

## ACTIVE FURNISHINGS

Most individuals spend the majority of their time indoors in a seated position. Prolonged sitting is associated with a number of adverse health conditions, including an increased risk of cancer, weight gain, and greater fatigue and back discomfort. In addition, sitting burns 50 fewer calories per hour than standing, and sitting for more than 3 hours per day is associated with a 2-year lower life expectancy. Unfortunately, regular exercise does not appear to negate the health consequences of long periods of sitting. Therefore, creating opportunities that mitigate prolonged sitting, while sustaining work productivity is essential to reduce sitting time during the workday.

Intent: To reduce sedentary behavior by making active workstations readily available to occupants.



Cardiovascular  
Muscular  
Skeletal

Core  
and  
Shell

New and  
Existing  
Interiors

New and  
Existing  
Buildings

### PART 1: ACTIVE WORKSTATIONS

Some combination of the following is required for 3% or more of employees (minimum one), and are available for any employee to reserve or use:

- Treadmill desks.
- Bicycle desks.
- Portable desk pedal or stepper machine.

### PART 2: PREVALENT STANDING DESKS

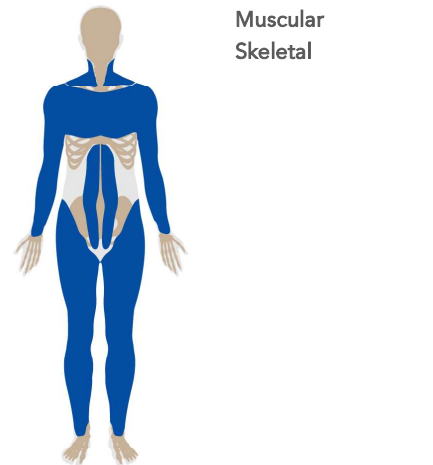
At least 60% of workstations feature one of the following:

- Adjustable height standing desk.
- Standard desk with desk-top height adjustment stand.
- Pairs of fixed-height desks of standing and seated heights (which need not be located adjacent to each other).

## ERGONOMICS: VISUAL AND PHYSICAL

Overuse of the same muscles and ligaments while trying to adjust to static furniture or equipment over time can cause discomfort and strain the body, especially in occupational environments that require repetitive tasks. Under such conditions, the effects of even slight visual or physical discomfort are compounded, leading to decreased occupant comfort and focus.

Intent: To reduce physical strain and maximize ergonomic comfort and safety.



Core  
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Existing  
Interiors

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Existing  
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### PART 1: VISUAL ERGONOMICS

The following requirement is met:

- a. <sup>83</sup> All computer screens are adjustable in terms of height and distance from the user.

### PART 2: DESK HEIGHT FLEXIBILITY

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At least 30% of workstations have the ability to alternate between sitting and standing positions through a combination of the following:

- a. Adjustable height sit-stand desks.
- b. Desk-top height adjustment stands.
- c. Pairs of fixed-height desks of standing and seated heights (which need not be located adjacent to each other).

### PART 3: SEAT FLEXIBILITY

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Occupant furnishings are adjustable in the following ways:

- a. <sup>178</sup> Workstation chair height adjustability is compliant with the HFES 100 standard or BIFMA G1 guidelines.
- b. <sup>178</sup> Workstation seat depth adjustability is compliant with the HFES 100 standard.