



flexiform

flexiform
jot-up sit/stand desk

Crown
Commercial
Service
Supplier

drive. desk work. drive. tv.
**in our busy lives it's easy to
sit a little bit too much. jot-up
sit/stand desks prompt
workers to move and stretch,
maintaining workflow and
increasing productivity.**

flexiform



PROFESSOR STUART BIDDLE

all-day movement is now seen as being just as important for the maintenance of good health as traditional exercise.



BE PROACTIVE STAY ACTIVE

Modern living means it's easy to be static, absorbed in your work, eating at your desk, hardly moving throughout the day. Most are guilty of going home at the end of the day and sitting all evening. A stationary, sedentary day can cause many health problems including heart disease, weight gain, premature death, type 2 diabetes, muscle and joint pain and even some types of cancer. Modern workloads are intense and time is short - not everyone has the luxury of leaving their desk for the recommended 'active break'.

“absenteeism in the workplace
can fall by as much as 42%
through wellness programmes”

getbritainstanding.org

Jot-Up gives staff the option to sit and stand at the same desk, saving floor space, costs, and increasing both flexibility and movement - particularly during time consuming tasks. Placing the emphasis on an individual's activity helps to alleviate the various health risks associated with modern sedentary work and lifestyle.



147%

increase in cardiovascular events with a 90% increase in death caused by cardiovascular events.



Okay,
after i've
done this,
i'll move



great, i've
done, oh wait

...
PING!



...
need to
stretch

ow!



44%

of work related illnesses were work-related Musculoskeletal Disorder (WRMSD) - 2014/15.



112%

increase in risk of diabetes for those who sit for long periods to those who are active throughout the day.



INTRODUCING

Jot-Up





Technology

Throughout the Jot-Up range, sit/stand desks are available with 'Desk Control system technology'. Jot-Up can connect to an individual's work computer prompting the user to stand for a set period of time each hour. The software monitors the health benefits, time spent and the desired heights specifically for each user. This data can be exported to Excel for company wide analysis.

**Software is free
to download!
All you need is a
connecting cable.**

The user's preferred settings are saved on the Desk Control software on the individual's laptop. If a user is a hot desk worker, moving from one Jot-Up desk to another, no set up is required - just plug in the cable and go!





Jot-Up Lite

Simple, standalone height adjustable desks that are suitable for flexible working spaces, Jot-Up Lite offers a streamlined, height adjustable desk solution with a tidy and discrete cable tray. Both desks offer a rechargeable battery option, minimising unsightly cables further.

**THE ULTIMATE AGILE
WORKING SET-UP?
ADD ON-DESK ELECTRICS,
CABLE SPINES &
ANTI-FATIGUE MATS.**





LITE



Jot-Up Lite is a single standalone full (type A) height adjustable desk with the versatility to be a great addition to any Flexible Working environment or as a permanent workstation with full IT setup.

FEATURES & BENEFITS

- Encourages staff to move and adjust positions throughout the day.
- Mains or battery powered giving flexibility to where it is positioned.
- Integrated sensor minimises the risk of damage to property.
- Tactile up-down control switch.
- Fabric and polycarbonate screens for privacy.
- Lifting columns have a sound level below 55dB(A).
- Complies with BS EN 527-1:2011, BS EN ISO 9241:1999, BS6396: 2008 + A1:2015.
- Software allows user to monitor the health benefits of sit/stand working, and increases the ease of use.

LIFTING COLUMNS

- Electronic height adjustable range of 610mm - 1260mm.
- Height settable range of 665mm - 1015mm in increments of 25mm.
- Fixed height option at 740mm.
- Fixed height and height settable desks can be upgraded to electric motor driven columns for future proofing.

CABLE MANAGEMENT

- Sliding top offers access to cable tray, complete with clips to segregate cables, and clamps to hold cables in place.
- Jot-Up CPU holder available for a full IT set up.
- Cables feed to floor grommet via a cable spine.





Jot-Up

Jot-Up is available as a single, side-to-side, or back-to-back full (type A) height adjustable desking system with comprehensive horizontal and vertical cable management. Jot-Up safely connects together to create a run of desks, maintaining a set gap between desk tops to protect users. The plastic discs can be removed to feed cables to connecting desks.

**FULL HEIGHT
ADJUSTABLE SET UP?
ADD ON-DESK ELECTRICS
AND A CPU HOLDER**

(Everything else is
built-in as standard!)







Future Proof

Jot-Up can be upgraded by switching the lifting columns as your business needs change. Columns are available in fixed height (740mm), height adjustable (665-1015mm at 25mm increments) or full 610mm-1260mm options.

Jot-Up and Jot-Up Lite is available with mix and match lifting columns, allowing various static and height adjustable configurations.





UP



Jot-Up single, side-to-side, and back-to-back are full (type A) height adjustable desks with a comprehensive cable management system. Suitable for permanent workstations to give your staff freedom of movement while maintaining a personalised workstation, or as part of a flexible working environment.

FEATURES & BENEFITS

- Encourages staff to move and adjust position throughout the day.
- Mains or battery powered offer flexibility to where Jot-Up is positioned.
- Integrated sensor minimises the risk of damage to furniture or property.
- Tactile up-down control switch.
- Tall fabric and polycarbonate screens for privacy.
- Lifting columns have a sound level below 55dB(A).
- Complies with BS EN 527-1:2011, BS EN ISO 9241:1999, BS6396: 2008 + A1:2015.
- Software allows user to monitor the health benefits of sit/stand working, and increases the ease of use.

LIFTING COLUMNS

- Electronic height adjustable range of 610mm - 1260mm.
- Height settable range of 665mm - 1015mm in increments of 25mm.
- Fixed height option at 740mm.
- Fixed height and Height settable desks can be upgraded to electric motor driven columns for future proofing.

CABLE MANAGEMENT

- Sliding top offers access to cable tray, complete with clips to segregate cables, and clamps to hold cables in place.
- Cables feed from the floor grommet up the cable towers into a main cable tray. Protective cable snakes feed wires into the desk's individual cable tray, which in turn connects to CPU holders, monitor arms and on-desk electrics.





Would you
like a demo?

Our Yorkshire HQ, London and
Scottish offices all have Jot-Up Lite
and Jot-Up back-to-back desks
available for a demonstration!

P.S - contacts are on the back of this brochure!



TECHNICAL SPECIFICATION

JOT-UP DESKS

- 0.1 watts of power consumption in standby mode.
- Max thrust is 1200N per column.
- Max speed is 38mm per second (unloaded desk).
- Lifting capacity of 800N per column (80KG's).
- Lifting columns have a sound level below 55dB(A) in typical applications.
- Mains voltage 230V AC, 50Hz.
- All height adjustment components are PVC free.
- High-performance lithium-ion battery with a capacity of 2.2 Ah, with LED charge level indicator.
- Tactile up-down control switch.
- Integrated sensor minimises the risk of damage to furniture or property.
- Levelling feet.

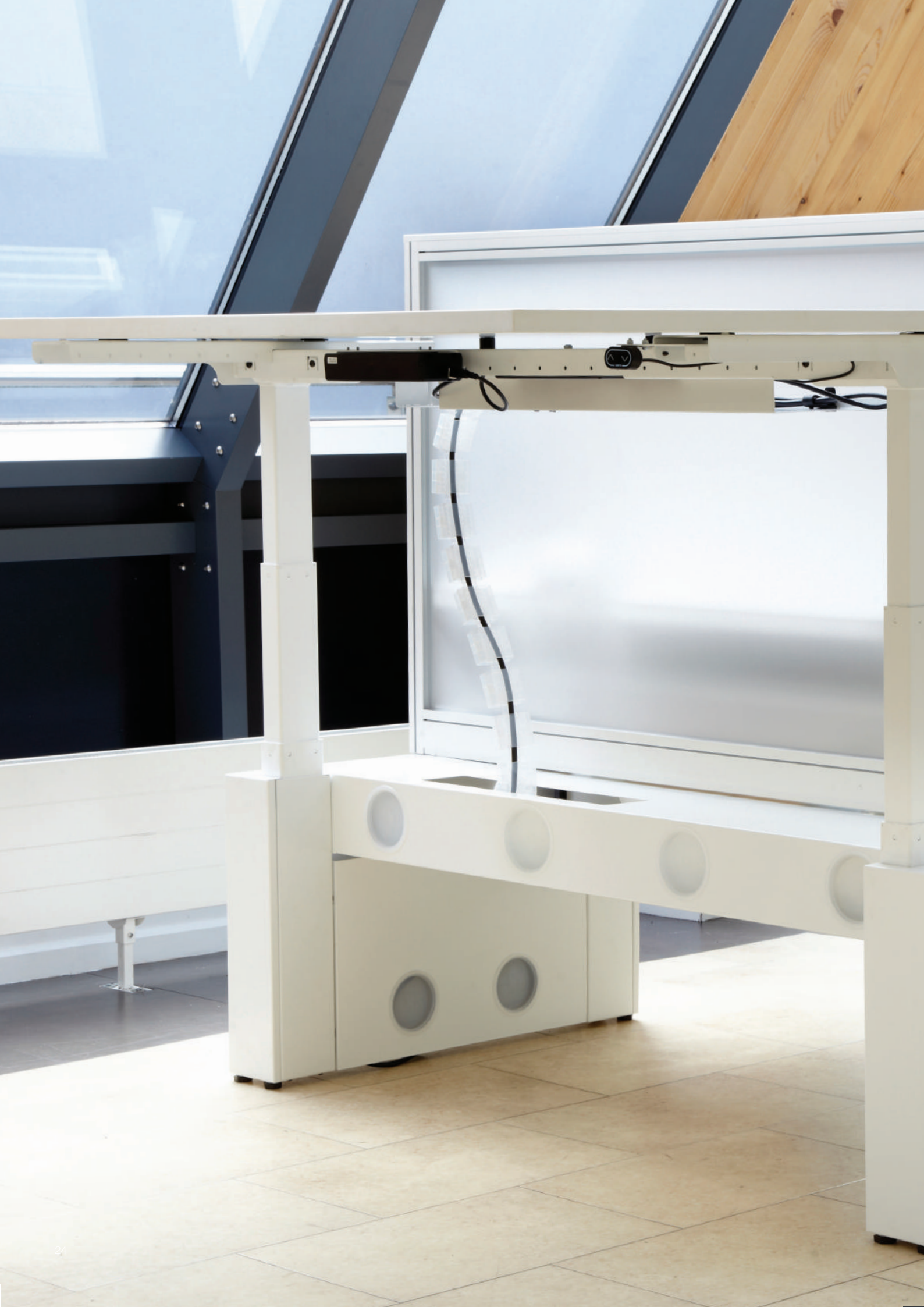
DESK CONTROL SOFTWARE

(USB cable needs to be purchased to access all features below).

- Simple to use program includes Current Status view with Today's Goals, memory buttons and readout height, Settings view to set user's data and reminders, and History view to access user's statistics.
- Up to three memory positions.
- Track total number of desk adjustments from a sit to stand position.
- Count standing minutes and calories burned while standing.
- Prompt users to stand up and work with adjustable reminders.
- Up and down drive.
- Displays actual desk height.
- Possible to export statistics to Excel sheets.
- Available for PC, Mac and Surface tablets.
- Available in English, German, French, Spanish, Italian, Korean, Chinese and Japanese.
- Displays error codes.
- Compatible with PC and MAC (Windows 7, Windows 8 or higher operating system, or Mac OS (minimum OS 10.7)).
- USB cable for connection between the control box and your computer.

DATA SOURCE

Professor Stuart Biddle, Victoria University, Australia sourced from www.nhs.uk 'Why sitting too much is bad for your health'
Health statistics and effects sourced from www.nhs.uk 'Why sitting too much is bad for your health'
Work Related Musculoskeletal Disorder Statistics (WRMSDs) in Great Britain 2014/15 sourced from www.hse.gov.uk
Cost of Absenteeism sourced from getbritainstanding.org/sitting-cost





STEEL Semi-Gloss

PLEASE NOTE IF ANY OTHER COLOUR IS SPECIFIED, ALL LIFTING COLUMNS WILL BE SILVER RAL9006



WHITE JWS
RAL9016



SILVER JOS
RAL9006

CIRCULAR ACCENT DISKS Semi-Gloss



SEMI-OPAQUE



WHITE JWS
RAL9016



SILVER JOS
RAL9006



BLACK BLS
RAL9011



GRAPHITE GREY
GGG RAL7024



PALE GREY
PGS RAL7035



ARROW RED
ARG RAL3001



CARMINE RED
CRS RAL3002



DEEP ORANGE
ORS RAL2011



ZINC YELLOW
ZYS RAL1018



FERN GREEN
FGB RAL6018



WATER BLUE
WBS RAL5021



SKY BLUE
SBB RAL5015



REGAL BLUE
RBS RAL5012



SIGNAL BLUE
SBS RAL5005



ULTRAMARINE BLUE
UBS RAL5002

TOP FINISHES 25mm ABS edge MFC



OAK
MOK



BEECH
MOB



WALNUT
MOW



ROMANO
CHERRY RCM



MAPLE
MOM



WHITE
WHM



GREY
MOG



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