



How to Select the Best Sit-to-Stand Option for You

- Determine if you are interested in a unit converter that sits on top of a desk or a free-standing, height-adjustable desk.

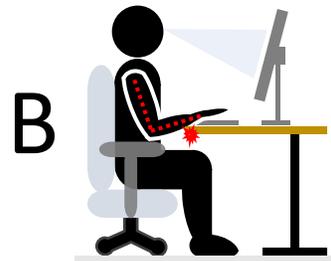


Factors	Sit-to-Stand Converter	Free-Standing Desk
Set Up Complexity	✓ Easy, minimal furniture changes	✗ Complex, vendor usually installs, furniture will be moved/rearranged
Portability	✓ Easier to move	✗ More challenging to move
Delivery Speed	✓ Quick, up to 1 week after ordered	✗ Slow, 4 to 8 weeks after ordered
Work Surface	✗ Smaller	✓ Larger work surface at any height
Height Adjustability	✗ Smaller range, some increase by certain height increments	✓ Larger range
Strength/Dexterity	✗ Most units require grip and overall strength to lift and lower unit	✓ Most electric units require minimal strength and dexterity to operate
Cost	✓ Usually less expensive	✗ Usually more expensive
Power Requirement	✓ Most do not require power source	✗ Most will require power source
Ease of Use	✗ May require practice or signs to attain proper height consistently	✓ Most have pre-sets to attain correct height every time
Monitor Fit	✗ Fits smaller monitors, most will increase monitor height	✓ Accommodate more monitor sizes and configurations
User Height	✗ Best for mid to taller heights, shorter users will find typing height too tall	✓ Will fit wider range height of users, better for shared work stations
Stability	✗ Less stable in standing position, most around 40lb weight limit	✓ More stable and has higher weight limit
Corner Stations	✓ Fits in most corner workstations	✗ Will not work with corner stations unless L-shaped desk selected
Space Requirement	✓ Fits on most desks with 24" depth	✗ Dependent on desk size selected



2. If you picked a Sit-to-Stand Converter, follow the guide below to select the best one for you. If not, skip to **Free-Standing, Height-Adjustable Desk** on fourth page.

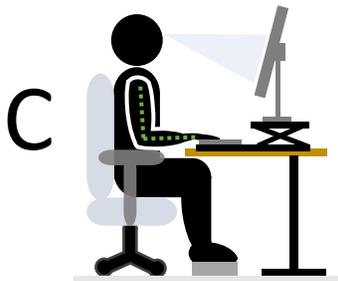
To select the best Converter for you, assess how your current set up is. Is it more like **A** or **B**?



If your position is like **A**, select an option from the **Standard Sit-to-Stand Converters** list on the next page.

If your position is like **B**, are you able to:

- Raise your chair and use a footrest to improve positioning like **C**?
- Or is your chair unable to elevate and you would end up typing and looking upwards like **D**?



If you can set up like **C**, select an option from the **Standard Sit-to-Stand Converters** list on the next page.

- *Make sure you have a footrest to support your legs from dangling.*
- *If your monitor becomes too high (top of monitor is above eye level) on the unit, lower the monitor. If the monitor height is not adjustable, move your browser windows lower on the screen. **If you wear bifocals and your monitor will not lower appropriately, consider obtaining the option for D.***

If your position is like **D**, where your chair height is maxed out at a lower height, select a **Sit-to-Stand Converter with a Lower Keyboard Tray** on the bottom of list on the next page to be more like **E**.



- *The lower keyboard tray minimizes typing at an upward level and allows you to type comfortably at a lower height to prevent the desk's hard edge from pressing against your carpal tunnels.*
- *This option will also have a lower monitor platform that will reduce upward head motions to view a tall screen—you will want a lower monitor height if you are shorter or wear bifocals.*



Standard Sit-to-Stand Converters (For images A, C)

Varidesk ProPlus 36



Specifications

Base: 24" D x 36" W
Dimension: 4.5" H x 36" W x 29.75" D
Height Range: 4.5" to 17.5"

Pick this if:

Your desk is at least 25.75" Dx 36" W
You can grip paddles and lift unit
You prefer a cutout keyboard tray

Purchase Information

Contact:
Logan Burleson, Account Manager
logan.burleson@varidesk.com
Governmentsales@varidesk.com
972-427-4302 or 1-800-207-2587

Approximate Price: \$355

Ergotron Workfit-TL



Specifications

Base: 23" D x 37.5" W
Dimension: 5" H x 36" W x 29.75" D
Height Range: 5" to 20"
Weight Capacity: 10-40lbs

Pick this if:

Your desk is at least 24" D x 37.5" W
You can grip paddles and lift unit
You lack space behind you

Purchase Information

Order through Staples Advantage
Staples Item #: 2094430
MFR Item #: 333-406-085 (black),
33-406-062 (white)

Approximate Price: \$371

S2S Sit to Stand Workstation



Specifications

Base: 25.2" D x 35.5" W
Dimension: 6" H x 35.5" W x 25.2" D
Height Range: 6" to 22"
Weight Capacity: 35 lbs

Pick this if:

Your desk is at least 24" D x 35" W
You prefer a single grip paddle to lift
You lack space behind you

Purchase Information

Contact:
Michelle Presentin, BSI Sales
Representative
michelle.presentin@wi.gov
608-240-5230 or 608-444-2679
Part #: ESI-S2S-BLK

Approximate Price: \$299

Varidesk ProPlus 32 Electric



Specifications

Base: 18.125" D x 32" W
Dimension: 5.75" H x 32" W x 28.75" D
Height Range: 5.75" to 19.125"
Weight Capacity: 10-40lbs

Pick this if:

Your desk is at least 18.13" D x 32" W
You do not need a wide unit/surface
You are unable to manually lift unit

Purchase Information

Contact:
Logan Burleson, Account Manager
logan.burleson@varidesk.com
Governmentsales@varidesk.com
972-427-4302 or 1-800-207-2587

Approximate Price: \$355



Sit-to-Stand Converter with a Lower Keyboard Tray (For image D)

Ergotron Workfit-TX



Specifications

Base: 23.5" D x 31" W
Dimension: 2.6" H x 36.6" W x 33" D
Height Range: 2" to 19"
Weight Capacity: 10-40lbs

Purchase Information

Order through Staples Advantage
Staples Item #: 24377592
MFR Item #33467921

Approximate Price: \$478

Pick this if:

Your desk is at least 24"D x 36.6" W
You want a large surface area
You can grip paddles and lift
You need a lower/tilting keyboard tray

Free-Standing, Height-Adjustable Desk

Symmetry Switchback Adjustable Table



Specifications

Base: Varies with top width
Top Sizes: 24-30" D x 42-84" W
Height Range: 22.6" to 48.7"
Weight Capacity: 250lbs

Purchase Information

Contact:
Mike Martin, Atmosphere
Account Manager
mike.martin@atmosphereci.com
608-819-1546 or 608-513-9547
State of WI Contract:
#505ENT-M15-OFFURNITURE-52

Approximate Price: \$500-\$600

Pick this if:

You can accommodate a new desk
You want to add this base to your
current desk setup (~\$350/base)
You want the maximum work surface
You are unable to manually lift unit

3. You have selected a unit, what are the next steps?

Purchase of items are handled by either of these processes:

- Directly through your supervisor and departmental process by contacting your supervisor to discuss and approve the unit.
- If you are experiencing symptoms related to a chronic medical condition, disability or require medical treatment, please contact your [Divisional Disability Representative \(DDR\)](#). Your DDR facilitates requests for reasonable accommodations in your School, College or Division.

4. If you were unable to select a unit, unsure of the proper unit for you, or have a more complex situation, it is highly recommended that you contact [Ergonomics](#) for an individualized assessment of your ergonomic needs. Complete [this form](#) to request your appointment with Ergonomics.



5. Other considerations when changing to a sit-to-stand workstation:

- Overhead Clearance: If you have overhead cabinets, you may need to request their removal to allow clearance for the unit when in the standing position (more of an issue for converter units).
- Standing Posture: Your upper body alignment should match that of when you are sitting (position A). Avoid leaning onto one hip, instead, focus on a neutral alignment.
- Variability: Try not to stand still in one position for more than 30 minutes at a time, vary your standing. Do not sit for the first half of the day and stand for the second half of the day (or vice versa), instead, switch between sitting and standing throughout the day.
- Monitor Height Changes: Don't be surprised if your monitor appears shorter when you are standing. You are no longer at an angle when standing, so your eye level seems taller. Increase your monitor height when standing if needed.
- Anti-Fatigue Mat: For comfort in standing, you may want to obtain an anti-fatigue mat.
- Wires: When transitioning from sitting to standing, don't forget that your wired equipment will also raise. Make sure to manage the cords and obtain longer cords if needed or wireless equipment.