

## Ergonomic Assessment

By Andrew Wilson - Osteopath & Ergonomist



### Mondo Lypta

*Height Adjustable Sit/Stand Desk*

The Mondo Lypta Height Adjustable Desk is available in white or black powder-coated frame and black or white melamine top. It has a single, two-stage electric motor. It is well constructed and very stable. With a weight of 28kg, it is easy to lift and move. It has adjustable feet to cope with uneven floors.

#### Range of height adjustment

The lowest position is 720 mm. The highest position is 1160 mm. The measured electronic height is true from the ground to the desk working surface. The time taken from lowest to highest positions is 20 seconds. The mechanism is quiet and smooth.

#### Ease of adjustment

The up and down arrows are well marked and easy to use. There are 4 pre-set memory heights. They are very easy and intuitive to operate – simply hold the number 1 to 4 for 2 seconds at the desired height and it locks in that height. When you press a number, it illustrates the set height and promptly moves to it.

#### Desk dimensions

1200 x 600 mm, ounded corners and hard edges, 20mm depth.

#### Desk finishing

The top is available in two pieces of melamine joined longitudinally. The hard edges can be a pressure point.

#### Usability

The height adjustment and memory features are very easy and intuitive to use. It takes minimal time to personalise and set the heights aiding its usability.

#### General

The lowest point of 720 is the traditional height of the average fixed height office desk. It would be expected that an electric height adjustable desk would go below this. An average height or small female working at home in bare feet might find this too high. I recommend that the lowest height go down to 680mm.

The sharp edge can be a hazard for the delicate nerves and tendons at the wrist. This discourages users from using forearm support. I recommend that the front edging has a more rounded finish, as opposed to the sharp front edge supplied.

#### Summary

The Mondo Lypta height adjustable desk is ideal for the home office or small business. Its small footprint and ease of assembly make it very versatile. Its fingertip height adjustment is very easy to use, and the 4-stage height memory operation is easy and intuitive to set. Its excellent features and ease of use make it very easy to move regularly from sitting to standing and it can help create an individualised and healthy office environment.

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