

Ergonomics Matter.

Good ergonomic solutions make good business sense.



Annual Productivity Losses Due to Musculoskeletal Disorders in the U.S.

846,000

• Workdays lost

\$61.2 Billion

• Cost to employers

Reduction in Workers' Compensation Costs

• Each year, musculoskeletal disorders account for one-third of all workers' compensation cases in the U.S.

• Implementing ergonomic products and practices could help businesses trim workers' compensation costs by 35-91%.

Effects of Using Adjustable Worksurfaces

20%

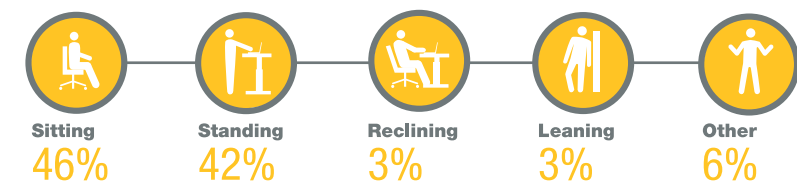
• Workers who use adjustable-height worksurfaces report almost 20% fewer musculoskeletal disorders and increased productivity.

62%

• Discomfort decreased by an average of 62% and the occurrence of injuries and illnesses decreased by more than half.

• Workers who chose to intermittently stand take fewer and shorter breaks and show better productivity.

Working positions during an average day



Good for your business.

Less risk

Musculoskeletal disorders (MSDs) are just as hard on your business as they are on you. Each year MSDs account for about a third of all work-related injuries and workers' compensation in the United States. But you can change that. Studies have shown that you can dramatically reduce workers' compensation costs by making use of ergonomically sound products and practices.

Productivity

Every year businesses lose valuable time and money due to pain from musculoskeletal disorders. But the impact goes beyond absenteeism and medical bills. Your discomfort can actually cut into your productivity. People who stand intermittently take fewer and shorter breaks — which means they can remain focused on the task at hand.

Ease

Whether you have five employees or 5,000, keeping each employee comfortable and supported can be challenging. Today's businesses are constantly changing — new hires, reorganization, new processes and ways of working. Adjustable worksurfaces accommodate a variety of needs, allowing each person to personalize his or her space. That means you don't need to do it for them. Imagine a more flexible, adaptable workplace that changes almost on its own.

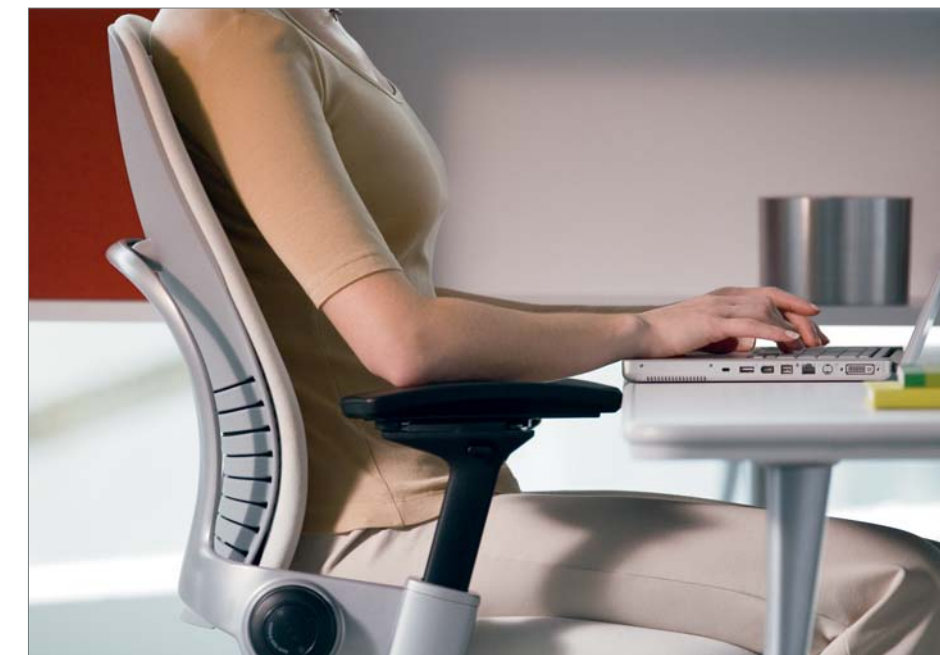


Adjustable-height worksurfaces are just one component of an ergonomically sound workplace. What else should you consider?

Ergonomic Consideration	Product Consideration
Seating Sit back against the backrest to help ensure good lumbar and thoracic support. Your feet should be flat on the floor and your thighs should be parallel to the floor.	Ergonomic task seating — look for chairs that: <ul style="list-style-type: none"> • allow you to change postures yet still enable you to stay oriented to your work. • have a backrest that changes shape to conform your unique back shape. • provide seat depth adjustment so you can adjust to satisfy your leg length. • enable adjustment of the chair's arms — both the height and the width — to support your specific torso width.
Monitors The top of monitor should be at or just below eye level with the screen 20-30 inches from eyes, directly in front of you. You should also minimize glare.	Adjustable monitor arms — provide a complete range of adjustment and enable you to easily share your work with guests.
Keyboard Keyboard at elbow height, wrist straight (not bent up or down), forearms parallel to the floor.	Adjustable keyboard support — supports proper ergonomic postures and positions.



FYI™ Flat Panel Monitor Arm by Details®



Leap® by Steelcase
 The Leap chair has been shown in one study to provide 17.8% more productivity (in conjunction with ergonomic training) and reduce musculoskeletal symptoms. Your results may vary.



Stella Keyboard Support by Details®

Call 800.333.9939 or visit www.steelcase.com

Steelcase®

Do what you do better.™

Steelcase

Good for you.

Choices

People divide their time almost evenly between sitting and standing while at work. It's important to have a workplace that supports those varying postures. Workers seem to agree. Four out of five people said they would prefer an adjustable-height worksurface instead of a fixed-height worksurface, when given the choice.

Collaboration

64% of workers prefer standing to sitting in impromptu meetings. And recent research reveals that most of those impromptu interactions take place between two people in personal workspaces, not in the hallway or in meeting rooms. But most individual workspaces are designed for only one person, not working in pairs. Adjustable-height worksurfaces can help you tailor your environment to the moment, allowing for an easy transition from individual to shared work.

Comfort

You'll feel the ergonomic difference of an adjustable-height worksurface. It allows you to personalize your workspace and match the height of the table to your task. People who use sit/stand worksurfaces report significantly less musculoskeletal discomfort and disorders. That's not only good for you, it's a smarter way to work.

A smarter way to work.



Adjustable-height worksurfaces help businesses and their employees, work smarter. Steelcase offers a complete line of adjustable solutions to satisfy any level of adjustability need. Whether you need maximum versatility or just a little change once and a while, we've got a solution that will fit you just right.

Airtouch™

Fast, effortless adjustability

Patent-pending Airtouch technology provides a smooth, uniform motion as it moves up and down. It lifts with just a touch and feels as if it's floating on air. The Airtouch worksurface travels 17 inches in 1.2 seconds, making it one of the fastest adjustable solutions on the market today — and it does it without electronic components. Stand up and bring your worksurface up with you. Because it moves smoothly and quickly, it can follow your natural posture changes throughout the day.








Mechanism:	Patent-pending Airtouch technology, operated with easy-lift handle
Recommended load:	●●●●●●●● 25 lbs.
Height range:	26" - 43" with infinite increments
Works with:	Steelcase Universal worksurfaces
Configurations:	  Straight Corner




Electric

Smooth, quiet adjustment with electric convenience

Thanks to its quiet electric motor, this system provides smooth, continuous height adjustment at the touch of a button. It's easy to use and supports a wide range of worksurface shapes and sizes.



Mechanism:	Low-surge electrical motor operated with a push button
Recommended load:	●●●●●●●● 150 lbs.
Height range:	24½" - 40" with infinite increments
Works with:	Steelcase Universal worksurfaces, Avenir® worksurfaces, Series 9000® worksurfaces, Answer® worksurfaces, and Elective Elements worksurfaces
Configurations:	     Straight Dual straight Corner Dual corner Radius corner

Mechanism:	Low-surge electrical motor operated with a push button
Recommended load:	●●●●●●●● 300 lbs. (2-leg) ●●●●●●●● 450 lbs. (3-leg)
Height range:	24½" - 52" with infinite increments. Three preset position options
Works with:	Details radius end and Details 3mm flat end worksurfaces
Configurations:	   Details Straight Details Corner Details 120°

Electric

Height-AdjustTables by Details®

Maximum adjustment range with programmable electronic settings







The Height-AdjustTable by Details provides the broadest range of height adjustment offered by Steelcase. Best of all, its intuitive user control allows you to program heights into memory, taking the guesswork out of future adjustments, and providing an added benefit for shared workspaces.

Crank

Perfect for moderate adjustments throughout your day

When only moderate adjustments are needed, crank adjustability raises and lowers your worksurface with a simple turn of a handle. Once adjusted, the handle can be removed to free up worksurface space. Crank adjustability is ideal for individual or multi-shift work environments where several people share the same workspace and appreciate the ability to fine tune their personal comfort.



Mechanism:	Hand crank
Recommended load:	●●●●●●●● 150 lbs.
Height range:	26½" - 39½" with infinite increments
Works with:	Steelcase Universal worksurfaces, Avenir® worksurfaces, Series 9000® worksurfaces, Answer® worksurfaces, Elective Elements worksurfaces, Ellipse worksurfaces, and Kick® worksurfaces
Options:	Single and dual keyboard surfaces
Configurations:	      Straight Dual straight Corner Dual corner Extended corner Radius corner

Adjustable-height leg

Simple, occasional height adjustability

Adjustable-height legs allow one table to work for many people and spaces. Set it high or low according to your needs, and then simply reset it later if your team members change. The preset holes also make it easy to adjust table heights for nesting applications to create a layered worksurface.



Mechanism:	Movable pins fit into preset holes
Maximum load:	●●●●●●●● 200 lbs.
Height range:	26½" - 32½" in ½" increments
Works with:	Steelcase Universal freestanding worksurfaces, and Unison worksurfaces
Configurations:	Steelcase Universal freestanding worksurfaces