adjustable desk is an essential tool.

- People of varying sizes who are sharing the same desk
- People who want or need to change posture throughout the long working day
- People in wheelchairs or with limited mobility

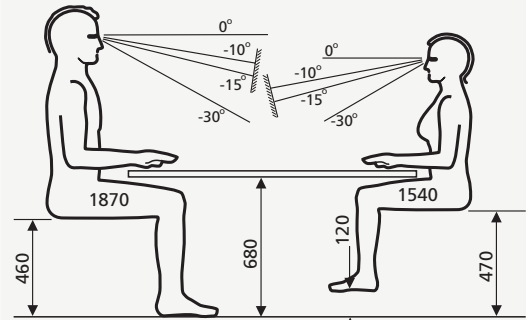


Figure 1. People of different height sitting at a fixed height workstation. Dimensions are in Mm.

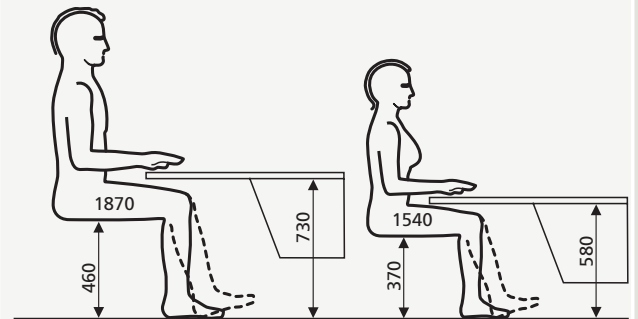


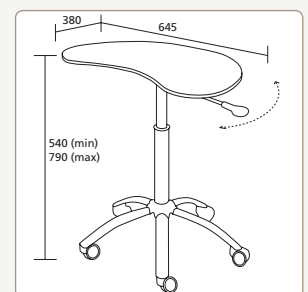
Figure 2. People of different height sitting at adjustable workstation.

bruce & barbara

Budget Height Adjustable Desks

FPOGM07082W - Laptop Adjustable Platform

A clever little unit which neatly positions a laptop or compact computer. Ideal for moving around home or office. Operates on Gaslift like your office chair. Can be positioned beside a lounge suite or used as a height adjusting side table or data projector stand.



Which desk suits people with a disability?

Height adjustable desks are a necessity for many people who perhaps cannot manoeuvre themselves into a position under a fixed desk. With a height adjustable desk disabled users should be able to position themselves easily and then adjust the desk to a comfortable working posture. When purchasing a height adjustable desk for disabled users considerations should be given to whether the user can operate the desk controls on their own or whether someone else will be needed to make the adjustments. If the shape of the wheelchair prevents getting close to the desk consideration can be given to providing an optional Keyboard/Mouse platform, which mounts under the desk and tracks out to be positioned on the user's lap.



FEH1280GL/FEH1680GL – Gas Lift Desk

Stylish and affordable. These units put height adjustability within the budget of all computer users. Ideal as a shared desk because height settings are clearly marked on the legs, allowing individuals to set the desk to their own preferences quickly and simply. Controls are mounted on the underside of the desk. Comes ready to assemble. Unique side mouldings hold pens and office accessories.

Model	Width	Depth	Height/Range	Mechanism
FEH1280GL	1200	800	550 to 810	Gaslift
FEH1680GL	1600	800	500 to 810	Gaslift



FEH1280SS/FEH1680SS – Split Surface Desk

An exceptional adjustment range combined with a unique tilting front section platform makes this desk extremely functional for many applications. One handed control operation from the seated position allows disabled users to operate and set this desk easily and quickly. The large range allows users to change posture throughout the working day, promoting wellbeing and productivity.



All Budget Series Height Adjustable Desks are delivered in cartons ready to assemble. Factory assembly available at a surcharge.



Model	Width	Depth	Height/Range	Mechanism
FEH1280SS	1280	830	620 to 960	Mechanical
FEH1680SS	1680	830	620 to 960	Mechanical



ALTITUDE SERIES – Professional Standard Office Workstations.

This new series of desks incorporates all new frame technology that sets new benchmarks in style and ease of use. The Altitude range employs mechanical crank handle mechanisms which give precise control over height settings from the seated position with no under desk intrusions into the knee well space. This creates great flexibility in design and layout of desktops. Top shapes and colours can be customized to create total office solutions. Desk frames can be assembled and reconfigured on site decreasing shipment and installation costs.

A unique retractable handle clips neatly out of the way when not in use. Handles can be configured left or right at the user's preference.

The compact mechanism and the open underside make it easy to upgrade these workstations with accessories such as retractable Keyboard/Mouse platform, retractable CPU holder and a wide range of desktop mounted monitor arms.

Altitude comes standard with a massive 400mm of adjustment and can be upgraded to 600mm of adjustment. A further ability is to upgrade to electrical power and control pad. Standard frame finish is powder coated "Precious Silver Pearl". Other frame colours available on request.

Rectangular Desks

Comes in 3 standard widths 1500mm, 1800mm, 2100mm with lots of open space to locate drawer mobiles or upgrade with other useful productivity tools. The flat front of the rectangle shape allows wheelchair users to get closer to the action. Top shapes and colours can be customized. Desk dimensions comply with Australian/ New Zealand Standard AS/NZS 4442:1997.



open layout suits wheelchairs



set high



set low



shown here with optional modesty panel & toolscreen with accessories

Model	Width	Depth	Height/Range	Mechanism
FEH158OTL	1580	800	610 to 1010	Mechanical
FEH188OTL	1880	800	610 to 1010	Mechanical
FEH218OTL	2180	800	610 to 1010	Mechanical

Details



optional modesty panel



crank handle neatly stored away



pulls out for height adjustments

What about shared desking?

There are many applications these days where people share facilities and often those people will vary greatly in height:

- Internet cafes
- Public libraries
- Schools, Colleges and Universities
- Call Centres
- Home Offices
- Home PC desks
- "Hot Desks" within offices
- Help Desks

Hot desking is a term used to refer to the sharing of a desk between several or many users in an office. Many companies are employing casual or shift work employees or outside based employees (e.g. sales reps) who have only an occasional use of a desk. For those people a pool of desks are made available, as they are needed.

In particular, desks used by children should be adjustable.

90° (4 way) Corner Workstations

Come in 2 standard widths 1800 x 1800 & 2100 x 2100 (mm) . The ideal shape for mixed computer and clerical duties because the computer is located in the otherwise dead corner space, providing loads of workspace on either side. Top shapes and colours can be customized.



90° workstation shown with optional drawer mobile, CPU cradle & screen



4-way cluster



set high with optional mobile drawer and CPU cradle & screen

Model	Width	Depth	Height/Range	Mechanism
FEH1818TLC	1800	1800	610 to 1010	Mechanical
FEH2121TLC	2100	2100	610 to 1010	Mechanical

120° (3 way) Corner Workstations

Comes in a standard width of 1800 x 1800 (mm) The 120° format has been popular in call centre applications and larger office clusters as it maximizes close hand reach while still allowing intensive office space utilization without chair collisions.

Model	Width	Depth	Height/Range	Mechanism
FEH1818LBD	1800	650	610 to 1010	Mechanical



3-way cluster



120° workstation shown with optional desktop flatscreen rail mount & wave screen



with optional desktop flatscreen rail mount

SIT/STAND DESKS

Sit/Stand is a term used to refer to a desk which allows the user to move from a seated to a standing position. This allows users to change posture throughout the working day while continuing to work. The key design points for having a useful Sit/Stand desk are firstly that the height range should move from a seated position (typically 720mm) to a standing position (at least 1000mm) and secondly that the desk should be simple and quick to adjust. Health professionals have been telling us for a long time that the static postures associated with modern office work can be detrimental to our health and well being. Products that promote body movement while allowing work to carry on are not only good for the health of the users but are effective productivity tools as well.

FEH1580STAND Mechanical/Gaslift Sit/Stand desk

Simple, quick to operate and surprisingly low cost this full function sit/stand desk uses two gas cylinders and a mechanical knee-lift mechanism to rapidly shift positions from sitting height (730mm) to standing height (1000mm) or anywhere in between.

Top shapes and colours can be customized to match existing office décor. For not much more than the cost of a standard office desk your workers can be achieving the health and productivity benefits of this new working trend.



set high at standing position



set at standard sitting position



foot control for height adjustment

Model	Width	Depth	Height/Range	Mechanism
FEH1580STAND	1500	800	730 to 1000	Mech & Gas

FEH1880ELEC – Fully electric Sit/Stand Desk

The ultimate in height adjustability. These desks use twin linear actuators to smoothly and quietly lift both sides of the desk together. Push button controls with memory settings allow users to preset their favorite working positions. Simple fingertip controls are ideal for people with serious disabilities or simply office workers who want the health benefits of being able to change postures throughout the working day.



set high at standing position



control panel for height adjustment

shown with optional keyboard/mouse platform & underdesk CPU cradle



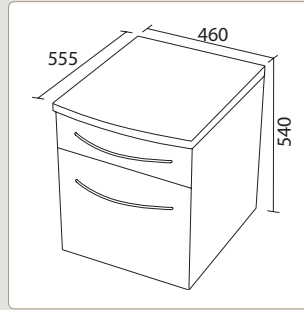
extremely user friendly for disabled people

Model	Width	Depth	Height/Range	Mechanism
FEH1880ELEC	1800	800	640 to 1310	Electric

UPGRADES AND ACCESSORIES

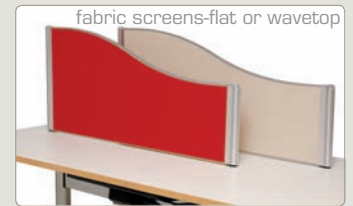
Compact Drawer Mobiles

FEHM1D1F/FEHM3D Built lower to allow the full movement range of your height adjustable desk. Standard colour and finishes matches most desk frames, Custom colours available in quantities.



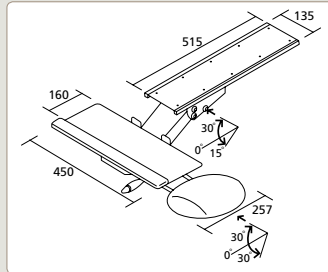
Desk Mounted Screens

Desktop screens can be added to the desk at time of order or later as an upgrade. Fabric covered panels provide soft pinnable surfaces and provide both visual and acoustic barriers, providing increased privacy at a fraction of the cost of full sized floor screens or partitions. Metal toolscreens can be accessorized with letter trays, shelves, and other accessories. Attached to the desktop via screw-on mounting pins, (2 per screen sold separately)



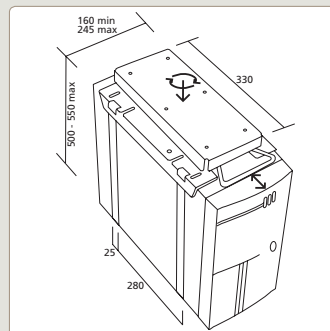
Keyboard/Mouse Platform

AEOMSKA10 Retracts, pivots and tilts. Height adjustment from (80mm) above the desk to (100mm) below the desktop. Keyboard can tilt + or - 30° to obtain exactly the right position. Ideal for wheelchair users. Mouse platform can be located left or right.



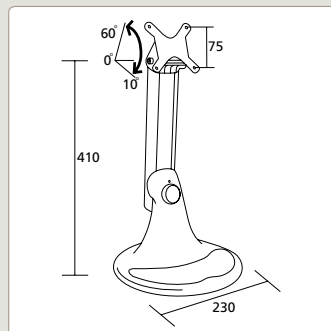
Under Desk CPU Cradle

AWCMSCS23 Pivots to get access for cables, fully retracts, firmly holds CPU in place on adjustable webbing belts. Suits most CPU's (standard dimensions).



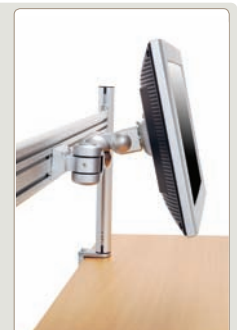
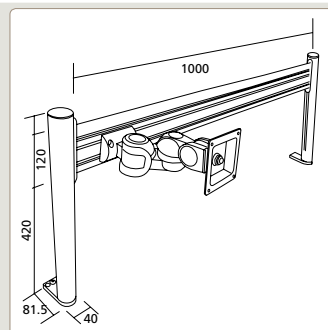
Visidec desktop flat screen mount

AEMVSTP1 Pivots and height adjusts to present your flat screen in the most comfortable position. Uses Industry standard VESA mounts (both 75mm centres and 100mm centres). Silver and other colours available on request.



Desktop Rail flat screen mount

AEMMSPA01 + MSLA563 Saves deskspace and allows you to mount your flat screen anywhere along the rail. Uses Industry standard VESA mounts (both 75mm centres and 100mm centres)





NA
Good
Better
Best

Notes
Assistance required for wheelchair set-up A
Contract quantities only - check with Sylex C
Upgrade available to sit/stand S
Electric is standard E

	FGGM07082W	Gaslift	540mm to 790mm																	
	FEH1280GL & FEH1680GL	Gaslift + lock	550mm to 810mm					A												
	FEH1280SS & FEH1680SS	Mechanical	620mm to 960mm																	
	FEH1580STANT	Mech and gas	730mm to 1000mm						A											
	FEH1580TL & FEH1880TL & FEH2180TL	Mechanical	610mm to 1010mm							S										
	FEH1818TL & FEH2121TL	Mechanical	610mm to 1010mm								S									
	FEH1818LBD	Mechanical	610mm to 1010mm									S								
	FEH1880LEC	Electric	640mm to 1310mm																	E

Activation mechanism
Lowest & highest height setting
Adjustment range
Ease of use
Speed of adjustment
Stability
Suitability for wheelchair use
Sit Stand application
Tilting work surface
Custom tops available
Electric upgrade available
Value

Other features
Programmable control remembers height settings
Settable for left or right handed operation
Settable for left or right handed operation
Settable for left or right handed operation
Simple one handed operation
Front worksurface adjusts for both height and tilt +0° -17°
Height settings marked on legs
C

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