



# Reasons to Ditch the Crank

BOSTONtec electric height adjustable workstations are a cost-effective solution to promote employee health and improve productivity

The focus of applied ergonomics is to make the workplace a safer, more comfortable and more productive environment for each individual operator. Crank adjustability is inherently counter to the fundamentals of exceptional ergonomics.

**1 Operator Stress** - The load on the table is felt at the crank. The heavier the load, the more effort needed to turn the crank. Even a lightly loaded workstation can require up to 60 pounds of force per turn. Electric height adjustable workstations raise and lower at the touch of a button.

CRANK ADJUSTMENT REQUIREMENTS*	
HEIGHT CHANGE	ROTATIONS NEEDED
6 inches	42
16 inches (sitting to standing position)	112

*\*Mechanical and hydraulic cranks require about 7 turns for every inch of height change*

**2 Operator Safety & Contamination** - Hydraulic crank workstations utilize fluid-filled, pressurized cylinders in each leg. The lines are susceptible to collapse causing the fluid to spray onto the workstation, operator or floor creating safety hazards. Due to the fluid release, hydraulic crank tables are undesirable in cleanroom environments. Electric height adjustable workstations require no messy fluid.

**3 Wasted Time** - For convenience and safety, manual hand cranks are usually stored out of the way when not in use. The operator often has to extract the crank before making the necessary turns to adjust the workstation height. Electric height adjustable workstations controls are conveniently located and allow operator to adjust the unit at a rate of 1/2 inch per second.

**4 Unreliable** - Manual and hydraulic crank tables are less dependable resulting in unnecessary operator down time and lost productivity. Electric height adjustable workstations have a 99.5% reliability rating.

**5 Maintenance Expense** - Unlike electric height adjustable workstations, crank tables require routine maintenance. Repairs can take a hydraulic table out of service to rebuild cylinders and drain fluids. Mechanical designs utilize non-precision jacks that require regular upkeep. Electric height adjustable workstations have sealed actuators that require no maintenance.

**better ergonomics  
at the press of a button**  
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