

ergonomics 101



WE'VE BECOME SO SEDENTARY THAT 30 MINUTES
A DAY AT THE GYM MAY NOT COUNTERACT THE
DETRIMENTAL EFFECT OF 8, 9 OR 10 HOURS OF SITTING.
BY REDUCING EXCESSIVE SITTING TO LESS THAN 3 HOURS
A DAY, IT MAY INCREASE LIFE EXPECTANCY BY 2 YEARS.

Height Adjustable Desks





Choices

When choosing a desk you need to choose the right lift capacity to suit either a small or large workstation, taking into account any accessories or equipment you place on , or attach to the desktop.

Standard colours , optional designer colours, recycled woods, and finishes are also widely available.

Height Adjustable Desks

In the 1970s, Height Adjustable desk's were operated manually with a crank handle that varied the height accordingly. As time moved on, motors were used in construction with shaft drives and gearboxes to move the desks up and down.

The latest technology uses actuators to lift the desks. Each leg has an individual actuator (motor) that uses an electronic current to convert energy into motion. These types of desk offer more precise calibration and high efficiency power supplies. These are cheaper to run and good for the environment.



Selectric

The Selectric range utilises European design & technology and is constructed with sturdy steel frames powered by electric motor drives. Maximum height is achieved via telescopic legs.

The smart E2 controller allows the user to easily adjust the working height to their individual preference, giving a class-leading height range of 650 - 1300mm including top for the 201 and 301.

Optional master controllers available for all three models, giving 3 presets and a digital readout. The controller also allows the user to set the minimum (container) and maximum (shelf) heights as well, making it perfect for the home or corporate environment.



SOLO - 101

Our new entry level sit/stand desk. It features a single motor and a heavy duty shaft drive and gearbox mechanism designed around reliability and quietness of operation. The mechanism and gearbox has undergone considerable testing and refinement from the original concept to surpass the normal specs for a single motor version.

WEIGHT RATING 70Kg

Table top finishes options available

HEIGHT ADJUST // 705 - 1205H

CODE	DIMENSION
IMSSESO101	1500L x 750D
IMSSESO101	1800L x 900D



SOLO - 201

Considered by many to be the flagship model for sit/stand desks in Australia. It was the first such desk in Australia to have the AFRDI blue tick certificate (2011). It has become the preferred option for the government and corporate users. It features twin motor drives for heavy duty weight applications offering reliability and flexibility.

WEIGHT RATING 120Kg

Table top finishes options available

HEIGHT ADJUST // 575 - 1235H

1500L x 800D

1800L x 800D

2100L x 800D



CORNER - 301

The Corner workstation version of the popular Solo 201. It comes as standard with 3 Motor drive/actuators for each workstation with two cantilever legs and one post in the corner. It is connected by adjustable beams on both sides and has a weight rating of 150kg evenly loaded. Also available as a 120 degree workstation.

WEIGHT RATING 120Kg

Table top finishes options available

HEIGHT ADJUST // 575- 1235H

1800L x 1800W x 750D

2100L x 2100W x 750D







ergonomics  101

909 Nepean Highway
Bentleigh 3204 VIC
T. (03) 9591 6262
ergonomics101.com.au