



# Osmond

Ergonomics

ESTD  
IN BUSINESS OVER  
50  
YEARS  
1962

## Don't waste your money on sit-stand furniture!

**This may seem an unusual entreaty from a company that sells sit-stand furniture but we want to stop you in your tracks and make you think carefully about how you approach the 'less sitting' issue. Otherwise you will waste money, no matter what products you buy.**

This statement probably needs some explanation.

You may have seen all the noise in the press, social media and online about the risks of prolonged sitting. Attention-grabbing headlines such as 'Sitting is the new smoking' sell newspapers but don't really help you understand what to do about it. The more you see or read, the more bewildered you will probably become! Academic research can be confusing or inconclusive (or both). Nobody seems to know what is the optimum sitting/standing ratio and much of the noise completely omits the need to replace sitting with a variety of activities, not just standing. A lot of apparently validated material is, in reality, a thinly veiled effort to add implied academic rigour to the process of selling sit-stand desks.

The office furniture industry is full of willing salesmen who will be happy to help you replace your existing desks with sit-stand options. But **most are selling the product, not the concept.**

We have been selling sit-stand options since the twentieth century. We understand about the cultural issues of introducing sit-stand, the training requirements and the benefits as well as the problems they may cause. We also know that **standing more is only part of the solution.**

It doesn't matter whether your motivation is a board level edict, a wellbeing initiative, a desire for best practice or a vociferous colleague with a note from their physiotherapist. Whatever the circumstances, you need to **avoid a knee-jerk reaction or a relationship with a poorly informed supplier.**

Why not **talk this through with us?** Our Customer Service team can offer further insights (contact details overleaf) and you can find direct links to more information at [sitstandexperts.co.uk](http://sitstandexperts.co.uk). To complement the office team, our field-based Customer Development Managers are ready and willing to visit you to share their knowledge and experience.

**Overleaf, we have also provided details of some excellent products to consider once you have your implementation plan in place!**

Once you understand the importance of working with a supplier who knows that sit-stand must be viewed as a concept and not just a product portfolio (see overleaf), you will also need to consider what products suit your requirements.

Here are some of our most popular, selected and sourced worldwide to present the optimum combination of specification, flexibility and value – complemented by our comprehensive installation and training services.

## Desks

At the start of the millennium, the sit-stand market was serviced by a handful of small Scandinavian furniture manufacturers and a 1600mm x 800mm sit-stand desk retailed at over £1200. Today, a plethora of products and manufacturers present a potentially bewildering choice. We make the selection process simple.

### Motus

Our latest range combines high quality with outstanding value. The standard specification includes a choice of tops from 1200mm to 1800mm wide with full two-stage height range and steel frame. Its programmable 4-memory controller significantly improves ease of use and saves time. [bit.ly/sseMotus](http://bit.ly/sseMotus)



### WorkActive

Already well established in the UK and Europe, this aluminium frame system offers two-stage adjustment and a range of sizes including 600mm depth for call centres, touchdown workstations and confined space installations. [bit.ly/WorkActive](http://bit.ly/WorkActive)



### Progress

For projects where sit-stand desks need to integrate seamlessly with the entire environment, including benching systems, breakout areas and storage, this UK manufacturer delivers superb quality and design with prompt delivery and installation services. [bit.ly/sseProgress](http://bit.ly/sseProgress)



## Adaptors

For maximum flexibility and dramatically reduced installation costs, adapting existing fixed height workstations may be more viable than replacing complete desks. Adaptors provide a solution that we can install in less than 30 minutes during working hours – with the option to relocate at any time with equal convenience, speed and simplicity.

### Workfit-T

The ultimate adaptor in terms of design, function and usability. Elegant, easy to adjust and loved by users and specifiers, this model is available in a choice of black or white finishes. [bit.ly/WorkfitT](http://bit.ly/WorkfitT)



### Varidesk

Well known and widely used in the US and UK, not least due to outstanding marketing, Varidesk is available in a choice of models according to space considerations and monitor(s) used. [bit.ly/Varidesk](http://bit.ly/Varidesk)



### Workfit-S

With its counter-balanced, gas-lift design, this product is available in a choice of variants to suit single or twin monitors and desktop or laptop computer use. [bit.ly/WorkfitS](http://bit.ly/WorkfitS)



Osmond Ergonomics, 21 Johnson Road,  
 Ferndown Industrial Estate, Wimborne BH21 7SE, UK  
 Tel: +44 345 345 0898 | Fax: +44 1202 850560 | Skype: ergoinfo  
[info@sitstandexperts.co.uk](mailto:info@sitstandexperts.co.uk) | [www.sitstandexperts.co.uk](http://www.sitstandexperts.co.uk)



INVESTORS IN PEOPLE | Gold

