

## **OFFICE INTERIORS IRELAND**

Office Layout & Design Specialist

**Showrooms  
Galway & Dublin**

**Contact Ray: 087 2959125**

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**[www.oii.ie](http://www.oii.ie) Eircode: H91 X92C**

# **ONE+ SIT STAND DESK**

## **TECHNICAL SPECIFICATION**

# Ergonomic workplace

Sitting for long periods of the workday can have lasting and harmful effects on the posture and overall health of workers. We therefore set out to create a more dynamic workstation that gives users the ability to easily work both sitting or standing.

The result was ONE+ SIT STAND, a design to compliment the evolving way we interact with the workplace. This automatic, height-adjustable desking system is modern, functional and affordable.



The Washington State Department of Labour & Industries conducted major analysis of workplace case studies and they, along with many other industry researchers have reported dramatic decreases in claims of repetitive strain related illnesses and absenteeism ranging from 25% to 100% in workplaces with sit-stand desks. Overall, the WSDLI study highlights the importance of changing the ergonomics of a workstation. In most cases the ability to adjust the height showed an increase in productivity by more than 12%, with other similar studies showing an 18% increase.

What if, for a moment, we assume all of this research is incorrect, and a productivity increase of 2.5% is reported. This would mean that on a salary as low as €28,000, an initial investment of €700 would be paid back in ONE year, not accounting for the benefits to the well being of staff and dramatic reduction in absenteeism.

Also, more and more, experts and medical agencies are reporting that increasing movement in the workplace for longer periods of time is vital for the reduction of sedentary lifestyle related illnesses such as heart disease and obesity.

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# Electrical Height Adjustment

## ONE+ Sit Stand

### Technical guidelines:

- load 100 kg
- single motor
- velocity 30 mm/sec
- soft start and soft stop
- Safety stop 30mm from all setting
- Easy to set Max High and Low
- Low Noise
- power rate 24 V
- extremely low power consumption in standby mode only 0.1W
- duty cycle 2 min on + 18 min. off.

### Warranty

3 years for the electric parts of the desk;

5 years for the desktop, frame & legs.



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## Height adjustment



## Electrical height adjustment

Stroke length	500mm;
Desk height	705-1205mm;
Tube dimensions	70x70 (60x60)
I Leg Flat Steel Base	675 (+adj feet)
I Leg Angled Steel Top	620mm
Twin Spar Expandable Beam	150mm x 65mm
Table Top Width	12,14,16 & 1800mm
Table Top Depth	700 mm & 800mm
Tops MFC (4 Colours)	25mm MFC
Edging	2mm ABS

## ONE+ Sit Stand



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# Wire management options

## 1. Metal cover for power socket block

- 320x130x25mm;
- powder coated metal
- Desk top frame and cover

## 2. Power socket blocks;

## 3. Underdesk Horizontal cable tray:

- metal sheet (1.5 mm);
- powder coated;
- fixed with screws.

# ONE+ Sit Stand

1.



2.



3.



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# Accessories

## Metal frame for wire management

- Metal frame with a cover cap 320x130x25
- Cable tray 1 required under the desk
- Powder coated metal.

## Plastic frame with a box for a power socket

- Plastic frame with cable box
- 320x130x100 (a cable tray is not required).

## Cable tray:

- Metal sheet (1.5 mm);
- Powder coated;
- Can be fixed with screws.

## Power socket blocks:



EU/FR



UK

## CPU holder:



## Wire management:



## ONE+ Sit Stand



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## Desk screen (optional)

### Screen panel:

- Made of 16mm board
- 3mm foam from both sides
- “Velito presto“, “Blazer lite“ or polyester fabric “Lucia“.

### Fixings:

- Powder coated metal;
- Can be screwed into the desktop or fixed with magnets to feet.

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# Textures

# ONE+ Sit Stand

## Melamine



Beech (T)



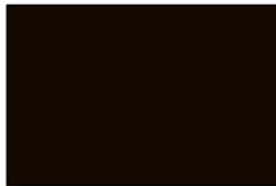
Birch (P)



White (M1)



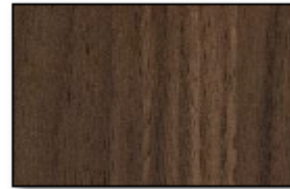
Whitened Oak (D1)



Dark Grey (N1)



Light Grey (N)



Walnut (U)

## Painted metal part



White (E)



Metallic (M)