



Coordinate™ Height Adjustable Base: Rising to the Occasion

Standing workstations continue to grow in popularity, but are we doing it right?

To sit or to stand? The choice is in the hands of the user with a customizable workstation like the new Coordinate [height adjustable base](#) from The HON Company. HON joins many others in the industry who are investing in the design and development of healthier, more ergonomically friendly workspace solutions.

With more companies and employees recognizing the value of movement and changing posture throughout the day, the question is whether or not users know how to get the most from their adjustable workstation.

“Height adjustable tables easily allow users to reduce sitting time and increase movement without decreasing productivity — a benefit to both employer and employee,” says Lauren Gant, PhD, CPE— Human Factors and Ergonomics Manager, HNI. “Additionally, research has supported that users of height adjustable tables report improved job satisfaction, feelings of job control and comfort.”

As more offices continue to incorporate height adjustable tables into the workplace, however, Gant emphasizes the importance of education to ensure users understand how to use and benefit from a sit-to-stand solution.

“Height adjustable tables are not intended to support full-day standing positions — which can actually result in fatigue, awkward postures, and stress on the legs and feet,” says Gant.

To get the most out of their height adjustable workspaces, Gant says users should consider practicing the following:

- **Take a stand** — Users should alternate between sitting and standing several times throughout the day. Like any ergonomic tool, there is no one-size-fits all solution and no ‘one perfect ratio’ between standing and sitting. Each user should find a routine that fits his or her comfort level and ability. A worthy goal is to stand for 15 minutes for every hour of sitting.
- **Start slow** — Your muscles may need time to adjust to standing work. Gradually increase the amount of time you stand until you find a balance that works for you and your workday.
- **Footwear matters** — It is important to consider your footwear when standing. Uncomfortable or unsupportive shoes are not ideal for long standing durations.
- **Straighten up** — Height adjustable tables should be positioned at a height that promotes healthy postures while sitting and standing. The table should support the keyboard at a height that allows for relaxed shoulder and straight wrists while the user’s feet are firmly on the floor.

The vertical distance between your eye height and proper monitor height will likely be different between sitting and standing postures. As such, a monitor arm may be necessary to allow for easy adjustment of computer screens to promote neutral neck and shoulder postures.

Dr. Bradley Bark of Bark Chiropractic and Rehab Clinic uses one of HON’s height adjustable bases to practice good posture and fight drowsiness.

“Being a Doctor of Chiropractic, I stress how important posture is on a day-to-day basis. Having a sound posture will decrease the chances that injury will take place,” says Bark.

"With a sit-to-stand ratio of 3-to-1 during the afternoon hours, I find that I'm not experiencing the stress in my back and shoulders that I used to. I also feel like I have more energy than before I had my HON Coordinate Height Adjustable Base".

If you find yourself becoming fatigued, slouching, or assuming awkward postures during your workday, it may be an indication that it is time for you to switch positions. The recommended approach is to sit when fatigued and stand when you feel more rested, but make sure you sit in a supportive, ergonomic chair when working from a seated position.

To learn more about HON's Coordinate height adjustable bases, visit hon.com/coordinate.