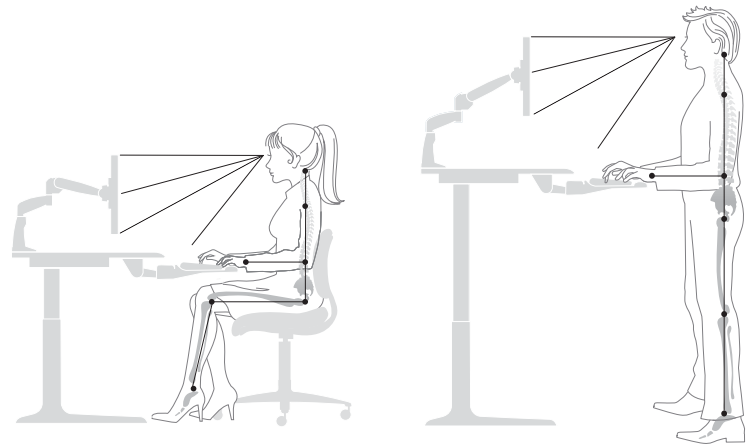


### SIT STAND WORKCENTERS

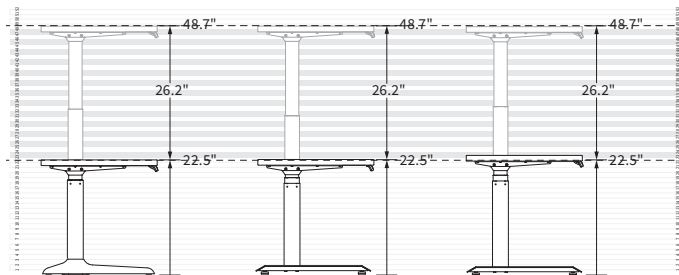
The human body is not designed to remain in the same position for hours at a time. Finding the right sit-stand solution to address this need to move and allow the user to change position frequently throughout the day can be a challenge. There are many options available and it is important to fully understand the needs of the user prior to making a purchase decision.

**Height adjustable workcenters** are the foundation for any ergonomically equipped workspace and can be the single most effective means of achieving flexibility, maximizing comfort and increasing productivity in any office environment.



Workrite’s product offering features the widest selection of design options in the industry as well as the flexibility to mix and match features to build the perfect workcenter for virtually any application or budget.

### FULL BIFMA RANGE ELECTRIC WORKCENTERS



**Sierra HX Electric**  
 Height Range: 22.5" – 48.7"  
 Travel: 26.2"  
 Speed: 1.6" per second  
 Lifting Capacity:  
 2 leg workcenters: 225 lb.  
 3 leg workcenters: 300 lb.

**Essentia Electric**  
 Height Range: 22.5" – 48.7"  
 Travel: 26.2"  
 Speed: 1.6" per second  
 Lifting Capacity:  
 2 leg workcenters: 225 lb.  
 3 leg workcenters: 300 lb.

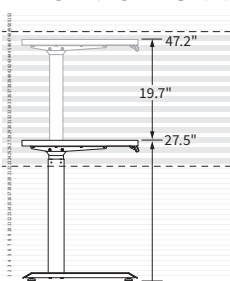
**Fundamentals EX Electric**  
 Height Range: 22.5" – 48.7"  
 Speed: 1.6" per second  
 Lifting Capacity:  
 2 leg workcenters: 125 lb.  
 3 leg workcenters: 200 lb.

### BIFMA G1-2013 GUIDELINES

#### Worksurface Heights for 5th to 95th in Seated and Standing Position

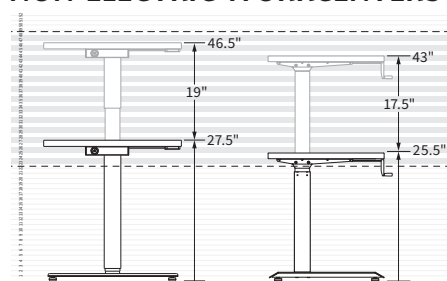
Three Workrite Sit-Stand Workcenters exceed the ergonomic requirements of the BIFMA G1-2013 Guidelines, providing the seated and standing height range for 90% of office workers. From the 5th percentile woman, seated (22.6") to the 95th percentile man, standing (48.7"), Workrite offers three workcenter lines for full BIFMA compliance.

### LIMITED RANGE ELECTRIC WORKCENTERS



**Fundamentals LX Electric**  
 Height Range: 27.5" – 47.2"  
 Speed: 1.6" per second  
 Lifting Capacity:  
 2 leg workcenters: 125 lb.  
 3 leg workcenters: 200 lb.

### NON-ELECTRIC WORKCENTERS



**Cascade Counterbalance**  
 Height Range: 27.5" – 46.5"  
 Travel: 19"  
 Lifting Capacity:  
 2 leg workcenters: 48" W: 65 lb.  
 60" W: 75 lb.  
 75" W: 85 lb.

**Sierra HXL Crank**  
 Height Range: 25.5" – 43"  
 Travel: 17.5"  
 Speed: 1" per 5.2 turns  
 Lifting Capacity:  
 2 leg workcenters: 125 lb.

### SIT STAND BENCHING

See **Section 2** for Sit-Stand Benching solutions.

### DESKTOP SIT STAND

See **Section 3** for Desktop Sit-Stand solutions to add to existing static desks. All Desktop Sit-Stand solutions are limited range.

**The following details should be taken into consideration when selecting the right solution for any application:**

The *size and shape* of the workspace will determine the optimal size and shape of the worksurface you select. For moving or height adjustable products, you should allow at least 1" of clearance at each side and in back of the worksurface to avoid pinch points and scraping. This means that the overall width of the worksurface will be 2" less than the width of the workspace and 1" less than the depth.

Knowing the type of *equipment to be used* is crucial when selecting the appropriate sit-stand solution. When selecting a non-electric workcenter such as a crank or counter-balance table the *weight of the equipment* to be placed on the worksurface will affect the amount of human force required to adjust the height of the work center. The more force required, the less ergonomic the solution.

All electric workcenters also feature a weight limit rating to ensure that the motor is not overworked and the workcenter moves efficiently throughout the life of the product. When comparing weight ratings it is important to clarify whether the weight rating includes the total weight of the worksurface plus the equipment to be used, or the payload capacity after the weight of the worksurface is taken into consideration. All Workrite weight limit ratings are for payload capacity.

Understanding the *work to be performed* and the types of *accessories to be used* are also key considerations. Workcenters have many different types of frame supports and structures and may not provide the clearances required for the installation of other key accessories such as adjustable monitor supports and keyboard trays. Workrite frames and supports are designed to accommodate a wide variety of *accessories* both above and below the worksurface.

The *range* of adjustability required is one of the most important considerations when selecting the right adjustable workcenter. BIFMA G1 2013 recommends a range of adjustability from 22.5" to 48.7" to *accommodate the 5th to 95th percentile* of the workforce. For example, any product with a worksurface that will not go below 24.5" from the floor will not allow 50% of the female workforce (up to 5' 4" tall) to work in proper ergonomic position while seated. Workrite has multiple options available that achieve full BIFMA range of adjustability as well as some that offer a limited range of adjustability.

**BIFMA G1-2013 GUIDELINES**

**Worksurface Heights for 5th to 95th in Seated and Standing Position**

