Sit-Stand Desks

These are the 5 most commonly asked questions about sit-stand desks for commercial office environments, with straightforward answers to help you make a confident, well-informed purchase decision.

Top 5 Questions — Sit-Stand Desks

1

What is the recommended height range for a sit-stand desk?

The recommended height range for a commercial sit-stand desk is 22 to 48 inches (desk surface to floor). This range accommodates users from approximately 5'0" to 6'4" in both sitting and standing positions — a user at 5'0" needs a sitting height as low as 22–25 inches, while a user at 6'4" needs a standing height up to 43–48 inches. Desks with a narrower range, such as 28–46 inches, will not accommodate shorter users in a proper seated ergonomic position. When ordering for a workplace with diverse user heights, prioritize desks with a minimum sitting height of 22–24 inches and a maximum standing height of at least 48 inches. If a keyboard tray is used, factor in an additional 1–2 inches of drop below the surface when calculating the required range.

2

What is the difference between a single-motor and dual-motor sit-stand desk?

Dual-motor sit-stand desks use two motors — one per leg — to lift the desk evenly and simultaneously. This configuration handles heavier loads (200–350 lbs), operates faster (approximately 1.5 inches per second), and provides more stable lifting under asymmetric loads — for example, when one side of the desk has significantly more weight than the other. Single-motor desks use one motor driving both legs through a shared axle or belt; they are typically slower (about 1 inch per second), have lower weight capacity (150–220 lbs), and may experience uneven lifting under heavy or asymmetric loads over time. For commercial workstations with multiple monitors, a desktop computer, and accessories, dual-motor is the standard specification. Single-motor is adequate for light laptop-only setups where budget is a primary constraint.

3

How do I know if my sit-stand desk is stable enough at standing height?

Stability at standing height is one of the most critical and most overlooked specifications for sit-stand desks. A desk that wobbles when raised undermines confidence and discourages users from actually standing. Key stability indicators include frame construction: crossbar-stabilized or H-frame bases are significantly more stable than T-frame or two-leg designs at full extension. Steel gauge matters — 14-gauge steel is the commercial standard for legs and cross-members. Test or verify the desk at its maximum standing height (not sitting height), as wobble increases with extension. Weight distribution also matters — spread equipment evenly across the surface rather than concentrating weight on one side. A desk with more than a few millimeters of sway at the top of the surface when you press lightly is inadequate for commercial daily use.

4

What features should I look for in a sit-stand desk controller?

At minimum, the controller should include programmable memory presets — typically 3 or 4 positions — so users can return to their preferred sitting and standing heights with one button press rather than manually adjusting every time. Without presets, most users stop adjusting the desk after the first week because the manual adjustment process is too inconvenient. Anti-collision sensors are a critical safety feature: if the desk encounters resistance while moving (a chair, a person, an obstacle), it should stop and reverse automatically. A height display showing the current surface height in inches or centimeters helps new users find their correct ergonomic position. Some controllers include a sit-stand reminder timer that prompts the user to change position every 30–60 minutes — a useful feature for users building a new habit of regular position changes.

5

What is the standard surface size for a commercial sit-stand desk?

The commercial standard surface size for sit-stand desks is 60 inches wide by 30 inches deep. The 60-inch width accommodates a dual-monitor setup with room for a keyboard, mouse, and a phone or small peripheral. The 30-inch depth provides adequate monitor viewing distance — placing a monitor at the back of a 30-inch surface positions it approximately 24–28 inches from a user's eyes, within the ergonomically recommended 20–40 inch range. For power users with triple monitors or large curved displays, a 72-inch wide surface is available. Avoid 24-inch deep surfaces for monitor-based workstations — the shallower depth forces the monitor closer than recommended and leaves insufficient room for a keyboard and mouse at a proper distance from the front edge.

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