

Standing Desks

A new trend in work ergonomics

The days of sitting at a desk all day may be numbered. It's been proven that spending most working hours sitting is linked to premature mortality, including development of heart disease, diabetes and cancer. There is a clear relationship between sitting hours and obesity and it's reported that those who sit for more than seven hours a day have a 47% higher risk of developing depression. Recent studies suggest that prolonged standing at work is associated with the development of diseases of varicose veins. But, fortunately, a number of companies have developed desk systems allowing alternating between seating and standing.

Variations

Desktop attachments - This desk-mounted option is ideal if the office arrangement is fixed. It effortlessly transforms a sitting desk into a standing one. It can be easily moved around, making it the most flexible choice out of all the standing desks. A manufacturer, Varidesk, for example, offers adjustable riser platforms, which sit on top of an existing desk and allow to switch from a seated to standing position quickly and easily. Available in different styles and configurations, the brand offers options to fit most types of home office set-ups and can adjust to most users' heights.



Sit-stand desks - These desks allow one to switch their work position or work constantly on their desks for long durations. They are height adjustable within a wide range of heights according to users' height and body type. These desks allow to switch from a deskbound position to standing (and back again) in a blink of seconds and with just one touch of a button.

Stand-only desks - These desks are ideal for using if the desk work is limited and not intense as these desks stand at a fixed height and cannot be adjusted mostly. These desks are the most apt selection while looking for affordable range of standing desks.

Accessories to standing desks - Anti-fatigue mats are the most popular. They are built to reduce the exhaustion of their user by decreasing back pains, foot pains and stress levels. These mats can be made from a variety of different materials which include vinyl, wood, PVC tubing, rubber, PVC closed cell foam, polypropylene and nitrile rubber. Other attachments that can be combined include wheel sets; cable pouches; single/dual monitor support; a standing desk chair; foam rollers; foot stool; mini elliptical trainer; treadmill/bicycle trainer; footrest; supportive chair; or stand-up chair. ■ Source: Inputs: <http://www.elledecoration.co.uk/news/standing-desks-the-new-way-to-work/>

