



## Height Adjustable Desks: Height Range and Purchasing Information

It is important that height adjustable desks fit the greatest number of people in both sitting and standing. The following recommendations are designed to fit the 5<sup>th</sup> to 95<sup>th</sup> percentile. Please refer to appendix for more details.

### Recommended Dimensions:

- Height range: Preferred:  $\leq 22.6''$  to  $\geq 48.7''$ .
- If the preferred height range is not feasible then a height range of  $\leq 25''$  to  $\geq 48.7''$  is acceptable.
- Depth: 30''
- Width: Variable, depending on available space; 60'' width is preferred, minimum width is 36''

### Purchasing Information:

This list is meant to provide departments with examples; it is not an exhaustive list. Departments may choose to work with their preferred furniture provider. Each provider will have multiple desk sizes, shapes and colours, please contact them for a formal quote. Prices provided here are approximate and are based on a 30'' X 48'' desk and do not include delivery, installation or taxes.

### Electric Desk Examples: Standard Users (5'0 to 6'4):

- **COI Height Adjustable Desk:** Height Range: 22.6'' to 48.7''  
Available from: Kenny Reid: [kreid@coi.bz](mailto:kreid@coi.bz)  
Cost: \$564
- **ESI Victory LX:** Height Range: 22.6'' to 48.7''  
Available from Nick Jennings: [Nick.Jennings@Staples.com](mailto:Nick.Jennings@Staples.com), Staples Business Interiors  
Cost: \$618
- **Migration:** Height Range: 22.6'' to 48.7''  
Available from Edson Vazquez: [evazquez@heritageoffice.com](mailto:evazquez@heritageoffice.com), Heritage Furniture  
Cost: \$785
- **Workrite RISE** 22.6 to 48.8''  
Available from Peter Chen: [pchen@brookscorning.com](mailto:pchen@brookscorning.com), Brooks Corning  
Cost: \$1,540

### Electric Desk Examples: Tall Users ( $\geq 6'4$ ).

Note: users shorter than 5'5 will require a footrest while working at these desks

- **Series 5, Steelcase:** 25.5 to 52''  
Available from Edson Vazquez: [evazquez@heritageoffice.com](mailto:evazquez@heritageoffice.com), Heritage Furniture  
Cost: \$1,410
- **Haworth 'HOP':** 25.7 to 51.3''  
Available from Laura Barnes, [lbarnes@brookscorning.com](mailto:lbarnes@brookscorning.com), Brooks Corning  
Cost: \$820



### **Height Adjustable Risers/Platforms**

- Risers/Platforms are height adjustable devices that sit on top of an existing desk and can be raised to accommodate standing work. Functionally, height adjustable desks are superior to risers/platforms.
- See [UBC's list of platforms/risers examples](#) with vendor contact information and an outline of the pros and cons of each model.



## APPENDIX: Background on Recommended Height Range

### **Rationale for Recommended Height Range:**

- This height range will fit the 5<sup>th</sup> to 95<sup>th</sup> percentile (5'0 to 6'4) and is in keeping with the BIFMA G1-2013 furniture guidelines and CSA Z412-17 ergonomics guidelines.
- A 30" depth is recommended to minimize the risk of visual fatigue, particularly when looking at dual monitors

### **What to do for those outside the 5<sup>th</sup> to 95<sup>th</sup> percentile:**

- Users shorter than 5'0 will still require a footrest in sitting.
- Users taller than 6'4" will require a higher desk, i.e. one that can go as high as 50"

### **Notes regarding desks that do not have the recommended height range:**

If for some reason it is not possible to get a desk that goes down to 22.6", then at minimum ensure the desk can go down to 25" and provide footrests for all users shorter than 5'5.

Avoid height adjustable desks that do not go below 29" as this is above elbow height for nearly all users. It is difficult to install a keyboard tray on height adjustable desks and many chairs do not go high enough for shorter users to work directly on the desktop.