

How to use your sit-stand desks

HAND LEVER: Squeeze the **lever** to adjust the height. When changing the height, place your other hand on top for extra control.



FOOT BRAKE: Push the brakes to stop the desk moving. Flick both **brakes** up if you need to move your desk.



While Sitting

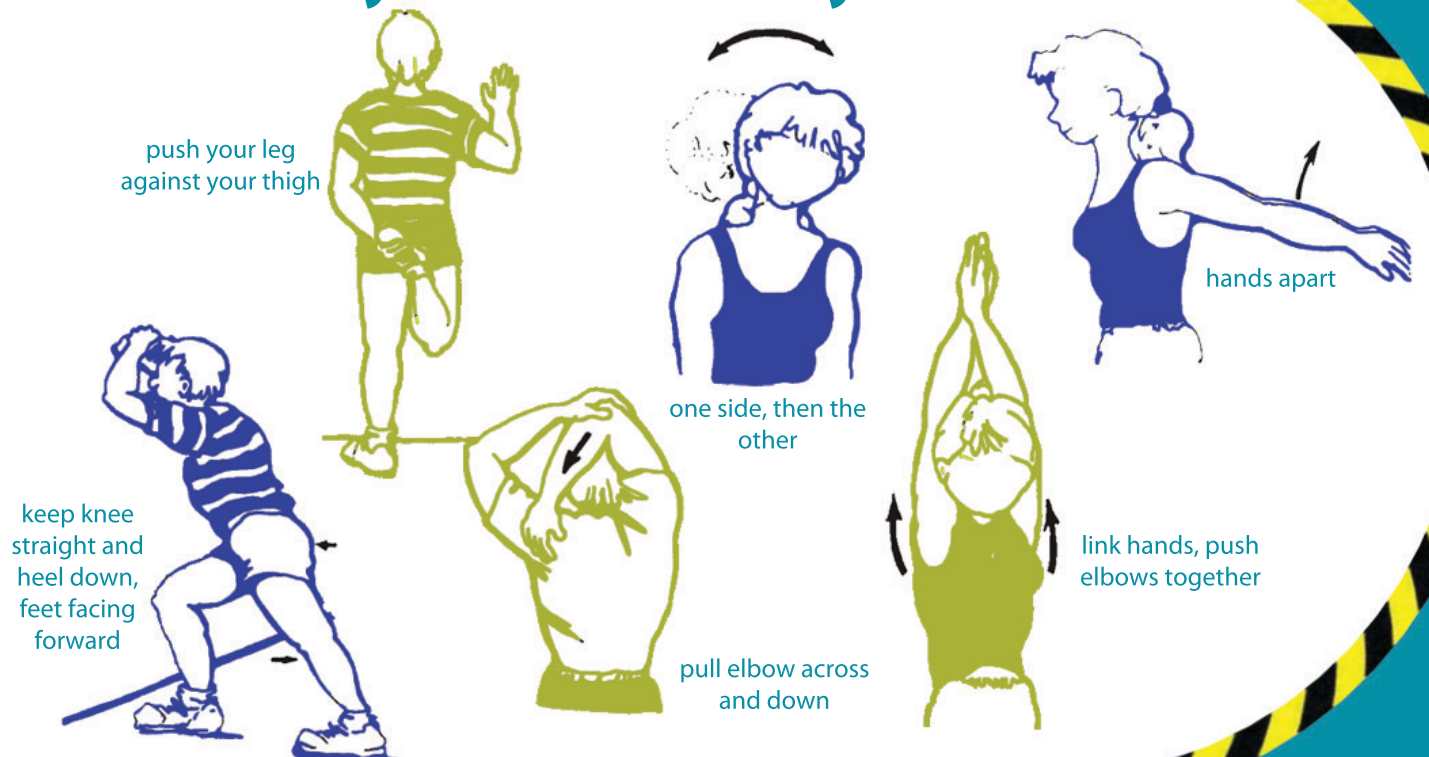
While Standing



How to stretch your muscles if you need to

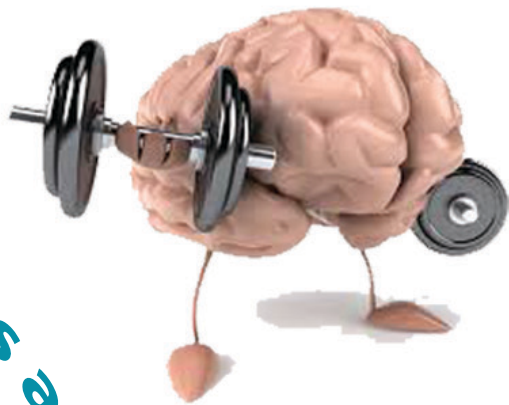
Important!

Shift the balance between the feet while standing. You can do so by putting one foot on the leg of your desk.



Why break up sitting?

Helps your brain



Improves your cardiovascular system



Uses your muscles and improves your posture



Improves your focus and concentration



Improves your wellbeing



Helps to regulate your body's system



helps with energy balance



<p>¼ P</p> <p>SITTING</p> <p>CLASSROOM LESSONS</p> <p>9⁰⁰ AM - 3³⁰ PM</p> <p>MON- FRI</p> <p>←</p>	 <p>MAX. 15 mins</p> <p>→</p>
--	---

Break-up classroom sitting with standing every 15 minutes

Try and stand for at least 2 minutes

Stand up when you are...



Using your computer or tablet



reading



working in a group

You can also nominate a standing captain




asking questions



talking

What other ways can you break-up sitting?

Desk sticker



Height adjustable desk: (Learnfit, Ergotron Inc., Minnesota, USA)



LearnFit Adjustable Standing Desk	
Part #	24-458-200
Weight Capacity	≤ 15 lbs (7 kg)
Lift	19.6" (50 cm)
Worksurface Height	Minimum 31.8" (81 cm) Maximum 51.4" (131 cm)
Worksurface Dimensions	24" W X 23" D (61 cm X 58 cm)
Base Footprint	21.9" x 21.3" (56 x 54 cm)
Shipping Dimensions	36.5" x 32.25" x 28.25" (93 x 82 x 72 cm)
Shipping Weight	78 lbs (35 kg)
Warranty	5 years

Lab stool (Furnware Bodyfurn Lab stool, New Zealand)



Sizes:
Small, 460mm high,
Medium, 560mm high,
Large, 660mm high

Seat dimensions:
Medium, 350mm wide x 380mm deep,
Large, 400mm wide x 440mm deep