



Bench Press: Boscotek HiLo Bench Workstation Revolution

Boscotek industrial benches are well known and well regarded by Industry readers. Trusted for their strength and build quality, many hundreds of Boscotek benches are relied on by leaders in the fields of medical, industrial, and education sectors.

Boscotek is now demonstrating its innovation with the release of the HiLo Bench. Just as the name suggests, the HiLo Bench is a variable-height heavy duty workbench. The HiLo Bench is just as suitable as a standing desk, sit down, and variable to any height in between.

The secret of the HiLo Bench is the reliable lifting column which conceals a sophisticated motor system. The motor drive allows for quick, easy, smooth and quiet adjustment of the bench height.

The HiLo Bench ships in three 'off the shelf' models with capacities ranging from 120kg to a hefty 500kg. But the beauty of Boscotek being designed and manufactured in Australia, you can easily customise your HiLo Bench and work with Boscotek on a variety of options, including the worktop surface, tool hanging/storage, electrical outlets, monitor arms for computer screens and more.

HEIGHT ADVANTAGE

The advantages of a standing desks have been known for some time now, but Industry wanted to look into the health benefits of a variable height bench. Industry spoke to Suzanne Smythe, director of Work Wellness Australia and prominent occupational physiotherapist, to learn more.

Industry: Suzanne, what are the advantages of an adjustable standing desk in an industrial environment?

Suzanne Smythe: I have patients who have been using standing desks and have reported that they've had an improvement in neck and back pain.

Having the option of standing or sitting means they can sit when fatigued. So if they do stand for a long period of time and feel like they need to sit, they have that option.

From my clinical experience a standing desk can be advantage.

Industry: What are the problems associated with sitting for extended periods?

Suzanne Smythe: There are many studies that make a link between lifestyle diseases and prolonged sitting.

FEATURES

- Reliable lifting column – the sophisticated motor system is completely hidden inside the column
- 5 year warranty
- Quick and easy adjustment
- Ergonomic electrical adjustability
- Smooth and quiet operation
- Robust Design
- Synchronised Dual Column Design – two or more columns can raise and lower together, safely and silently
- Heavy Duty Low Profile Foot
- Zero technology standby power – extremely low control box stand by power, maximum 0.1 watt
- Stand-alone option – no mains power required to operate
- Save up to 90% of the energy that would be consumed by a comparable pneumatic lifting system
- Safety raise and lower switch is fitted – optional controls including memory functions and displays

Sitting for long periods shortens your life expectancy; this is proven.

You can't modify your blood sugars when you're sitting. You don't process or use those blood sugars. Getting some movement assists that process. Those who use standing desks increase their calorie intake compared to sitting, making them less prone to lifestyle diseases.

Industry: What are the advantages of the HiLo Bench with its adjustable height?

Suzanne Smythe: If you have an adjustable workstation you can alter the height of the desk to improve your mechanical advantage and your leverage on the task at hand.

I'll give you an example of how this works in an industrial setting, for example in a fitter and turner setting: a tradesperson may be threading an item, and their standing bench may be at a normal standing height. But they may have an item that needs clamping to the desk — that's an additional 20cm of height. Then whatever they're threading may be another 20cm — that's an additional 40cm in total. From a physiotherapist's point of view,



The choice of sitting, standing or adjusting the bench height to somewhere in between, is ideal. It allows the task and the worker to determine the best height for the job and for their health.

this tradesperson has to elevate their elbow, get into an impingement position with their rotator cuff and hitch their shoulder (which can hurt the neck), and do this task. These are all detrimental to this person's long-term health. But, if you could adjust the bench height down 40cm then it would be a relatively simple and ergonomic task. In other words, with an adjustable-height bench, if the worker is feeling it in their shoulders, they can lower the bench to suit and get the improved leverage.

I can definitely see the advantages to that kind of easy adjustability in the workplace.

Industry: Might HiLo Bench especially benefit older workers?

Suzanne Smythe: The older you get, the more susceptible you are to muscle tears. And if the worker isn't properly set up at their station, they're more likely to hurt themselves.

More experienced workers doing repetitive activities need to be smart about how they use their bodies. If you can adjust your body position by adjusting your bench then it gives the worker the chance to work smarter. The worker can lower the desk to put more weight behind the task and raise the bench height to a standard height for other tasks.

Industry: Standing desks are better for many workers but are there risks of standing too long?

Suzanne Smythe: Prolonged standing results in increased blood volume in your legs. You're more likely to get varicose veins and there will be pressure on

circulation; a risk of foot pain and tired legs. In short, prolonged standing results in an increased load on your circulation and fatigue.

There are many workers in industrial workplaces who are stuck in a standing height position with no opportunity to sit, even if the task allowed it.

An adjustable workstation that allowed them to sit occasionally would help reduce leg fatigue and give their circulation the chance to catch up.

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Industry: In your experience, what's the cost to the employer of a poor workstation setup?

Suzanne Smythe: I see a lot of workplace injuries and I see what they cost the individual and the companies involved.

An offsite visit to a physio is likely to cost the company \$400+, all up.

A worker's compensation claim — with loss of work hours, loss of productivity, the healthcare costs — can easily amount to tens of thousands of dollars, let alone the pressure it places on the rest of the team.

There are many advantages in preventing health issues compared to putting the pieces back together after the fact.

Industry: Do you think most workers would embrace a



THREE MODELS

- BOS HiLo L6: Capacity of 240kg (1200 NM per Column)
- BOS HiLo L1: Capacity of 320kg (1600 NM per Column)
- BOS HiLo L2: Capacity of 500kg (2500 NM per Column)

WORKTOP OPTIONS

- 35mm laminate benchtops
- Stainless steel 1.2mm skin over 33mm HMR particle board
- Powder coated mild steel 2mm skin over 33mm HMR particle board

ABOVE & BELOW-BENCH ACCESSORIES

- Back panels with electrical outlets fitted
- Bench backs
- Louver panels
- Perforated panels for tool hanging and storage
- Adjustable height shelves
- Monitor arms for computer screens
- Underbench drawers
- Anti-Static Dissipative Rubber mats and kits available

product like the HiLo Bench if they were presented with it?

Suzanne Smythe: As an experienced occupational physiotherapist I can walk into a warehouse or shop and I can instantly see what sort of injuries workers are susceptible to.

Often, if they're given the chance to move differently, the pain or injury can be avoided. This benefits everyone. It means the workers don't need to keep coming off the line to see the physio and the employer sees increases productivity.

In my experience, people will do the smart thing and avoid pain if they're given the option and if it's easy. If it's too hard or unavailable they're more likely to suffer through the pain. The problem is, that niggle becomes a big problem later on if left unaddressed.

MADE IN AUSTRALIA

Boscotek is now taking orders for its newly-released HiLo Bench. As mentioned, being entirely designed and manufactured in Australia, Boscotek is more than happy to discuss your business's individual requirements.