

# progressplus

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SIT/STAND WORKSTATIONS

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## Progress Plus Workstations

Progress Plus has been designed to offer a fully ergonomic workstation promoting well-being within the workplace. The workstation surface can be adjusted from 650mm to 1280mm via an electronic keypad.

An optional advanced keypad can be specified permitting height restrictions, collision sensitivity and three memory functions with the capability of connecting to a mobile application. This aims to develop a healthy routine into the working day.

The application tracks the usage of the desk, reminding users to adjust their workstation, changing the users prolonged sitting behaviour.



## Single Workstation



Rectangular workstations are modular and flexible. They can be configured for single use or in multiples to suit the changing demands within the office environment.

The worksurface can be adjusted from 650mm to 1280mm.



Standard Keypad

Keypad with up/down functionality only.



Optional Advanced Keypad (PPKP)

Compatible with the Elite Sit-Stand Bluetooth App when purchased with Bluetooth Dongle (/PPKPD).

3 Memory settings.  
Illuminated digital display.



## Single Workstation Modesty Panel



When single workstations are specified within open office spaces, under-desk privacy can be achieved with the use of a steel modesty panel.

Available in either Silver, Black Graphite or White, these can be powder coated to match or contrast against the leg frame.

## Blade Screen/Modesty Panel



A combined screen and modesty panel are an excellent way to offer privacy for users.

Blade Screens are compatible with Single and Double workstations and are available in either Black, Grey, Light Grey, Blue or Red fabric.



## Progress Plus Double Bench

Double Benches can be configured in pairs offering flexibility for future expansion or reconfiguration.

Each surface is individually operated using the height adjustment keypad.





## Decorative Slab End



A Decorative Slab End provides privacy for users working at the end of a bank of workstations. The panels have been designed to enable installation without the need for tools and can be installed or removed instantly.

The panels can be finished in a matching MFC for enhanced discretion or in a contract finish for aesthetic impact.



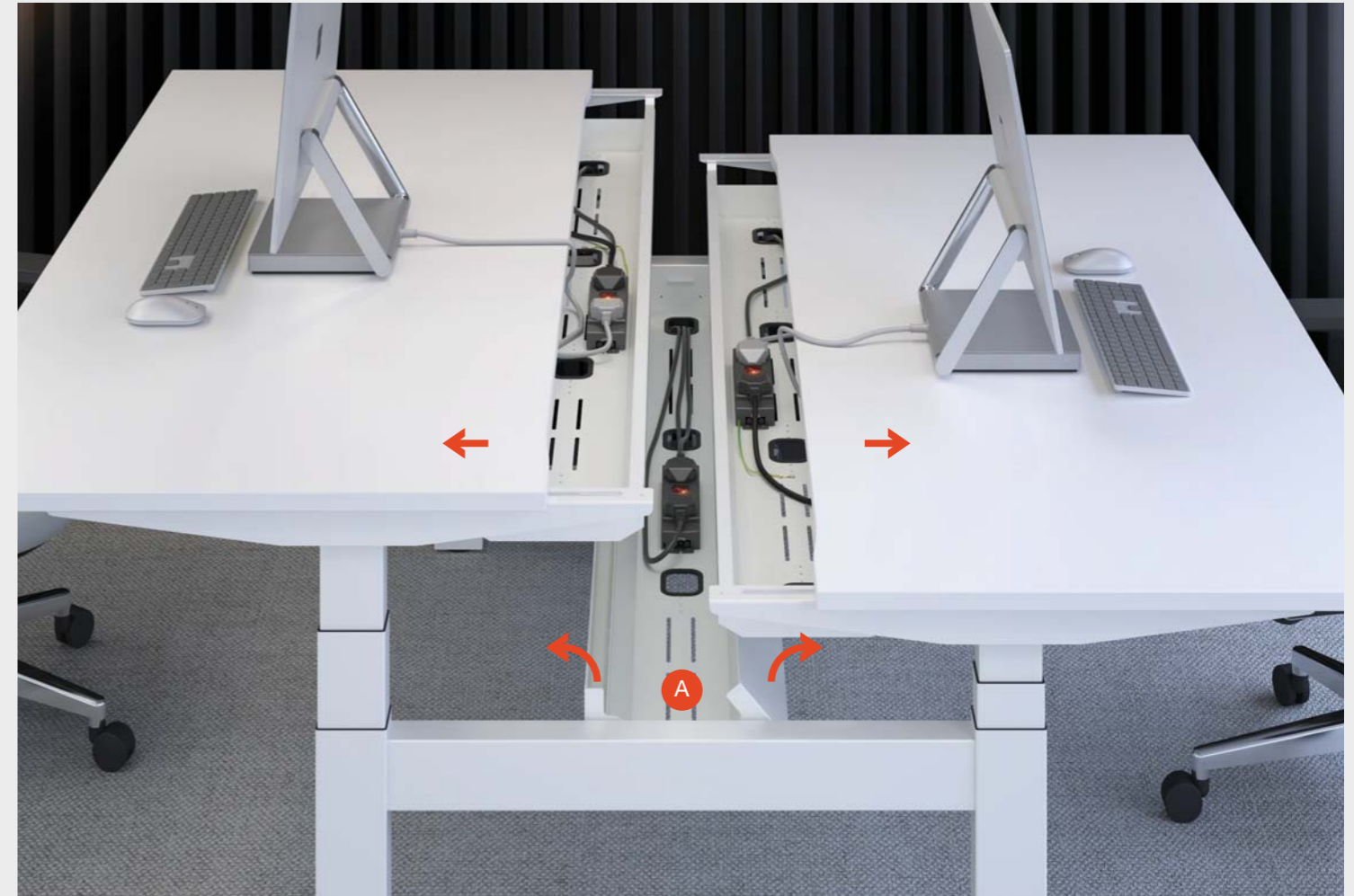


## Double Bench Wire Management



Progress Plus Double Bench workstations have been designed to incorporate a comprehensive wire management solution, that can be specified at the point of purchase or retrofitted, should the wire management requirement change as technologies evolve.

Double Benches are supplied with horizontal cable trays welded into position within the subframe.



### Sliding Worktops

Double Benches incorporate a sliding top as standard and an optional locking mechanism (PPLM) should it be required. The image above demonstrates these features.

### Double Bench Cable Tray (A) Product Code: PPRCT

An optional Double Bench Cable Tray houses additional power modules between the two desks on a Double Bench workstation.

### Sliding Top Locking Mechanism (B) Product Code: PPLM

The locking mechanism secures sliding desk tops in an open or closed position. They are sold in pairs and can be retrofitted after purchase.



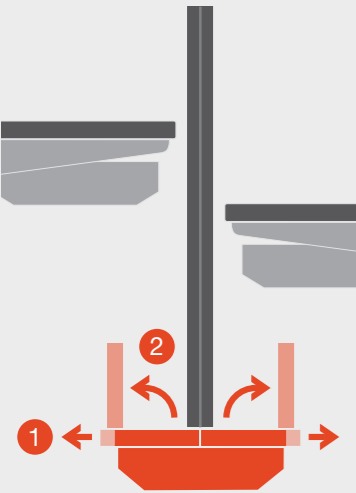


## Double Bench Wire Management

### Double Bench Cable Tray.

The optional Double Bench Cable Tray features two opening cover plates permitting access for cables and power modules within the tray.

Access is permitted even when a screen panel is specified.



The illustration above demonstrates how the cover plates can be rotated 90 degrees to allow access into the tray when screens are specified.

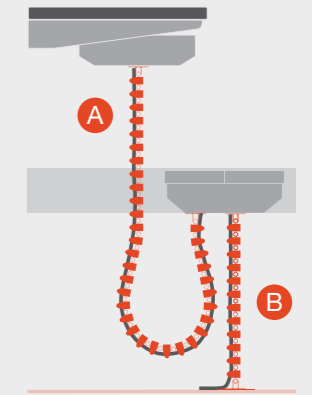


**A. Double Bench Cable Riser.**  
Product Code: PPCR

**B. Track Cable Riser Fixed.**  
Product Code: TCRF

Compatible with Progress Plus Double Benches with Central Double Bench Cable Tray only.

Can be retrofitted.



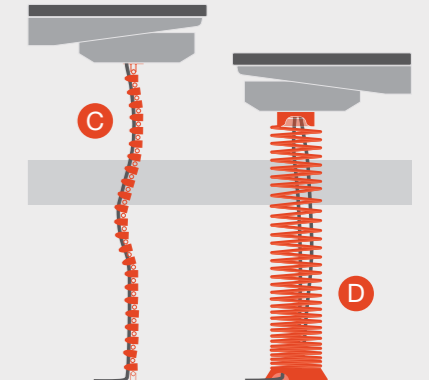
**C. Track Cable Riser.**  
Product Code: TCR

**D. Slinky Cable Riser.**  
Product Code: SCR

Delivers power and data cables neatly into the horizontal cable trays.

Compatible with Progress Plus Single Workstations and Double Benches.

Can be retrofitted.



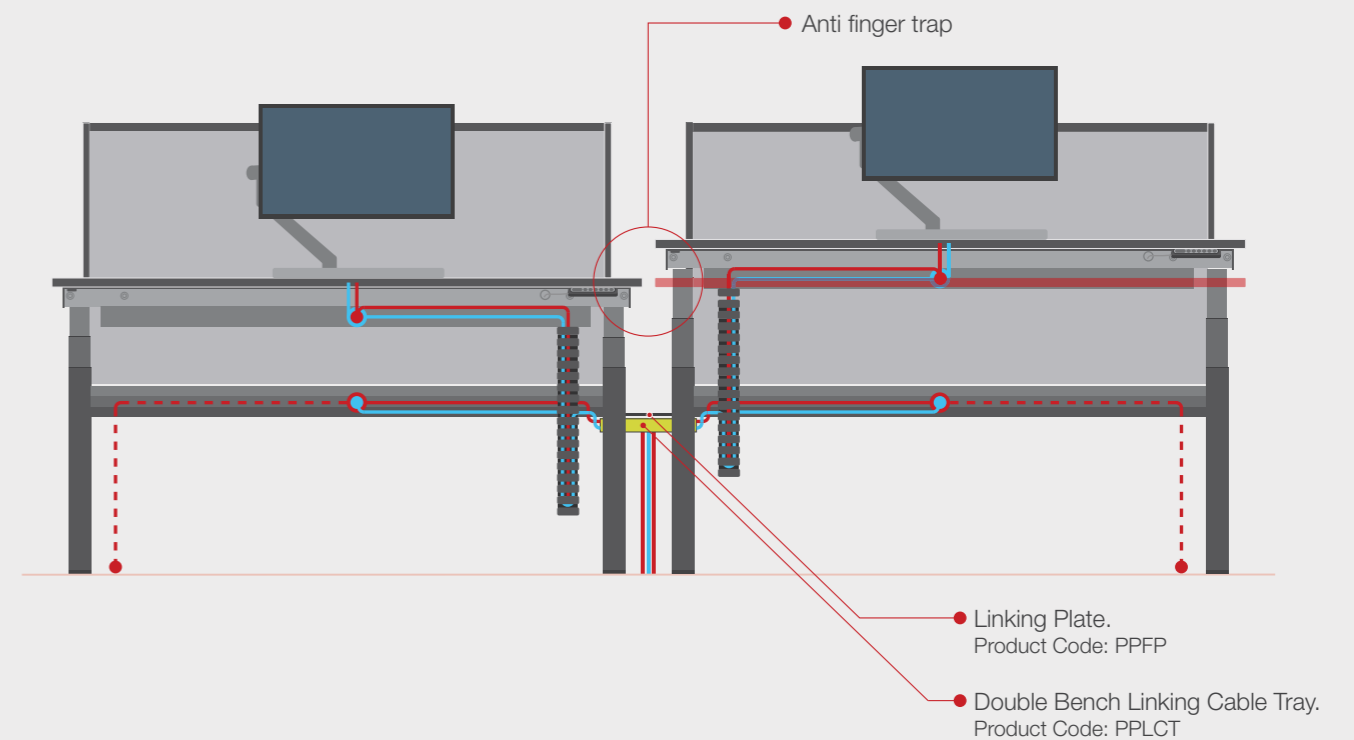




## Linking Plate & Central Linking Cable Tray

Specifying the Progress Plus Linking Plate ensures a fixed gap of 25mm between worksurfaces when two or more Double Benches are configured side by side.

To prevent trailing cables, the use of a Central Linking Cable Tray allows cables to be passed horizontally between workstations.





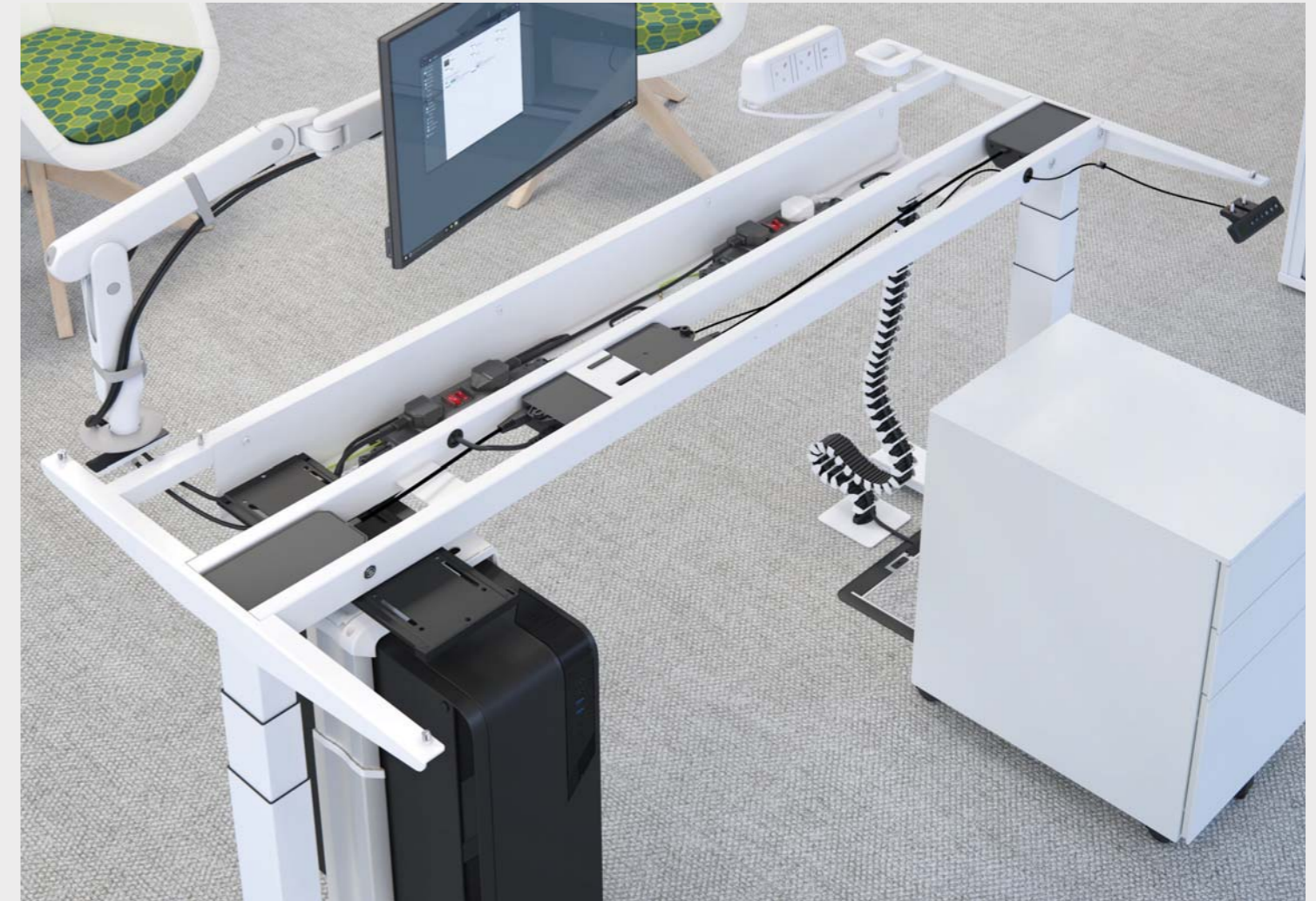
## Single Bench Wire Management



Single workstations are supplied with a horizontal cable tray as standard to pass power and data cables along the underside of the desk.

An optional Track Cable Riser is available to accommodate cables from the floor to the underside of the horizontal cable tray.

Product Code: TCR



Optional desktop power solutions are available with the use of our Wireless Charging Units or Port Hole Power Modules incorporating 2 x USB type A charging ports and 1 x power socket.



The Progress Plus range incorporates a 120 degree cluster integrating shared componentry, whilst maintaining the capability of adjusting each worktop individually.

Each complete unit provides workstations for three users and they can be linked to create larger integrated footprints.

## 120° Bench Workstations





## Control Keypads



### Standard Keypad Features

Manual Upper and Lower Height Functionality Only.  
Conforms to BS6396



### Advanced Keypad Product Code: PPKP

Manual Height Adjustment Using +/- Keys.  
Anti-Collision Sensitivity (3 Settings).  
Upper and Lower Height Restrictions.  
LED display with Units in Inches & Centimetres.  
3 Memory Height Presets.  
Lock/Unlock Keypad.  
Easy User Guide.

Compatible with Sit-Stand Bluetooth App, when paired with Bluetooth Dongle (PPKPD).

Can be retrofitted.

Conforms to BS6369.

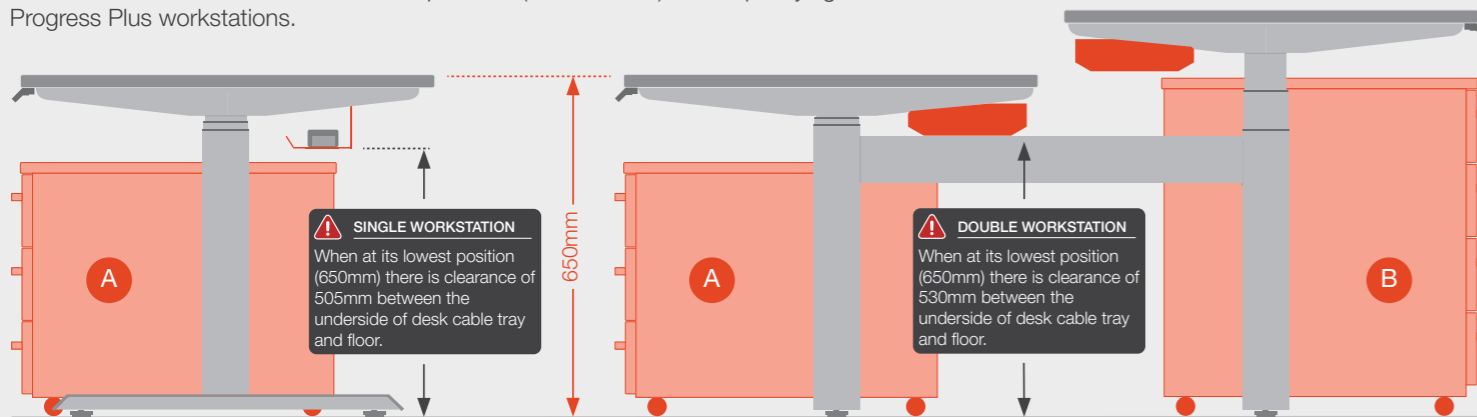
## Safety Awareness

### Advisory Notice:

When specifying a Progress Plus height adjustable desk with an under-desk pedestal or storage unit, it is recommended that an advanced keypad (PPKP) is specified to ensure the upper and lower height restrictions can be set and also the anti-collision sensitivity can be adjusted.

This prevents collision between the underside of the cable tray and the pedestal/storage unit.

We recommend the use of a low mobile pedestal (MPF or MP3) when specifying Progress Plus workstations.



A. Low Mobile Pedestal  
Product Codes: MPF & MP3  
418mm w x 600mm d x 480mm h

A. Low Mobile Pedestal  
Product Codes: MPF & MP3  
418mm w x 600mm d x 480mm h

B. Mobile Pedestal  
Product Codes: DMPF & DMP4  
418mm w x 600mm d x 640mm h

## Sit-Stand Bluetooth App.



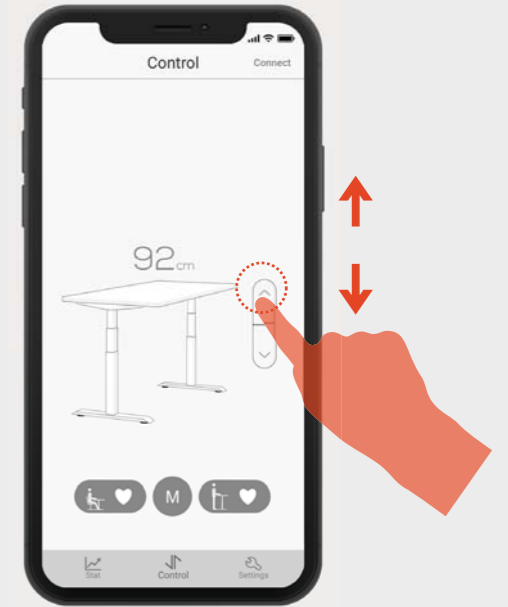
Advanced Keypad  
Product Code: PPKP

+



Bluetooth Dongle  
Product Code: PPKPD

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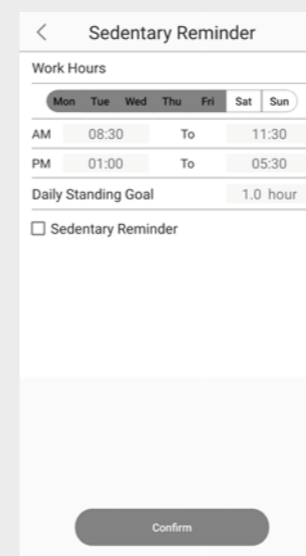


### Sit-Stand Bluetooth App. Features:

Desk Height Adjustment.  
Sitting Position Memory.  
Standing Position Memory.  
Health Plan Menu.  
Sedentary Reminder.

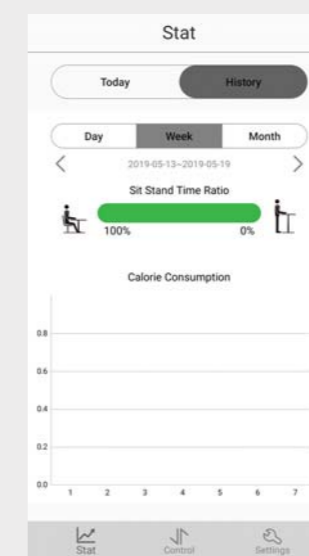
Compatibility:  
Apple iPhone & iPod Touch - IOS 8.0 or Later.  
Android 4.3+

## Personal Health Plan



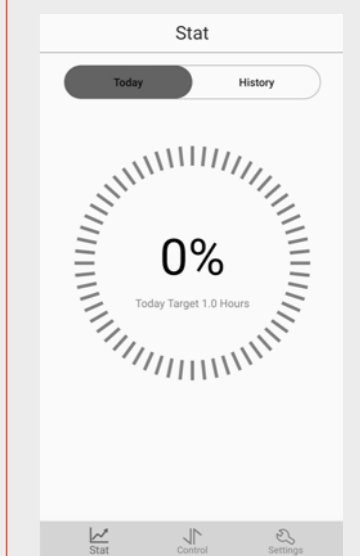
### Reminder to Stand

By selecting your working days and hours, sedentary reminders will be sent to the device, encouraging users to adopt a healthy lifestyle at work and decrease time spent sitting for long periods.



### History Data (History)

By setting a standing goal, the application will track your daily, weekly and monthly progress, calculating your calorie consumption.



### History Data (Today)

By setting a daily goal for time spent standing at work, the application will track your progress against a daily objective.



## Accessories

A range of optional accessories have been designed for use with Progress Plus bench desks, delivering a number of ergonomic, well-being and accessibility benefits.



### Advanced Keypad.

Manual Height Adjustment Using +/- Keys.  
Anti-Collision Sensitivity (3 Settings).  
Upper and Lower Height Restrictions.  
LED display with Units in Inches & Centimetres.  
3 Memory Height Presets.  
Lock/Unlock Keypad.  
Easy User Guide.

Compatible with Sit-Stand Bluetooth App, when paired with Bluetooth Dongle (PPKPD).

Can be retrofitted after initial purchase.

Conforms to BS6369.

Code:	PPKP3	120° Workstation Module.
	PPKP2	Double Bench Module.
	PPKP	Single Workstation Module.



### Advanced Keypad App. Bluetooth Dongle.

For use with Sit-Stand mobile App.  
App. provides access to a healthy working programme.  
Advanced Keypad required (see above).

Code: PPKPD



### Sliding Top Locking Mechanism.

Locks sliding desk tops in open or closed position.  
Sold in pairs and can be retrofitted after purchase.  
Compatible with Double Bench desk tops only.

Code: PPLM



### Single Bench Steel Modesty Panel.

300mm High Modesty Panel.  
Can be retrofitted.  
For single workstations only.

Code:	PPRMP18	For 1800mm Workstations (1500mm w)
	PPRMP16	For 1600mm Workstations (1300mm w)
	PPRMP14	For 1400mm Workstations (1100mm w)
	PPRMP12	For 1200mm Workstations (900mm w)



### Double Bench Cable Tray.

Compatible with Double Benches only.  
Cable tray positioned centrally between worksurfaces.  
Cable tray can be closed to enclose exposed cables and sockets.  
Cable trays are 230mm deep and 78mm high.

Code:	PPRCT18	For 1800mm Workstations (1560mm w)
	PPRCT16	For 1600mm Workstations (1360mm w)
	PPRCT14	For 1400mm Workstations (1160mm w)
	PPRCT12	For 1200mm Workstations (960mm w)



### Linking Plate.

Compatible with Double Benches only.  
Links workstations end to end to ensure a consistent / fixed gap of 25mm between worksurfaces to reduce the risk of finger trapping.

Code: PPFPP (208mm w x 180mm d)



### Double Bench Linking Cable Tray.

Compatible with Double Benches with Double Bench Cable Tray only.  
Allows cables to pass between cable trays when configured in banks of 2, 4, 6, 8 etc.  
Double bench cable trays are 135mm deep and 35mm high.  
Adding Linking Plate (PPFP) is advisable, this will conceal exposed cables between benches.

Code: PPLCT (260mm w)





#### Track Cable Riser.

Compatible with height adjustable workstations.  
Connects at pre-fixed points along the workstation / cable tray.  
Complete with metal floor support plate.

Code: TCR/SB Silver / Black Track / Silver Plate  
TCR/BB Black / Black Track / Black Plate  
TCR/WB White / Black Track / White Plate



#### Track Cable Riser Fixed.

Connects at pre-fixed points along the Double Bench Cable Tray.  
Complete with metal floor support plate.

Code: TCRF/SB Silver / Black Track / Silver Plate  
TCRF/BB Black / Black Track / Black Plate  
TCRF/WB White / Black Track / White Plate



#### Double Bench Cable Riser.

Compatible with Double Benches with Double Bench Cable Tray only.  
Connects at pre-fixed points along the workstation / cable tray.

Code: PPCR/SB Silver / Black  
PPCR/BB Black / Black  
PPCR/WB White / Black



#### Slinky Cable Riser.

Suitable for Progress Plus Double Benches and Single Workstations.  
Allows cables to be safely routed from floor level to bench underside.  
Available in Black, Silver and White plastic.

Code: SCR/S Silver  
SCR/B Black  
SCR/W White



#### Underdesk Mini PC CPU Holder.

Adjustable underdesk CPU holder.  
Subframe pre-drilled for central fixing.

Code: UMCPU/S Silver Trim  
UMCPU/B Black Trim  
UMCPU/W White Trim

Will accommodate mini PC's in the region of:  
180mm-235mm wide x 210mm deep x 38mm high.



#### CPU Holder.

Includes mounting kit.  
Adjustable CPU holder for PC towers.  
Subframes are pre-drilled to enable the CPU holder to be mounted on the left or right hand side.  
Rotates a full 360° for complete access to cables and ports.

Code: PPCPU Brushed Aluminium / Black Trim  
PPCPU/W Brushed Aluminium / White Trim



#### Wireless Charging Unit.\*

Charge smart phones and tablets wirelessly.  
Fixing via 80mm porthole aperture.

WCU/BB Black / Black  
WCU/AB Aluminium / Black  
WCU/WW White / White  
WCU/AW Aluminium / White

Please note:  
Wireless charging receiver (centre) required when device does not support wireless charging.



#### Wireless Charging Receiver.

Compatible with Wireless Charging Unit.

1 x Lightning output: DC 5V, 1A  
1 x Micro USB output: DC 5V, 1A  
1 x USB Type C output: DC 5V, 1A

WCU/WCR Chrome  
WCU/WCR/B Black Plastic



#### Port Hole Power Module.\*

1 x 3.15 amp fused socket.  
2 x USB charger (type A+A).  
1m Connection lead.  
Fixing via 80mm porthole aperture.  
Requires a separate mains lead if connecting directly into a socket.

PHPM/G Grey  
PHPM/B Black  
PHPM/W White

\* Please contact our sales team to confirm compatibility and positioning within the single and double workstations.



## Accessories



### Single Workstation Fabric System Screen with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available with or without management rail.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.

Please refer to the price & specification guide for product codes and specification details.



### Single Workstation Acrylic System Screen with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available with or without management rail.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.  
Acrylic options include: Blue, Green, Orange, Red, Frosted and Clear.

Please refer to the price & specification guide for product codes and specification details.



### Single Workstation MFC System Screen with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available with or without management rail.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.  
MFC options include: Ash, Autumn Cherry, Beech, Chester Oak, English Walnut, Grey, Grey Nebraska Oak, Laurentii Wenge, Natural Nebraska Oak and White.

Please refer to the price & specification guide for product codes and specification details.



### Single Workstation Acoustic Screen.

Rectangular dividing acoustic screen faced with 6mm polyester fibre insulation board.  
Class B certified in accordance with International Standards:

ISO 354:2003  
ISO 11654:1997  
ISO 9613-1:1993

Please refer to the price & specification guide for product codes and specification details.



### Single Workstation Contract Screen.

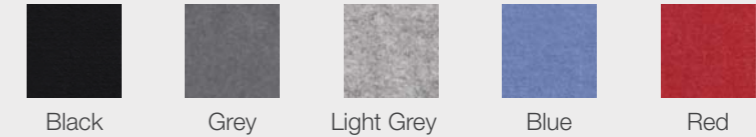
Rectangular dividing screen with pinnable or non pinnable fully upholstered surface.

Please refer to the price & specification guide for product codes and specification details.



### Single Workstation Blade Screen Panel.

Rectangular dividing screen.  
Screen is bracketed to the outer edge of desk top.  
Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003).  
Available in five screen colours.

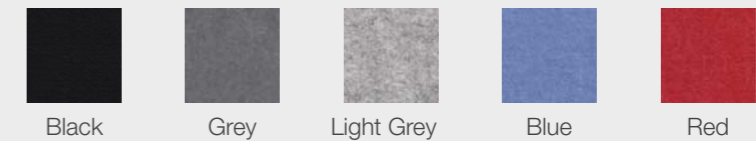


Please refer to the price & specification guide for product codes and specification details.



### Single Workstation Blade Screen / Modesty Panel.

Rectangular dividing screen doubling as modesty panel.  
Screen is bracketed to the outer edge of desk top.  
Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003).  
Available in five screen colours.



Please refer to the price & specification guide for product codes and specification details.



### Single Workstation System Screen with Management Rail.

Management rails provide a multi rail extrusion at the top of screen panels that allow the use of compatible accessories including paper trays, monitor arms and desk lights.

The rail is available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL9003) metalwork.

Compatible with single bench desking only.

Please refer to the price & specification guide for product codes and specification details.





#### Double Bench Fabric System Screen with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.

Fixing on double bench : bracketed to the bench leg frames.  
Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



#### Double Bench Acrylic System Screens with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.  
Acrylic options include: Blue, Green, Orange, Red, Frosted and Clear.

Fixing on double bench : bracketed to the bench leg frames.  
Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



#### Double Bench MFC System Screens with Aluminium Trim.

Rectangular dividing system screen with aluminium trim.  
Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.  
MFC options include: Ash, Autumn Cherry, Beech, Chester Oak, English Walnut, Grey, Grey Nebraska Oak, Laurentii Wenge, Natural Nebraska Oak and White.

Fixing on double bench : bracketed to the bench leg frames.  
Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



#### Double Bench Acoustic Screen.

Rectangular dividing acoustic screen faced with 6mm polyester fibre insulation board.  
Class B certified in accordance with International Standards:

- ISO 354:2003
- ISO 11654:1997
- ISO 9613-1:1993

Fixing on double bench : bracketed to the bench leg frames.  
Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



#### Double Bench Contract Screen.

Rectangular dividing screen with pinnable or non pinnable fully upholstered surface.  
Pullover style fabric application.

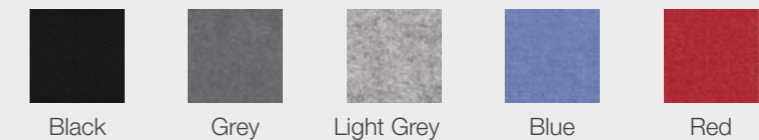
Fixing on double bench : bracketed to the bench leg frames.  
Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



#### Double Bench Blade Screen Panel.

Rectangular dividing screen.  
Screen is bracketed to the outer edge of desk top.  
Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003).  
Available in five screen colours.



Please refer to the price & specification guide for product codes and specification details.





### M2 Single Monitor Arm.

Post mounted monitor arm with spring assisted tension.  
Spring Assisted Tension Height Adjustment.

Code: 2LM2CS/TFC Silver Clamp on Desk Fixing.  
2LM2CW/TFC White Clamp on Desk Fixing.



### Flex Single Monitor Arm - Manual Post Height Adjustment.

Post mounted monitor arm with spring assisted tension.  
Manual Post Height Adjustment.

Code: F2LMP Silver Clamp on Desk Fixing.  
F2LMP/W White Clamp on Desk Fixing.



### Flex Single Monitor Arm - Front End Height Adjustment.

Post mounted monitor arm with 2 x folding links.  
Front End Height Adjustment.

Code: F2LGP Silver Clamp on Desk Fixing.  
F2LGP/W White Clamp on Desk Fixing.

Dual monitor arm option available.  
Please see our price and specification guide for details.



### Ascend Monitor Arm.

Post mounted monitor arm with assisted fingertip adjustment.

Code: MOA/ASC1/S Silver Clamp on Desk Fixing.  
MOA/ASC1/B Black Clamp on Desk Fixing.  
MOA/ASC1/W White Clamp on Desk Fixing.

Dual monitor arm option available.  
Please see our price and specification guide for details.



### Ollin Monitor Arm.

Post mounted monitor arm with innovative 'technical cord' height adjustment system.  
Reddot design award winner 2017.

Code: MOA/OLL1/S Silver Clamp on Desk Fixing.  
MOA/OLL1/B Black Clamp on Desk Fixing.  
MOA/OLL1/W White Clamp on Desk Fixing.

Dual monitor arm option available.  
Please see our price and specification guide for details.



### Flo Monitor Arm.

Post mounted monitor arm with 'Flo spring technology' and fingertip height adjustment.

Code: MOA/FLO1/S Silver Clamp on Desk Fixing.  
MOA/FLO1/B Black Clamp on Desk Fixing.  
MOA/FLO1/W White Clamp on Desk Fixing.

Dual monitor arm option available.  
Please see our price and specification guide for details.

### Dual Monitor Arms Available for Progress Plus.

Please see our price and specification guide for further details and pricing.



M8 Dual Monitor Arm  
Front End Adjustment



Flex Dual Monitor Arm  
Front End Adjustment



Ascend Dual Monitor Arm  
Post Mounted



Ollin Dual Monitor Arm  
Post Mounted

### Accessory Compatibility

- BLACK - Compatible
- ORANGE - Conflict when using screens

Workstations - Height Adjustable Double Benches  
Workstations - Height Adjustable Single Workstation  
Workstations - Height Adjustable 120 Degree Workstations





## Finishes

### MFC Finishes

The 10 finishes below are our standard MFC finishes.



Ash



Autumn Cherry



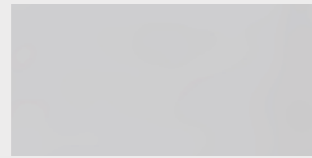
Beech



Chester Oak



English Walnut



Grey



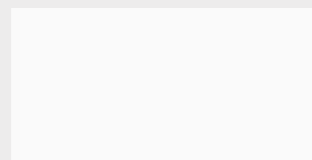
Grey Nebraska Oak



Laurentii Wenge



Natural Nebraska Oak



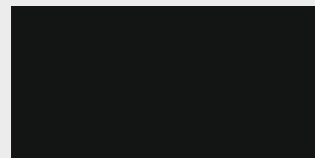
White

### Nanotech Surface Finish

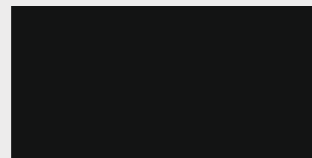
Available on 25mm board only.

Undercut edging detail option available on Black Matt Nanotech MDF only subject to a two week lead time.

Contact customer services for compatibility and pricing.



Black Matt Nanotech MDF



Black Matt Nanotech NFC

### Edging for White Dual Board MFC Finish

The 3 finishes below are edging options for 25mm white Dual Board MFC only.

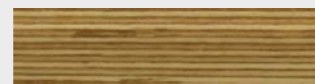
Contact customer services for pricing.



White with Black



White with Laurentii Wenge



White with Plywood Effect

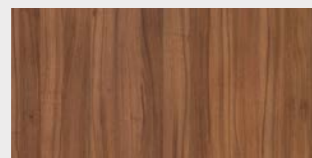
### Veneer Finishes

Elite cannot guarantee continuity in the appearance of veneer panels.

Elite process pre-veneered boards that cannot be book or colour matched.



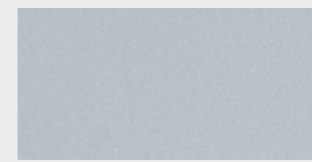
Oak



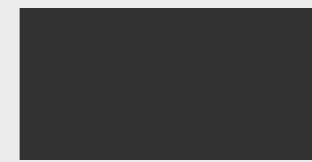
Walnut

### Metalwork Finishes

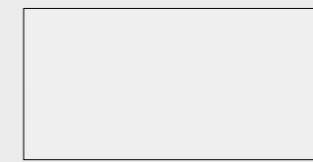
The 3 finishes below are our standard metalwork finishes.



Silver  
RAL 9006



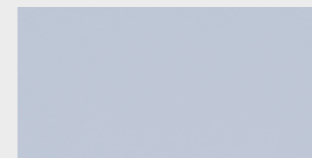
Black Graphite  
RAL 9004



White  
RAL 9003

### Acrylic Finishes

Our acrylic comes in 6 varying colours.



Blue



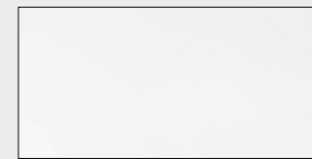
Green



Orange



Red



Frosted

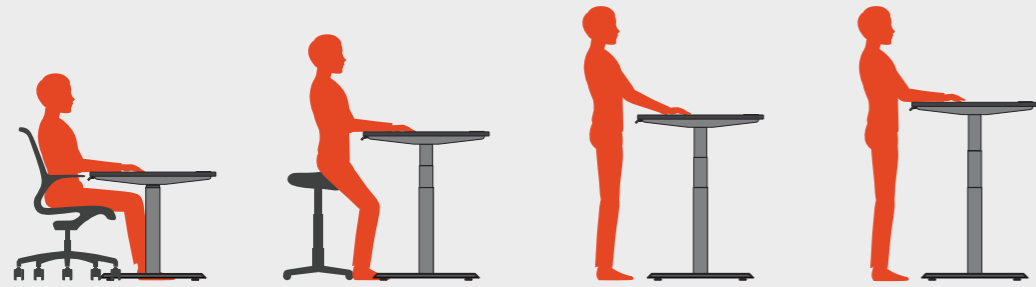


Clear

## Health Benefits

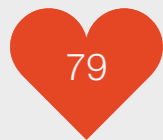
Extensive research has shown that our bodies are not engineered to sit in a static position for long periods of time. By introducing standing desks within your workplace, research found that you have a better chance of combatting this impact on your health and well-being.

Below are just some of the statistics released in a combined study by the BBC and the University of Chester.

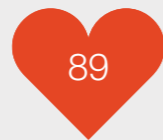


### Heart Rate

Significant increase in heart rate from seated to standing - 10bpm



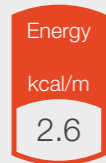
Seated average beats per minute 79



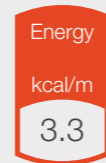
Standing average beats per minute 89

### Calorie Expenditure

Significant increase in calorie expenditure from seated to standing - 0.7 kcals/minute



Seated average 2.6 kcals per minute



Standing average 3.3 kcals per minute

### Blood Glucose

The concentration of sugar in blood



Seated peak to trough 106 minutes

Peak 152 minutes after lunch  
Trough 258 minutes after lunch



Standing peak to trough 60 minutes

Peak 84 minutes after lunch  
Trough 144 minutes after lunch

'Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest' BBC News reports. Combined study by the BBC and the University of Chester.

### Brain Activity

Brain function slows due to lack of fresh blood and oxygen being pumped around your body, resulting in lack of brain and mood enhancing chemicals required to stay alert. Tiredness starts.



### Inner Health Statistics

Calorie burning drops by 1 per minute. Enzymes that break down fat drop 90%. Good cholesterol drops 20% Insulin effectiveness drops 24% and risk of diabetes rises.



### Heart Disease

Muscles burn less fat and blood flows slower during sitting. This allows fatty acids to easily clog the heart. High blood pressure and elevated cholesterol are increased, leading to cardiovascular disease.



### Muscle Problems

Sitting allows electrical activity in the leg muscles to shut off meaning the Limp Glutes found around your buttocks become accustomed to no use. This lowers your ability to maintain a powerful stride.



### Back Problems

Sitting does not allow nutrients and fresh blood to enter the soft spongy discs between vertebrae, resulting in hard support tendons and ligaments. Weight is also distributed unevenly between vertebrae causing spine problems.

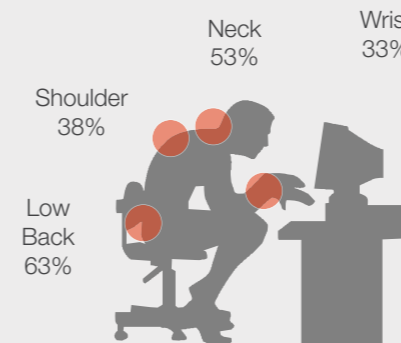


### Poor Circulation

Sitting for long periods slows blood circulation. This causes fluid to pool in the legs. This problem can cause swollen ankles, varicose veins and dangerous blood clots known as Deep Vein Thrombosis (DVT).



### Most Common Pain Areas



Aim to stand up every 20 minutes.

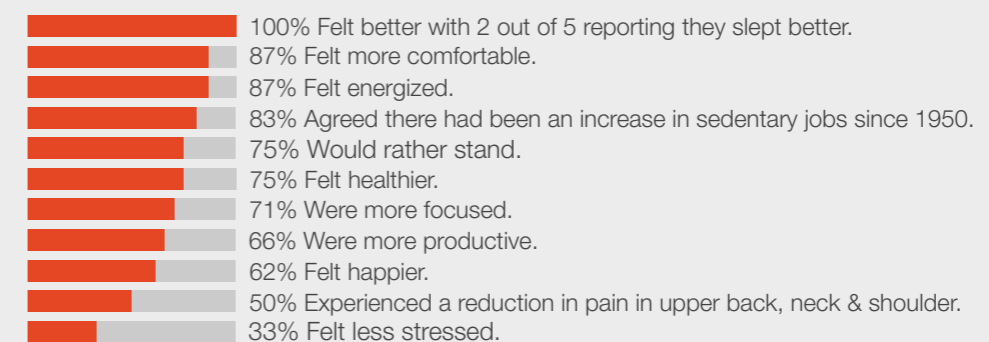
"New science shows very persuasively that standing up every 20 minutes, even for only a minute or two, reduces your risks of developing diabetes and heart disease.

By standing up, you cause the big muscles in your legs and back to contract, which leads to an increase in certain enzymes that break up fat in the blood stream. You don't have to jog in place or move around. Just stand. A very pleasant additional benefit is that standing up every 20 to 30 minutes also seems to prompt the body to burn calories, so you don't gain as much weight from sitting at the office most of the day.

If you can stand up every 20 minutes — even if you do nothing else — you change how your body responds physiologically."

*Gretchen Reynolds  
Writes the Phys Ed column for the New York Times.*

During a survey of people using sit/stand workstations:





## Certifications

Progress Plus is compliant with the following standards:

### Mechanical/Electrical Parts:

BS6396:2008 Compliant  
Electrical Systems in Office Furniture and Educational Furniture.

EN 55014-1:2006+A1+A2  
EN 55014-2:2015+A1+A2  
Electromagnetic compatibility. Requirements for household appliances, electric tools and similar apparatus.

EN 61000-3-2:2014  
EN 61000-3-3:2013  
Electromagnetic compatibility (EMC). Limits for harmonic current emissions  
(Equipment input current  $\leq$  16 A per phase).

EN 60335-1:2012+A11  
General requirements for safety of household and similar electrical appliances. Part 1.

EN 62233:2008  
Measurement methods for electromagnetic fields of household appliances and similar apparatus with regard to human exposure.

### Structural Compliance:

BS EN 527-1:2011 Compliant  
Office furniture desk dimensions.

BS EN 527-2:2002 Compliant  
Office furniture desk mechanical safety requirements.

BS EN ISO 9241-5:1999 Compliant  
Ergonomics of VDU/TFT screen usage within offices.

## Our Plastic Awareness Policy

We adhere to our Circular Economy business model that aims to deliver 100% recyclability.

The use of recycled plastic in place of virgin resin typically results in reduced energy consumption, lower cost, and reduced environmental impact.

Progress Plus permits all plastic components to be recycled through curbside programs.  
The following page illustrates what type of plastic is used and its recyclable properties.

WHAT WE USE	RESIN TYPE	RESIN ID CODE
<b>Desk Construction:</b>		
Workstation Tops:	Acrylonitrile Butadiene Styrene.	(ABS) 9
Height Adjustable Feet:	Polypropylene.	(PP) 5
Cable Clips:	Polyamide.	(PA) PA
Cable Access Grommets:	Thermoplastic Elastomers.	(TPE)
Leg Frame Support Ring:	Polyoxymethylene.	(POM)
<b>Cable Management:</b>		
PPCR/TCR Cable Riser:	Thermoplastic Vulcanizate Elastomer.	(TPV) 7
Cable Clips:	Polypropylene.	(PP) 6
<b>Electronic Components:</b>		
Motor Housing Box:	Acrylonitrile Butadiene Styrene. Polyoxymethylene.	(ABS) 9 (POM)
Digital Display Keypad Surround:	Acrylonitrile Butadiene Styrene.	(ABS) 9
Digital Display Keypad Buttons:	Liquid Silicone Rubber.	(LSR) 7
Digital Display Clear Display:	Polycarbonate.	(PC) 7
Cables:	Polyvinyl Chloride.	(PVC)3
<b>Packaging Materials:</b>		
Metalwork Protection Sleeves:	Low Density Polythene.	(LDPE) 4



**Polyethylene Terephthalate (PETE)**  
Picked up through most curbside recycling programs.



**Polyvinyl Chloride (PVC)**  
Extensively recycled in Europe, 481,000 tonnes in 2014 through Vinyl 2010 and VinylPlus initiatives.



**Low Density Polythene (LDPE)**  
LDPE is becoming a popular recycled plastic through curbside programs, due to the increase in shopping bag waste.



**Polypropylene (PP)**  
Can be recycled through some curbside programs.



**Polystyrene (PS)**  
Can be recycled through some curbside programs.



**Liquid Silicone Rubber (LSR)**  
Silicone is not biodegradable, but it can be recycled easily through some curbside programs.



**Polyoxymethylene (Acetal) (POM)**  
Polyoxymethylene is easily recycled due to its excellent molecular properties.



**Polycarbonate (PC)**  
Polycarbonate is fully recyclable and is made from a natural resource (oil) - it provides an excellent yield for plastic recycling facilities. The usual process for recycling polycarbonate is to sort, shred, wash, granulate and then compound ready for re-use.



**Thermoplastic Elastomers (TPE) / Thermoplastic Vulcanizate Elastomers (TPV)**  
Thermoplastic Elastomers can be recycled nearly up to 100%. Due to uncured molecular chains, it is possible to melt down the thermoplastic elastomers again and again. This characteristic turns the Thermoplastic Elastomers back into its manufacturing process.



**Acrylonitrile-Butadiene-Styrene (ABS)**  
ABS is recycled by first shredding used plastics to produce shredded plastics. After this step, metals and undesirable plastics are separated from the shredded plastics to produce separated plastics.



**Polyamide (PA)**  
Polyamide is 100% mechanically and feedstock recyclable. Recycled content is made into new product formulations. This is a mixed plastic made up of many polymers.