UNIVERSITY OF CALIFORNIA

# Ergonomics Requirements: Freestanding Height-Adjustable Tables

#### **PURPOSE**

The University of California (UC) establishes criteria for equipment, furniture and accessories purchased for use at UC. Requirements are based on national ergonomics and safety standards, current research and best practices per the UC Ergonomics Work Group and are specifically designed to preserve human, environmental, and capital resources at UC.

The requirements listed below are for purchases of **freestanding height-adjustable tables** for use in environments where computer and multi-tasking work is performed.

The goal of these criteria is to provide tables inclusive of the needs of 90% of the UC population. The remaining 10%, including petite, tall or large-framed individuals, may require equipment with size or range adjustments that are outside the parameters covered in these criteria.

### UC-wide and UC site-specific requirements

These requirements are for UC system wide use. Refer to your local UC Ergonomics Program for a site-specific version of this checklist and for assistance with applying these requirements.

#### **EVALUATION PROCESS**

Preferred and minimum criteria are provided for each table feature. Tables must meet at least the minimum requirements for each feature in order to qualify for basic approval for use at UC. Tables that meet preferred and value-added criteria provide better value and score higher. Local UC Ergonomics Programs can establish site-specific criteria.

### **INSTRUCTIONS**

All sections must be completed for each table.

# FREESTANDING HEIGHT-ADJUSTABLE TABLE REQUIREMENTS – CHECKLIST

## Freestanding Height-Adjustable Table Specifications

	Height - one of the following must be checked:
	<ul> <li>Preferred: Entire work surface is user height-adjustable (pneumatic or electric with a one touch button control) from 22-48 inches (+/- 0.7 inch) or greater from the floor to the top of the work surface (ADA compliant)</li> </ul>
	<ul> <li>Minimum: Entire work surface is user or installer height adjustable from 22-30 inches (+/- 0.7 inch) or more. If table is pneumatic, forces to adjust table do not exceed 7 lbs</li> </ul>
	Width of top surface – one of the following must be checked:
	□ <b>Preferred</b> (for mixed-use workstations - computer, paperwork and phone use): At least 60 inches
	(minus 2 inches for pinch points) of usable desk surface
	☐ <b>Minimum</b> (for computer workstations): At least 27.6 inches or greater (functional requirements of
	the task will most likely dictate a larger width)

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Width underneath work surface – one of the following must be checked:
<ul> <li>Preferred (for mixed-use workstations - computer, paperwork and phone use): At least 41 inches unobstructed leg room</li> </ul>
☐ <b>Minimum</b> (for computer workstations): At least 20.5 inches or greater, 30 inches wide or greater for ADA (functional requirements of the task will most likely dictate a larger width)
<b>Minimum:</b> Depth of top surface - at least 30 inches (minus 1 inch pinch point) deep to allow for safe placement of computer equipment on the computer workstation
Depth underneath work surface – one of the following must be checked:
□ <b>Preferred:</b> 22 inches or greater at the level of the knee and 23.6 inches or greater at the level of the feet (fully compatible for installation of a 22 inch track for a keyboard tray)
☐ <b>Minimum:</b> 17.3 inches at the level of the knee and 23.6 inches at the level of the feet (crossbar or
support can be relocated or removed by installer to eliminate any obstruction; this shall not affect the stability of the table)
Minimum: Thickness of top surface - no greater than 1.5 inches
Minimum: Finish - matte finish
Minimum: Edges - rounded front edges with 3mm radii; no sharp corners, cut-outs, or edges
<b>Minimum:</b> Stability - structurally rigid and stable. Work surfaces and bases meet ANSI/BIFMA X5.5 2008 requirements
<b>Minimum:</b> Weight capacity - freestanding work surface has a functional load capacity of at least 200 pounds
<b>Minimum:</b> Adjustment controls - easy to reach and operate from normal working postures, do not interfere with users' work positions and allow for intuitive, safe use. Placed and designed to prevent inadvertent movement or operation of surface
<b>Minimum:</b> Cables and electrical components – safely and securely attached to work surface/base to prevent interference with the operation of workstation components and to avoid hazards for people or equipment in or near the workstation
Minimum: Usage instructions readily available and provided to end user
<b>Minimum:</b> Label on table with manufacturer name, product name, model number, manufacturer/vendor contact information and other information necessary to allow for service and warranty
<b>Minimum:</b> Storage underneath work surfaces – does not impede work surface adjustability between 22-30 inches (+/- 0.7 inches) for seated adjustability; 22-48 inches (+/- 0.7 inches) for sit-to-stand adjustability. Storage is mobile or removable
<b>Minimum:</b> Storage above computer work surfaces – adjustable and/or easily removable to accommodate monitor heights while sitting or standing

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# Value-Added Features (not required; result in higher scoring)

	Multiple work surface shapes and sizes available
	□ Bi-level
	□ Equal and offset corner
	□ Base only option
	Base/legs can be easily modified to support different work surface sizes; parts and components can be easily switched out for repair/sizing needs
	Privacy/modesty panels available for rear and sides of table. Recommended height for rear panel is between 18 - 22 inches, adjustability preferred
	Digital display
	Programmable preset buttons
	Software options available for work surface
	Electrical for entire desk including motor and parts meets UL962 criteria
	Fast, quiet and smooth operation
	Samples available for Ergonomics Program review and demo in showrooms, labs or other locations
	Employee desk sizing and fitting services available and provided
	Extended warranties and service agreements
	Speed of delivery/quick ship
	□ 5 day delivery
	□ 10 day delivery