

Constant Technologies, Inc.

# Sit-Stand Desks in Mission Critical Spaces

**Benefits and Uses**

# Introduction

## The risks of sedentary habits

By now it is common knowledge that a sedentary lifestyle is harmful to both physical and emotional health. Experts have said for years that "sitting is the new smoking." However, the modern work day can make avoiding a sedentary lifestyle difficult, especially for operators who work long shifts in emergency operations centers, network operations centers, digital command centers, investigations centers, and other 24/7 mission critical environments

## The Solution

### Sit Stand Furniture Solutions

Thankfully technology rises to meet the growing needs of the workforce. Constant Technologies offers command center furniture with adjustable height capabilities which enables ergonomic comfort and promotes the health of command center operators. Installing sit-stand desks in your 24/7 operations center is a simple way to counteract the effects of a long, often sedentary shift. Sit-stand desks are also useful in increasing productivity in a command center by keeping operators alert and engaged.

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### Benefits

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Three of the major benefits are:

1. Better overall health  
Sitting behind an operations center desk for extended periods of time can cause ailments such as back, neck, and shoulder aches. The human body is not meant to sit as long as command center shifts often require. Besides ergonomic issues causing strain, in the long term extended sedentary periods are detrimental to heart health and can contribute to an increased risk of conditions such as diabetes.
2. Improved mood and energy  
Allowing operators to switch between sitting and standing positions results in less stress and fatigue. Mental health studies show links between extended periods of sedentary time and an increased risk of depression and anxiety, so the ability to switch between sitting and standing can help to alleviate negative moods which may affect productivity. Additionally, the chance to stand during the workday promotes increased energy.
3. Greater ergonomic flexibility  
People are not one size fits all, and therefore operations center consoles should not be either. An adjustable height mission critical console desk allows command center furniture to adapt to a wide variety of operators,



rather than forcing the operators to adapt to furniture that may or may not be best suited for them. With a multitude of potential configurations, a sit-stand desk allows operators to work at their bodies' ideal "neutral posture" and thus reduce ergonomic strain for each individual regardless of height.

## Optimizing Use

For greatest optimization of the benefits of using adjustable height operations center furniture, we recommend the following:

1. Do not sit or stand for too long  
While sitting for long periods of time is detrimental to employees' health, it is also important to allow for a rest from standing. Extended periods of standing can cause tension and strain as well. When standing, the human body tires more easily than when sitting, as standing requires about 20% more energy use than sitting. The best way to prevent on-the-job injuries is to alternate between the two. Alternating positions ensures that operators do not remain in any one position for long enough to create strain and promotes movement, which is critical to reducing risk factors.
2. When adjusting your desk, confirm proper monitor placement  
To prevent neck strain, it is also important to ensure that the monitors at the command center workstation continue to be used ergonomically. Ideally, an operator should not have to tilt his or her neck when viewing the monitor. Constant Technologies plans for ergonomic sight lines when designing and installing 24/7 video walls

which are viewed by all operators, but at a mission critical console with adjustable height, the operator should be aware that their individual monitor level may need to be adjusted along with the height of the desk. The top of the monitor screen should ideally be at eye level, allowing for tilt of no more than 20 degrees. It is important to raise the desk to a level that accommodates this angle of view for the individual.

3. Prevent wrist strain by switching the angle of typing/mouse use.  
It is no surprise that working long hours at the computer causes wrist strain, whether standing or seated. At standing height, the desk should be in a position that allows elbows to remain in a 90-degree position relative to the floor. While many studies have established an ideal wrist angle for typing and mouse use while seated, it is important to note that those angles need to be adjusted when using a desk that has shifted between sitting and standing positions. While standing, the optimal angle for operators' wrists while using the keyboard or mouse requires more extension than when seated.

## Creating the habit

Changing this lifestyle can be difficult with the modern workday and the long shifts required of operators in mission critical operations centers. When a critical event occurs, all hands are needed on deck for as long as it takes to resolve the incident, and leaving for a walk around the office simply isn't an option.

However, simply having sit-stand desks in your command center isn't enough; they must be put to use. Varying your position throughout the day



to switch between standing and sitting is considered best practice for getting the most out of your sit-stand desk, but it can be hard to remember to change positions multiple times throughout a shift. Reversing the learned behavior of spending the whole shift seated requires both forethought and practice.

### *Simple tips to make using your sit-stand console a habit:*

- Standing while working needs to become a habit, so at the beginning practice is more important than the length of time spent standing. If your body is not accustomed to working in a standing position, you can start with standing for just 5 minutes per hour.
- For each hour before your lunch break, raise your command center desk to a standing position once an hour for 5-15 minutes at a time.
- Just before taking your lunch break, raise the desk so that it is already in a standing position when you return.
- Upon returning from your lunch break, spend 15 minutes standing before again lowering the desk to sit for 45 minutes.
- At the top of each hour, raise the desk again to work for 15 minutes in a standing position.
- Creating calendar notifications or alarms for these intervals can remind you to change your position between sitting and standing.
- At the end of the shift, raise your desk again. This serves as a reminder to start the next shift standing.
- Use an app to set reminders to raise and lower your desk.

With the addition of a Bluetooth switch or dongle, Constant Technologies' command

center consoles can all be made compatible with the [Linak Desk Control app](#), which can be used to set alerts and remotely control desk height. Any sit-stand command center desk previously installed by Constant can utilize the Bluetooth Dongle to achieve compatibility with the Linak app. For new installations of sit-stand desks in mission critical spaces, the new Bluetooth equipped switch can be made available. In addition to creating reminders to build a healthy routine, the Linak Desk Control app can also be used directly to adjust the desk and to set and store desk positions.

## Conclusion

While frequent breaks and movement are important for physical and mental health, these ideals are not always feasible in global operation center environments where long shifts are required and operations run 24/7. Because operators in mission critical spaces have long shifts with not as much flexibility to leave their command center workstations, using an adjustable height desk allows some movement and activity to contribute to both health and productivity.

Constant offers a standard line adjustable height operations center console, Freedom, which is available to government clients on the GSA schedule. As designers and manufacturers of mission critical consoles, we can also create custom standing desks in any configuration to best fit clients' needs.

Contact us today at [info@constanttech.com](mailto:info@constanttech.com) to learn more about our sit-stand console solutions.



## About Constant

Constant Technologies, Inc. is a premier mission critical systems integrator providing customized audiovisual integration of large scale operations center video walls and control center console furniture worldwide. With over three decades of experience, Constant's team has the knowledge and clearance to work with sensitive environments in both the public and private sectors and has implemented turnkey solutions all over the world. Constant designs, installs and services projects of all scopes and sizes to create solutions with the highest levels of security, aesthetics and functionality in mind. Some of Constant's installations include: EOC builds, Network Operations Center design, Fusion Centers, Security Operations Centers, Control Room Design, Social Media Command Centers, and other command and control environments.

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