Height Adjustable Desks: Height Range and Purchasing Information

This document is meant to provide departments with information regarding what to consider when purchasing height adjustable desks. The list below 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.

**Recommended Dimensions** to fit the 5 th to 95 th percentile:
- Height range: Preferred: ≤22.6” to ≥48.7”. If this is not feasible, then ≤25” to ≥48.7” is acceptable.
- Depth: 30”
- Width: Variable, depending on available space. 60 to 72” width is generally sufficient.

**Standard Height Adjustable Desks Examples** (to fit users between 5’0 to 6’4):
- **COI Height Adjustable Desk**: Height Range: 22.6” to 48.7”
  Available from: Kenny Reid: kreid@coi.bz
  Cost: $564
- **ESI Victory LX**: Height Range: 22.6” to 48.7”
  Available from Nick Jennings: Nick.Jennings@Staples.com, Staples Business Interiors
  Cost: $618
- **FLT-02 Solo Ryzer**: Height Range: 22.6” to 48.7”
  Available from David Eidshtein: david@progressivedesk.com, from Progressive Desk
  Cost: $633 (base and tabletop) or $424 (base only)
- **Migration**: Height Range: 22.6” to 48.7”
  Available from Edson Vazquez: evazquez@heritageoffice.com, Heritage Furniture
  Cost: $785
- **Workrite RISE**: 22.6” to 48.8”
  Available from Peter Chen: pchen@brookscorning.com, Brooks Corning
  Cost: $1,540

**Examples for Tall Users (≥6’4):** Users shorter than 5’5 will require a footrest or possibly a keyboard tray
- **Series 5, Steelcase**: 25.5 to 52”
  Available from Edson Vazquez: evazquez@heritageoffice.com, Heritage Furniture
  Cost: $1,410
- **Haworth ‘HOP’**: 25.7 to 51.3”
  Available from Peter Chen, pchen@brookscorning.com, Brooks Corning
  Cost: $820

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• **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.

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APPENDIX: Background on Recommended Height Range

Rationale for Recommended Height Range:
- This height range will fit the 5th to 95th 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 5th to 95th 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.

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