




Height Adjustable (Sit/Stand) Option	Adjustability Range	Ergonomics Approved	Pros	Cons	Price (Approx.)
 <p>Varidesk</p>	~30-50 inches	No	<ul style="list-style-type: none"> Allows for quick adjustment between sitting & standing Sits on an existing work surface Ready out of the box 	<ul style="list-style-type: none"> Lack of work surface space Limited monitor depth adjustment range Forces monitor several inches higher than keyboard surface Does not adjust below standard work surface height <ul style="list-style-type: none"> Too high for ~95% of the population or anyone shorter than ~6'2" Only truly fits <5% of the population May not adjust high enough for taller individuals Does not meet ergonomic specifications 	\$250-500 ¹
 <p>Ergotron Workfit-S</p>	~26-48 inches	No	<ul style="list-style-type: none"> Allows for quick adjustment between sitting & standing Sits on an existing work surface Independent monitor height adjustment Offers keyboard tray angle adjustment 	<ul style="list-style-type: none"> Lack of work surface space Monitor depth cannot be adjusted Limited adjustment range of both monitor and platform itself May not adjust high enough for taller individuals Does not adjust low enough for shorter individuals May not hold desired height (drops unintentionally) Does not meet ergonomic specifications 	\$450-550 ¹
 <p>Height Adjustable Table Legs</p>	~22-50 inches ²	Yes	<ul style="list-style-type: none"> Allows for quick adjustment between sitting & standing Meets all ergonomic standards Will "fit" most every user in the workforce Uses an existing work surface (top). Workstation configuration remains consistent 	<ul style="list-style-type: none"> Potentially higher cost Slower adjustment speed 	\$450-700 ¹
Good Ergonomic Chair (Average Price)					\$550-650 ¹

*The cost of an average priced ergonomic chair may exceed the cost of converting an existing fixed height table into a height adjustable sit/stand table. Investment into a well-designed height adjustable table will fit a majority of the population, much like a good ergonomic chair. Alternative "platforms" as listed above can create numerous detriments and are not recommended. Height adjustable legs can be added to an existing work surface top in most situations. See following website for additional details.

[How to obtain a height adjustable table](#)

**Purchasing only the "legs" or "base" and reusing an existing work surface "top" and saves ~\$150-\$250 given the "top" is being re-used and only the "legs/base" are being purchased. Certain height adjustable legs may be more or less expensive than the range as listed. However, the price for the most legs is not significantly more in price than alternative "platforms" and has none of the detriments.

Contact the CSU Ergonomics Office with additional questions.

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