



# adjusTables™

## A studied approach

In a 2004 study of the "Effects of an electronic height-adjustable worksurface on self-assessed musculoskeletal disorders, discomfort and productivity among computer workers," Intel Corporation, Santa Clara, CA determined the following key findings:

### **The Human Form in the Workplace: 2004 – 2005**

- Workers using electric height-adjustable workstations gave higher comfort ratings for keyboard, mouse, chair and workstation than those using fixed height workstations.
- 58% of the electric height-adjustable users reported the table somewhat or definitely helped, versus 20% of the fixed height users.
- 82% of the respondents preferred the electric height-adjustable to a fixed height worksurface.
- Results indicated that electric height-adjustable users have improved comfort at the workstation, reduced severity of musculoskeletal discomfort and self-rated productivity improvements.

From a study presented at the National Ergonomics Conference and Exposition, 2004. Logistics and data collection: Earnest J. Ray\*, Site EHS Ergonomist, Intel Corporation\*  
\*Use of the above information should not be construed as an endorsement of Details AdjusTable worksurfaces by either Earnest J. Ray or Intel Corporation.

### **A Few More Tidbits:**

- Four out of five people prefer to work at electric, adjustable computer stations that allow them to stand at their computers part of the day.
- People with access to electrically adjustable tables choose to stand at their computers about 20% of the day.
- An electric height-adjustable worksurface can be helpful to anyone with a back injury who needs to stand for back relief for part of the day.

For a better day at work.™

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