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# Height-Adjustable Benching

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# Workstation Design Guidelines and Requirements

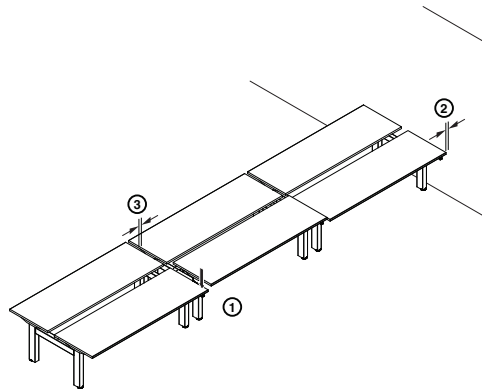
## Overview

### Designed for movement with dynamic seating,

adjustable worktools and height-adjustable benches are important for today's office workers.

To determine the best height-adjustable solution, consider these four criteria:

1. **Adjustability Needed**  
What is the height range requirement? (seated or sit-to-stand)
2. **Worksurface Size Needed**  
What does the physical space look like?
3. **Equipment/Tools Used**  
What type of computer equipment and other worktools are being used on the worksurface? (weight capacity)
4. **Use**  
What is the height-adjustable desk being used for (individual or shared, touchdown space or full workstation, sit-to-stand or seated)?



### ⚠ WARNING

Risk of Serious Injury. If not used as intended, moving work-surfaces can pinch or injure people, or damage property. Always follow these Instructions:

1. Keep height-adjustment range free from obstructions above and below the worksurface.
2. Plan for a minimum 1" gap against a panel or wall.
3. Plan for a minimum 1" gap to adjacent furniture.

### Tips

#### Obstructions

Moving worksurfaces can collide with other objects. Do not install overhead storage, stationary pedestals or components in the path of height-adjustable desks.

#### Weight

The maximum allowable load (varies by height-adjustable bench) should be evenly distributed and must not be exceeded.

#### Width

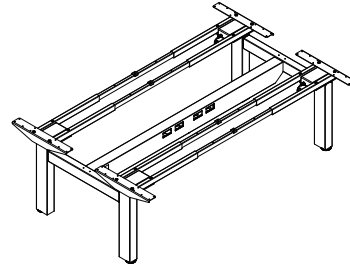
Specify a minimum 1" gap to adjacent furniture. This eliminates any pinch points between a height-adjustable desk and a fixed object.

#### Managing Technology

Design workstations with computer equipment in mind so that the height-adjustment range of the height-adjustable desk is not impeded because of cables.

#### Power

Plan easy and unobstructed access to power for users at worksurface height through the use of the power access door or power strip.



### ⚠ WARNING

Risk of serious injury.

### Bases-only warranty limitations and potential for injury:

The use of worksurfaces that do not comply with the Steelcase defined criteria and limitations could cause personal injury or property damage due to pinch points, instability, or other problems, and voids all Steelcase Warranties, expressed or implied.

The use of worksurfaces that do not comply with Steelcase criteria voids any Steelcase claims of compliance with ANSI/BIFMA, UL, LEED, or other applicable requirements. The use of non-Steelcase worksurfaces on Steelcase adjustable-height bases may not be accepted as compliant to municipal electrical codes or OSHA federal workplace standards, because this use does not create an NRTL (UL, ETL, etc.) listed product. Steelcase is not responsible for the ultimate determinations of compliance for height-adjustable bases with non-Steelcase worksurface, and assumes no liability for their compliance with standards when height adjustable bases are used without a Steelcase worksurface as intended.

### Worksurface Criteria and Limitations

The use of non-Steelcase worksurfaces is not recommended. Any use of a non-Steelcase worksurface requires additional investigation by the customer regarding the appropriateness for use. It is the sole responsibility of the customer to determine the suitability and safety of the selected worksurface construction and attachment means. The following information is provided as a guideline, but does not address all potential issues. Customers should seek professional guidance as to the appropriateness of their chosen worksurface.

### Tips

**Height-adjustable bases** include fasteners intended for use with Steelcase worksurfaces. These fasteners may be suitable for worksurfaces meeting the following criteria:

- Medium-density or higher particleboard or fiberboard cores, with High- or Low-Pressure Laminates and backers.
- Thickness of 1" or greater (Ology and Migration)
- Fasteners located a minimum distance of 1" from any edge

**A well-designed, ergonomically advanced chair** that allows a full range of healthy postures throughout the day and can contribute to worker wellness and productivity.

**Neck** is straight or slightly forward.

**Shoulders** are relaxed so arms hang naturally.

**Back** has full contact with the backrest (sit all the way back in your chair).

**Elbows and forearms** can rest comfortably on the arms of your chair, or on worksurfaces.

**Lower back** fits into curved lumbar support.

**Tension** is adjusted so backrest reclines easily, yet provides smooth, even support, and encourages postural change.

**Top of monitor** should be at eye level.

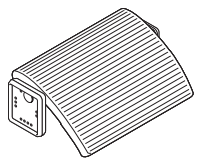
**Screen** is 20 to 30 inches from the eyes. Screen is at eye level slightly lower and directly in front of worker so head is not turned.

**Wrists** should be straight when keying or mousing, not bent up or down.

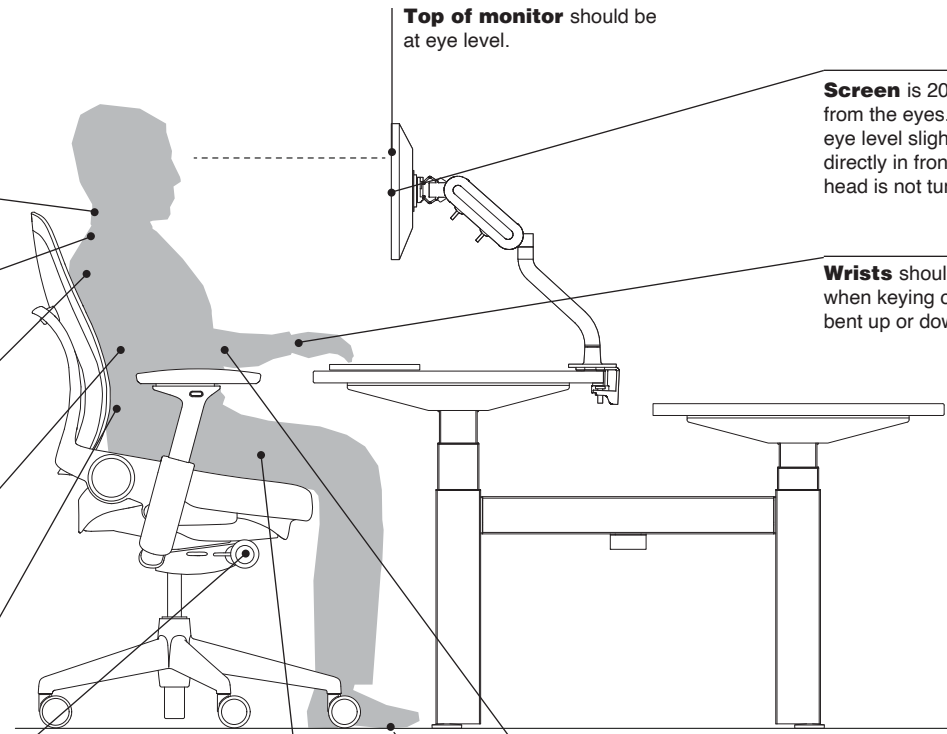
**When keying or mousing**, forearms are parallel to the floor.

**Thighs** are parallel to the floor.

**Feet** are flat on the floor or on a footrest.



**If worksurfaces and keyboard support** are not height-adjustable, raise your chair's seat height to achieve the appropriate relationship to your tasks. If this leaves your feet dangling above the floor, use a footrest.



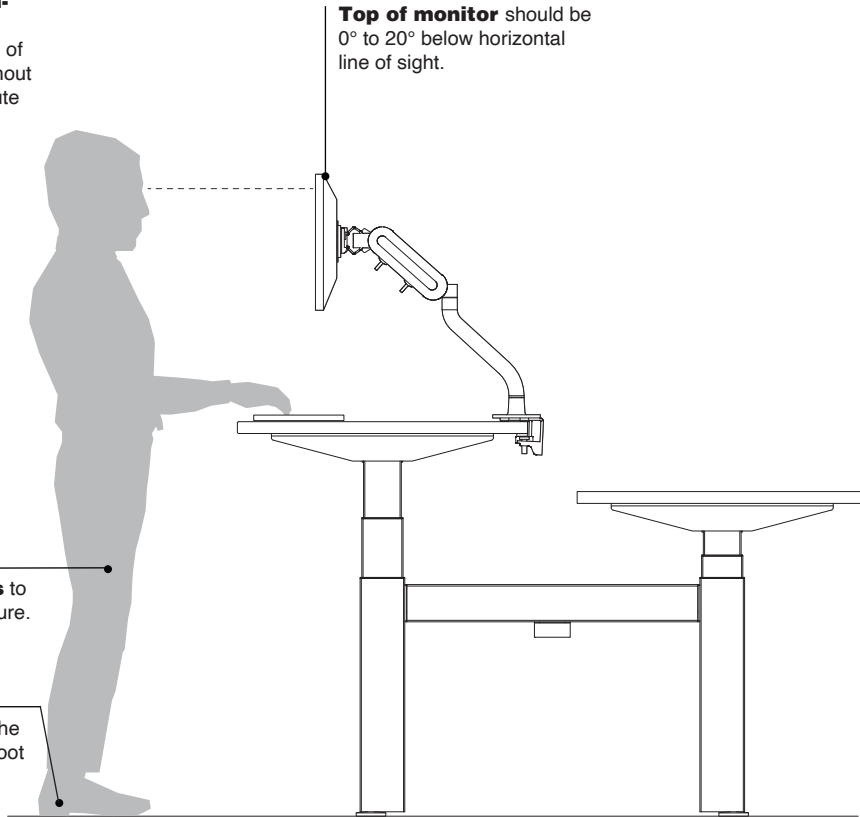
# Basics of Standing and Monitor Arm Positioning

**Height-adjustable benches, when combined with monitor arms,** allow a full range of healthy postures throughout the day and can contribute to worker wellbeing and productivity.

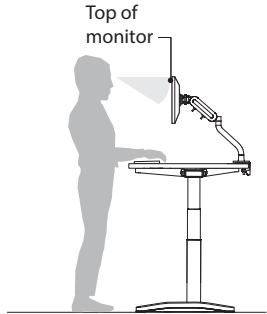
**Top of monitor** should be 0° to 20° below horizontal line of sight.

**Avoid locking knees** to help maintain good posture.

**Feet** should be flat on the floor or use foot rest or foot pad.

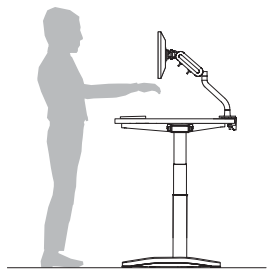


## Height



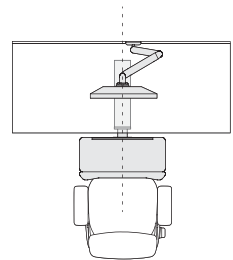
**Top of the monitor** should be positioned at or slightly below eye level.

## Distance



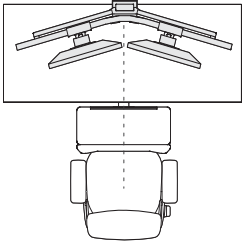
**Monitor** should be 20" to 30" from the eyes or approximately an arm's length away.

## Alignment



**Proper alignment** is the key to preventing strain. Computer monitor, keyboard, and mouse should be centered to allow user to see the display without looking downward or to either side. Mouse should be accessible without twisting or reaching. Reference documents should never be flat on desk and should be at the same height as or aligned with the monitor or above keyboard and below the monitor.

### Dual Monitor Alignment



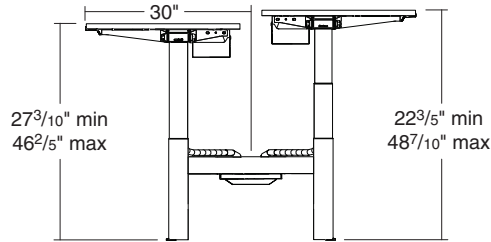
**If using two monitors,** position the monitor used more often closer. If equally used, center monitors directly in front and angle them in a slight inward "V" shape.

# Height-Adjustable Benching Comparison Chart

The chart will help you determine which product line best meets your needs.

## Ology

### Basic Height      Extended Height



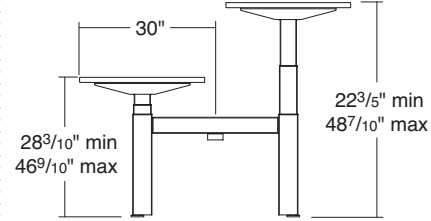
### Performance sit-to-stand height-adjustability

Intuitive controllers (Simple Touch and Active Touch) deliver electric adjustability at 1½" per second. Base supports a maximum distributed weight capacity of 314 pounds per side. When calculating lifting capacity, subtract the weight of the worksurface, understructure, and options.

▶ See *Worksurface Weights*, page 360.

## Migration SE

### Extended Height



### Sit-to-stand height-adjustability

A push button delivers electric adjustability up to 1¾" per second. Includes two controller options:

- up/down
- 4 Pre-sets

Weight capacity of 250 pounds.

*Tip: When calculating lifting capacity, subtract the weight of the worksurface.*

▶ See *Worksurface Weights*, page 360

## Bench Comparison Chart

	<b>Ology</b> Performance Sit-to-Stand	<b>Migration SE</b> Sit-to-Stand
<b>Range of Adjustment</b>	Extended height: 22 <sup>3</sup> / <sub>5</sub> " – 48 <sup>7</sup> / <sub>10</sub> " Basic height: 27 <sup>3</sup> / <sub>10</sub> " – 46 <sup>2</sup> / <sub>5</sub> " Fixed height: 28 <sup>1</sup> / <sub>2</sub> "	Extended height: 22 <sup>3</sup> / <sub>5</sub> " – 48 <sup>7</sup> / <sub>10</sub> "
<b>Type of Adjustment</b>	Electric	Electric
<b>Distributed Weight Capacity</b>	314 lb	250 lb
<b>Wire Management Included</b>	Yes	No
<b>Controller</b>	Simple Touch, Active Touch	Up/down, Digital Presets
<b>Obstruction Sensor</b>	Yes	Yes
<b>Motor</b>	Enclosed	Enclosed
<b>Decibel Rating</b>	<50 dBa	<55 dBa
<b>Volts</b>	120v AC	120v AC
<b>Amps</b>	2.5A	4A
<b>Watts</b>	300W	480W
<b>Standby Power</b>	0.1W	0.3W
<b>Frequency and Phase</b>	60 Hz, Single Phase	60 Hz, Single Phase
<b>Adjustability Speed</b>	1½"/sec.	1¾"/sec.

**Bench Comparison Chart**

	<b>Migration SE</b> New Control Box [Coming 2022]
<b>Range of Adjustment</b>	Extended height: 22 <sup>3</sup> / <sub>8</sub> " — 48 <sup>7</sup> / <sub>10</sub> "
<b>Type of Adjustment</b>	Electric
<b>Distributed Weight Capacity</b>	250 lb
<b>Worksurface Weight</b>	See page 360 for worksurface weights
<b>Worksurface Thickness</b>	1"
<b>Controller</b>	Up/Down, Digital Pre-set
<b>Integrated Rail</b>	No
<b>Integrated Soft Edge</b>	No
<b>Integrated Power</b>	No
<b>Motor</b>	Enclosed
<b>Decibel Rating</b>	< 55 dBA
<b>Volts</b>	100-127v AC, 220-240v AC
<b>Input Amps</b>	4.5A
<b>Watts</b>	500W
<b>Standby Power</b>	0.3W
<b>Frequency and Phase</b>	60 Hz (100-127v AC) 50Hz (220-240v AC)
<b>Adjustability Speed</b>	1 <sup>3</sup> / <sub>10</sub> " per second

