Sit-Stand Desks

1 Dual-motor frames are more stable at maximum height than single-motor

Single-motor frames drive both legs from one motor via a crossbar, which can cause uneven movement and wobble at full height extension under load. Dual-motor frames drive each leg independently, providing significantly better stability with heavy monitor setups.

2 Specify a full height range of 22"–48" to accommodate the widest range of users

A seated user at desk height typically needs 22"–26"; a standing user needs 40"–48" depending on height. A desk that only goes to 43" standing height won't work for users over 6'. Always confirm the full range covers your user population.

3 Anti-collision sensors prevent damage — they are worth specifying

Anti-collision sensors detect resistance during motor movement and stop the desk before it damages objects or equipment underneath. Without this feature, a desk that encounters an obstacle (chair, cable, item stored below) can cause equipment damage or injury.

4 Weight capacity must account for everything on the surface, not just monitors

Buyers frequently underestimate desk load. Count monitors, monitor arms, docking stations, computers, peripherals, and any other surface items. Single-motor desks rated at 150 lbs fill up quickly on a loaded workstation — dual-motor provides more headroom.

5 Programmable memory presets dramatically increase actual standing usage

Research consistently shows that desks with memory presets are used more frequently. Without presets, users have to manually adjust height each time, which discourages use. Two to four memory positions cover sit, stand, and any intermediate positions.

6 Crossbar design affects under-desk clearance and storage

Many sit-stand frames use a center crossbar connecting the two legs for stability. This crossbar can block under-desk storage drawers or CPU holders. Check clearance before specifying add-on accessories for a sit-stand base.

7 Desk converters are the fastest solution for existing workstations

Sit-stand converters sit on top of a standard desk and raise the monitor and keyboard together. Z-lift converters are simple and affordable; X-lift converters provide wider platforms. They install in minutes with no assembly required — ideal for retrofits.

8 Cable management is more complex on sit-stand desks than fixed desks

Cables must accommodate vertical travel of 20"+ without binding or pulling. Use cable management trays that mount under the desk surface and flexible cable sleeves that move with the desk. Improper cable management is the most common sit-stand maintenance issue.

9 Floor load and surface material matter more on height-adjustable desks

Motorized desks vibrate slightly during adjustment. On uneven or soft floors, this can cause movement over time. Ensure the floor is level and use floor glides or anti-vibration pads if the desk will be used on raised flooring systems.

10 Instruct users on proper standing posture — the desk is only part of the equation

Standing incorrectly (locked knees, feet flat on hard floors) can cause as much strain as sitting. Pair sit-stand desks with anti-fatigue mats and brief orientation on proper posture — feet hip-width, slight knee bend, elbows at 90° — to maximize the health benefit.