



# SIT / STAND CONSOLES

FOR ELEVATED ERGONOMICS AND COMFORT

**SIT/STAND CONSOLES INCREASE MOTION,  
REDUCE FATIGUE AND INCREASE PRODUCTIVITY.**

CTF's range of height- adjustable consoles give operators the ability to accommodate different operator height preferences and ergonomic requirements that promote multiple health benefits. CTF's A and K class consoles are equipped with an adjustable height design while the U class comes with a two-tier lifting mechanism.

The height adjustability ensures increased operator comfort, improved posture with reduced neck and back strain, better blood circulation and ultimately better mood which supports higher operator efficiency.





In high-demand control room environments like security, process control, power, and military operations, employees are often required to remain seated at their consoles for long periods. These settings also involve shared workstations and job responsibilities, particularly in round-the-clock operations. Due to the critical nature of their tasks—such as monitoring screens, essential pressure gauges, security movements, and live actions—control room operators frequently skip proper breaks. Research shows that such sedentary lifestyles, whether at work or home, can result in fatigue, pain, stress, and other adverse conditions.

The human body is meant to move, but technological advancements that have streamlined life and business operations have also reduced physical movement in the workplace. Tasks like working at a monitor, sending internal emails, instant messaging, texting, or making phone calls, instead of walking to a colleague's office for a conversation, have led to employees spending more time at their workstations than ever before.

Research shows that extended periods of sitting can reduce blood flow and cause muscle fatigue, making employees feel restless and fidgety. Regular movement is essential for maintaining healthy spines, circulation, and muscles, as opposed to prolonged inactivity, which can have harmful effects. Additionally, studies report that standing for long periods can be equally detrimental to employee health. Without breaks to sit or move, such as walking, prolonged standing can deplete the body's energy and leave workers feeling fatigued.



Research shows that alternating between sitting and standing can significantly improve physical health and well-being in the workplace. Incorporating movement through strategies like mixing sitting and standing at desks, holding stand-up meetings, and using ergonomic products to enhance mobility during shifts can boost employee health, wellness, and productivity.

Height-adjustable consoles, workstations, and desks are designed to support this by allowing easy transitions between sitting and standing. Studies indicate that changing positions every hour helps reduce fatigue and may enhance productivity.

Healthier employees are not only more productive but also take fewer sick days, which can lower operating costs and increase profitability for employers.

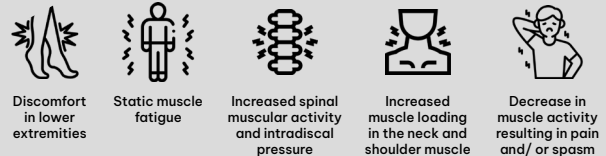
Implementing height-adjustable workstations is a practical strategy to improve productivity, employee health, and well-being while reducing costs.

These adjustable consoles and workstations offer one-touch convenience and comfort, enabling employees to switch positions throughout the day to minimize physical stress and fatigue. For example, CTF's technical furniture line provides consoles that allow employees to effortlessly alternate between sitting and standing, promoting a healthier and more productive work environment.

### DISADVANTAGES OF TOO MUCH STANDING



### DISADVANTAGES OF TOO MUCH SITTING



## BENEFITS OF HEIGHT ADJUSTABLE CONSOLES





## A & K CLASSES

### CTF's Classic Sit-Stand Consoles

The A and K classes comes with the adjustable height options with four memory presets to facilitate operator comfort. The operators have the option to pre-set the height requirements up to a maximum height of 1.2 m. These work surfaces cater to the unique needs of each employee using the same station, helping to reduce fatigue and providing the option to alternate between sitting and standing.

Designed with ergonomics at the heart, both classes are tested against ISO 11064-4 ergonomic standards and comes with the capacity to hold 1 or 2 workstations, heat and cable management systems and the option for add on features such as wireless charging, reading lights, cupholders, drawers etc.

## U CLASS

### Newly introduced Two-Tier Height Adjustable

The latest version of the U class features a two-tier lifting mechanism and a VESA track, enhancing ergonomics significantly. The tabletop and the monitors can be independently height adjusted using a side dial that comes with 4 different memory options and sensors that automatically detect any objects in the way of movement and stops instantly.

The two-tier mechanism allows for operators to adjust monitor heights and tabletop heights as required and as the situation demands for optimum efficiency.

The design also incorporates a VESA track for swift adjustment of the monitor arm positioning to further support operator viewing angles.

In addition to the height adjustability, the U class comes with the capacity to hold up to 4 different workstations, heat and cable management systems and the option for add on features such as wireless charging, reading lights, cupholders, drawers etc.

### A CLASS CONSOLE



### K CLASS CONSOLE



### U CLASS CONSOLE





Although work environments vary widely, the human body is built for movement. Studies on prolonged sitting have identified a range of physical ailments, from minor discomfort and fatigue to more severe health conditions, both in the short and long term.

Reducing sitting time and increasing physical activity can have a significant positive impact on health. **Here are some key facts and statistics highlighting the benefits:**

#### **Cardiovascular Health**

- **Reduced Risk of Heart Disease:** A study published in the American Journal of Epidemiology found that people who sit for more than 6 hours a day have a 20% higher risk of heart disease compared to those who sit for 3 hours or less.
- **Improved Blood Pressure:** Regularly standing and moving around can help lower blood pressure and improve overall cardiovascular health.

#### **Metabolic Benefits**

- **Lower Risk of Diabetes:** Research indicates that breaking up sitting time with physical activity can improve insulin sensitivity and reduce the risk of type 2 diabetes.
- **Better Weight Management:** Standing and moving more frequently can increase energy expenditure, helping to manage weight and prevent obesity.

#### **Musculoskeletal Health**

- **Reduced Back Pain:** A study in the journal "Occupational and Environmental Medicine" found that reducing sitting time can decrease lower back pain by up to 54%.
- **Improved Posture and Muscle Activity:** Standing and moving helps maintain better posture and increases muscle activity, which can reduce the risk of musculoskeletal disorders.

#### **Mental Health**

- **Lower Risk of Depression and Anxiety:** A study published in the journal "Mental Health and Physical Activity" found that reducing sedentary time can lower the risk of depression and anxiety.
- **Enhanced Mood and Energy Levels:** Regular movement breaks have been shown to improve mood and energy levels throughout the day.

#### **Longevity**

- **Increased Life Expectancy:** Research published in the British Journal of Sports Medicine suggests that reducing sitting time to less than 3 hours per day could increase life expectancy by 2 years.

#### **Productivity and Cognitive Function**

- **Improved Focus and Productivity:** A study from Texas A&M University found that using sit-stand desks can boost productivity by up to 46%.
- **Enhanced Cognitive Function:** Regular movement has been linked to better cognitive function and memory retention.

Fortunately, recent advancements in technical furniture, including height-adjustable consoles, workstations, and desks, are designed to accommodate the evolving practices in control room environments. These innovations help encourage employees to stay active and move throughout the day.