

HON

COORDINATE™
Ergonomic Facts



COMFORT REACHES NEW HEIGHTS

Research has proven that sitting for an entire workday is not good for the body. Standing not only promotes blood and oxygen circulation, it helps sharpen focus while combating fatigue. HON Coordinate height adjustable bases deliver a healthier style of working by allowing a seamless transition between sitting and standing throughout the day. Incorporate sit-to-stand workspaces into any open, private or training spaces, and start promoting a healthier way to work.



SITTING POSITION



STANDING POSITION

CHANGE POSTURES FREQUENTLY.

Achieving different postures and increasing movement throughout the day is optimal for health, and Coordinate height adjustable bases allow the user to alternate sitting and standing whenever desired.

DON'T BE AFRAID TO SIT.

Too much standing may result in fatigue, awkward postures, and stress on legs and feet. Choose a supportive, ergonomic chair when working from a seated position.

PROPER HEIGHT IS CRUCIAL.

The worksurface should be positioned at a height that promotes healthy postures and prevents slouching or leaning, regardless of whether standing or sitting.

START SLOW.

Muscles will need time to adjust to standing work. Gradually increase the amount of time spent standing until you find a balance that works for you and your workday.

FOOTWEAR MATTERS.

It is important to consider footwear when standing. Uncomfortable or unsupportive shoes are not ideal for long standing durations.

RESEARCH-DRIVEN DESIGN

- Users of height adjustable tables report improved job satisfaction, feelings of job control, and overall comfort.¹
- Height adjustable tables can reduce sitting time if used correctly; training is an important component to encourage proper use.²
- Some studies report improvements in general accuracy and speed with height adjustable table use.³

83%

There has been an 83% increase in sedentary jobs since 1950, translating to more people sitting at work than ever.⁴



Evidence shows that a sedentary lifestyle can contribute to negative health effects such as obesity, cardiovascular complications, and diabetes.⁵



Height adjustable tables are one option to increase movement and encourage posture changes throughout your workday.

¹ Robertson, MM, 2008, Applied Ergonomics

⁴ American Heart Association, 2013

² Chau, JY, 2010, Preventative Medicine

⁵ Uffelen, JG, 2010, Preventative Medicine

³ Karakolis, T, 2014, Applied Ergonomics

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