

Health and Safety

Benefits of using standing desks



Increased Brain Activity

Alternating between sitting and standing helps oxygen-rich blood pump around the body, giving you more energy and experience reduced levels of fatigue, making for happier more productive work, with less need for breaks.



Reducing Heart Risks

Sitting for long periods means you are less active and burn less fat. This with higher blood pressure and higher cholesterol level increase the risk of heart disease.



Prevent & Reduce Back Problems

Standing for just 15 minutes per hour reduces the pressure on the lower spine caused by sitting for long periods and so reduces spine problems and lower back pain. Standing improves your posture and encourages mobility. When standing you naturally align your spine to an "S" shape and thereby engage / strengthen your core muscles.



Muscle and Circulation Problems

Sitting all day causes muscles to become inactive affecting your posture thus, causing muscle pain. It also reduces your circulation which may lead to swollen ankles or varicose veins. Regular movement is important to activate key muscle groups, boost blood circulation and maintain a healthy metabolic rate.

In Scandinavia 90% of office workers have a sit-stand desk – this all started in the late 90's and now is common place.

Standing improves your breathing by allowing the chest to be fully open, giving full facility to the diaphragm.

When you stand you are more confident and collaborative. Oxygen flows more easily to your head boosting endorphins. So when you need to complete an important phone call or conclude a difficult discussion you will be much more effective doing it standing. Try it yourself and you will be amazed.

The boost in mood and energy, as well as the reduction in back, shoulder, and neck pain, is likely to improve productivity and mental alertness.