

SW

Height-Adjustable Table



okamura

Sit, Stand, Work Healthier

Many workspaces only offer seated work options which can limit movement and hamper office health and productivity. Enhance the office well-being with SW height-adjustable tables. SW was meticulously designed and engineered to create a comfortable experience that energizes workers and elevates office interiors. The minimal design features a refined color palette, sweeping comfort-sloped edges, and tasteful matte laminates.



Why is it important to vary your work posture?

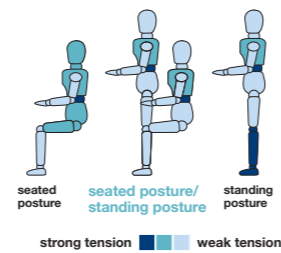
In cooperation with research institutes, Okamura conducted two tests that demonstrate the effects of the posture on the human body and the well-being of the office. The results of the tests conclude that alternating postures yields several health benefits and increases concentration and motivation.

Study 1 | Effects on the body

From a joint experiment with the Ohara Memorial Institute for Science of Labour* (2014-2015)

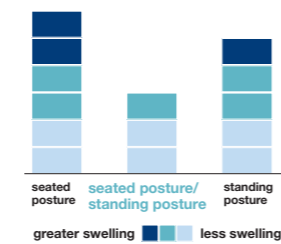
1.1 Alternating work postures reduces stress on the body

Participants in the experiment who alternated between sitting and standing while using their PC showed a lower degree of fatigue than those who maintained a single posture. Switching postures spreads the load on the body and mitigates fatigue.



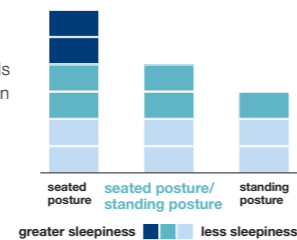
1.2 Alternating work postures reduces leg swelling

The circumference of the calf after working increased the least for those who alternated between sitting and standing. The calves of those who maintained a single posture showed greater swelling.



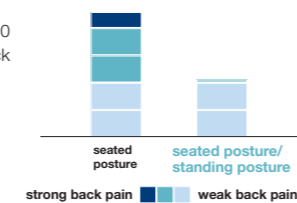
1.3 Adding a standing posture reduces sleepiness

The experiment revealed that maintaining a seated posture caused the highest levels of sleepiness, hindering concentration and efficiency. Adding a standing posture can curb these effects, boosting energy and concentration.



1.4 Adding a standing posture reduces back pain

Results revealed that rather than staying seated for two hours, standing up 10-40 minutes per hour helped further reduce subjective lower back pain. To ease the back pain, it is important to adopt a standing posture habitually and frequently.



* The above experiments 1.1-1.3 were all compared 120 minutes after starting work. Investigated by the Ohara Memorial Institute for Science of Labour
 * Source: Influence on dysphoria, fatigue and circumference of below-knee by introducing standing posture for deskwork using the height-variable desk. Labor Science, Vol. 90(4), 2014

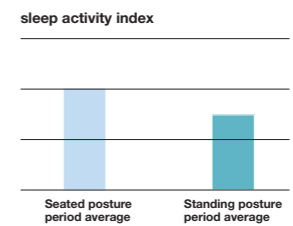


Study 2 | Effects on workplace well-being

From an experiment supervised by Professor Yoshihiko Koga Faculty of Medicine, Kyorin University (2015)

2.1 Deeper, better sleep can be achieved

Compared to the entirely seated work, adopting a standing posture was shown to enhance sleep quality and reduce sleep activity index (amount of physical movement) during weekday sleep.



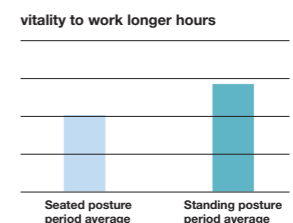
2.2 Physical and mental health can be reduced

The variation and total score of stress check items (i.e. unease, depression, loss of appetite) was lower for people who were standing compared to those who were sitting.



2.3 Vitality to take on more work

This study confirmed that vitality to take on more work significantly improved during periods where a standing posture was added, even for working on the weekends or overtime.



* Results of this study verify the effect of alternately between sitting and standing in an actual office environment. This study was conducted under the supervision of Professor Yoshihiko Koga Faculty of Medicine, Kyorin University (extracts). Data was recorded from actigraphs—which detect physical activity—worn on the arm of all participants. During the two-week test period, participants performed regular work duties, adopting only the seated posture for a week, then adding the standing posture for the second week.



Freestanding

Freestanding work tables can be added to any area of the office to create a healthier workspace.



L-shaped type (1800 x 1800)W x 700D x 2 desks
 Body: Silver Tabletop: Neo Wood Light (Knife edge) Control panel: Lever type Desktop screen (for straight L-shaped): Dark Green



120° type (1200 x 1200)W x 700D x 3 desks
 Body: White Tabletop: Neo Wood Light (Knife edge) Control panel: Lever type Desktop screen (for straight 120°): Dark Brown



Free standing type 1600W x 700D x 4 desks
 Body: White Tabletop: White (Sloped edge) Control panel: Lever type Desktop screen (straight and round): Sage and Gray



Twin-Type benching

The Twin-Type benching solution features a discreet, yet amply sized cabling trough between each back-to-back desk.



Bench type 1600W x 1440D (700D) x 3
 Body: White Tabletop: White (Sloped edge) Control panel: Lever type Fixed screen (straight): Sage



Bench type 1600W x 1440D (700D) x 3
 Body: Black Tabletop: White (Sloped edge) Control panel: Lever type Fixed screen (straight): Mushroom



Meeting

Standing meetings are shown to enhance collaboration and efficiency. But we all know variety is the key to office engagement. SW Meeting tables allow your team to decide on the meeting style of the hour, seated or standing, and adapt to their needs within moments for ultimate flexibility and focus.



2-column Table (Without cable opening) 2100W x 1100D
Body: White Tabletop: White (Sloped edge) Control panel: Lever type



4-column Table wide type (Without cable opening) 3600W x 1200D
Body: White Tabletop: White (Sloped edge) Control panel: Lever type



Executive Desk

Create an office that prioritizes health and comfort to facilitate important decision-making without compromising style.



Compact type x 1
Body: Black Tabletop: Neo Wood Dark (Knife edge) Control panel: Lever type
Prostage Crest (L-shaped side-drawer desk) 1600W x 1200D x 1
Body: Black Tabletop: Neo Wood Dark (Knife edge) Modesty panel: Black

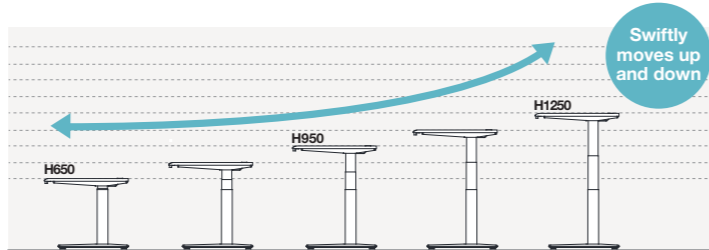


Manager Type
Body: Black Tabletop: Neo Wood Dark (Knife edge) Control panel: Lever type

Smooth height adjustments

To adjust the height of the table from 650-1250mm (25 5/8"-49 1/4"), simply press the up/down button on the control panel.

The table will adjust slowly at first before it smoothly and quietly accelerates and stops at your chosen height. The elevating speed is constant regardless of extra weight on the tabletop.



* Movable scope Work table: 650-1250 mm (25 5/8"-49 1/4"); Work table (Manager type): 650-1150 mm (25 5/8"-45 3/8"); Conference-table: 700-1250 mm (27 5/8"-49 1/4")
* (Electric) Rated voltage 100V, rated frequency 50/60Hz
* Rated power consumption Free standing type: 300W; L type, 120° type: 450W; Bench, Wide type: 600W



Comfortable design details

The curved edges of the tabletop are more than just a beautiful design element; they ensure that your arms rest comfortably—sitting or standing. The design of the legs is also refined to complement the minimal look of the table's surface and screens, all of which come in several of the finest finishes, fabrics and colors.



Sloped edges enhance comfort whether you are using a PC, resting your arms or writing, sitting or standing.

Safety reverse feature

During height adjustments, if the tabletop comes in contact with another object, it instantly stops and returns to ~3cm (1 1/6") from contact point (~1 cm [1/3"] in low speed actuation). This safety function helps prevent accidents and keep your items safe.*

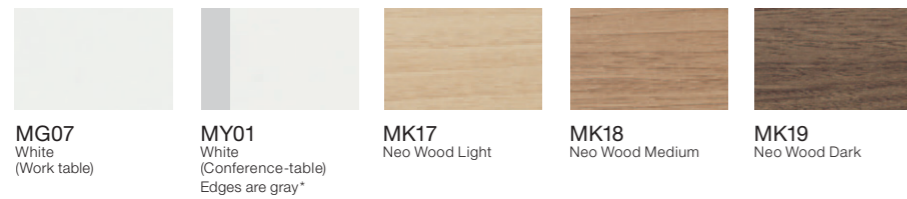


* The purpose of this function is to prevent damage to other objects and itself but is not guaranteed under all conditions.

Work table and Conference table



Table top color



Leg color



Combination codes

Work table



Conference-table



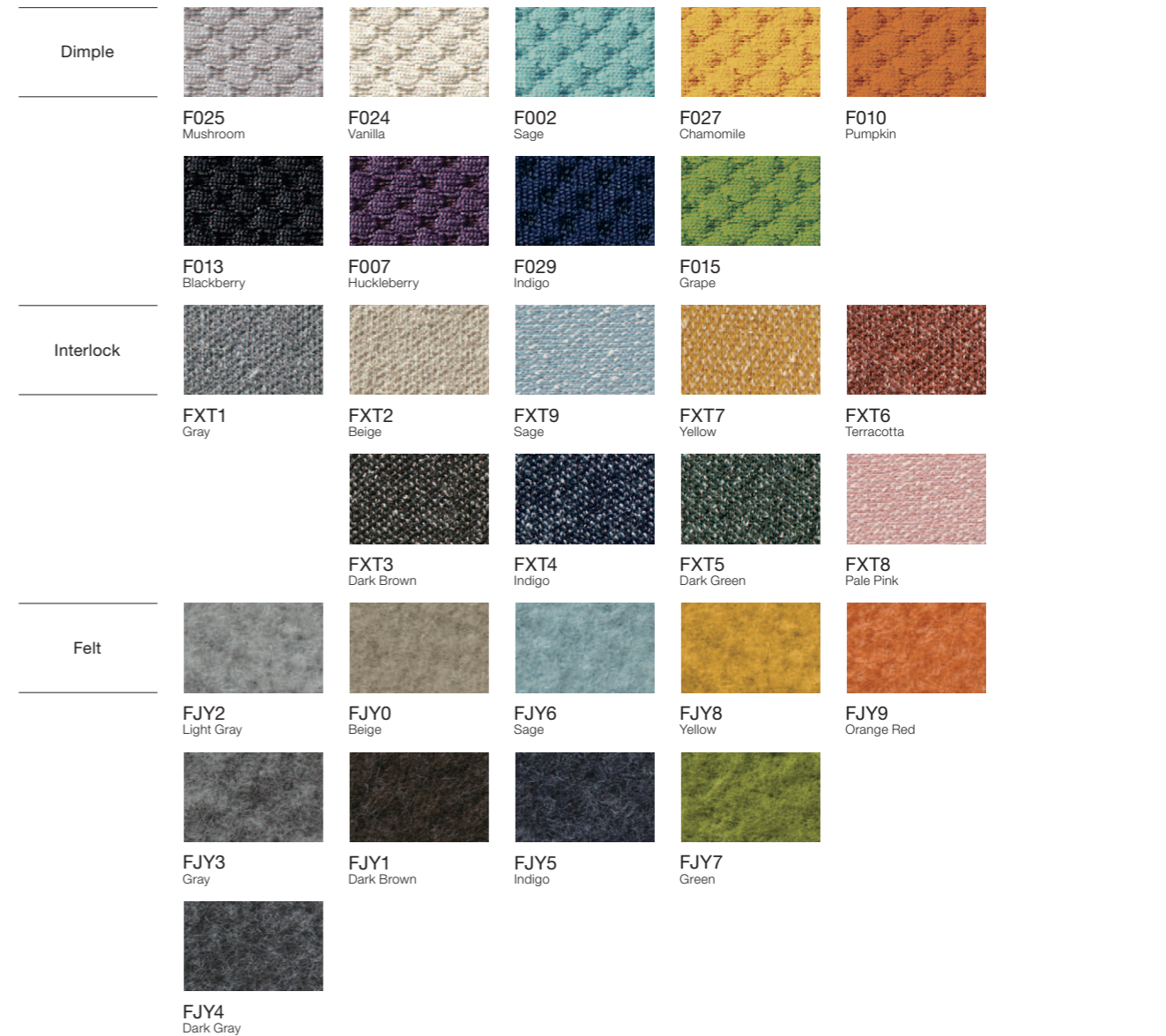
Work table & Conference-table common option



Screen



Monotone Fabric Two-tone Fabric (Dimple only) Frost acrylic (H47) Felt



Combination codes (Only when selecting Dimple two-tone Fabric)



* Some finishes and models are not available in all markets. Please talk to a local sales rep for further information.
**Anti-fingerprint laminate surface provides resistance to fingerprints and is easily wiped clean.

Work Table Options

Table top edge



In addition to the comfort-sloped edge (top), a knife edge can be specified for a sharper aesthetic.

Control panel



Lever type (without indicator)



Button type (with indicator)

Custom heights can be saved on preset buttons for smooth, easy transitions.



Button type (without indicator)

Cable guard

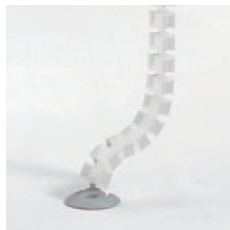


The wiring cover has plenty of space for many cords. Beautifully concealing wires from the desktop to outlets.

SW's topsurface is made of laminated steel which realizes the slim profile and silhouette.

Meeting and Conference Table Options

Standard type/option Wiring



Vertical cable guard

Arrange cables safely and neatly in this vertical duct.

Conference table/Conference table (wide type) common equipment/option



Rounded rubber edges match the beautiful laminate options



The wiring cover opens and has a wide frontage and space for a multi plug inside. When not in use, the wiring duct can be closed.



Cable outlet
Through the opening on the tabletop, equip a clamp-type pair of outlets and more.

Conference table only options

Specs



Wiring duct

Wiring can be easily stored and accessed within the large wiring duct.

Option*



Power Units

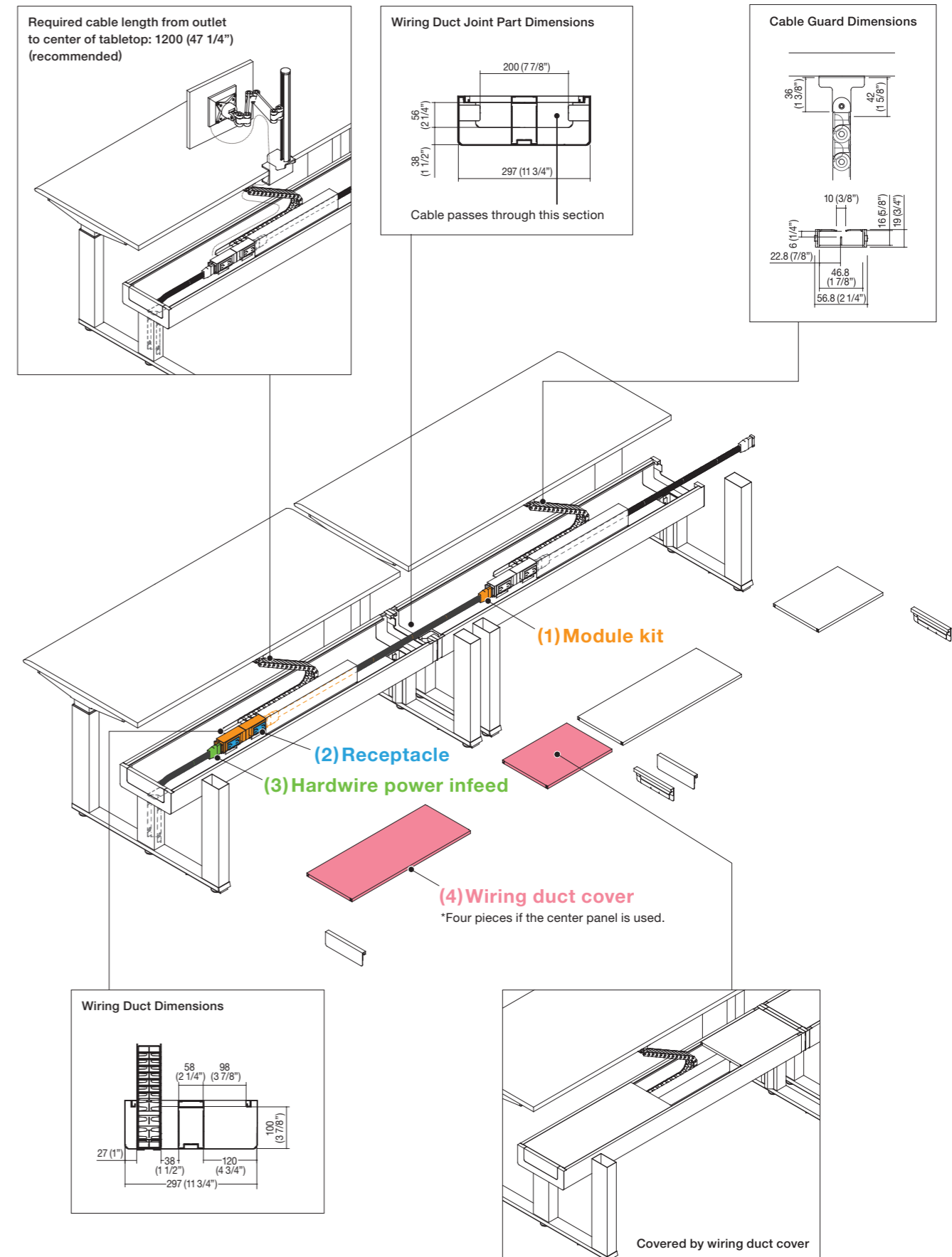
Outlets can also be installed under the spacious tabletop, allowing you to maximize your space.



Lower-stage storage

Make the most of your office space with under-table storage. Keep meeting materials, files and stationary close to hand for whenever you might need them.

Cable Routing Diagram





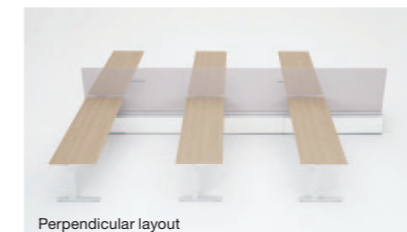
POWER FIT



PowerFit is a new wiring system that intelligently provides power to your work area. It can be used alongside your work furniture to create neat and orderly cable layouts and a stress-free power supply environment.



With the PowerFit as a base, multiple combinations of screen options, shelves and other components enable power to be supplied to multiple locations, creating a comfortable work space.



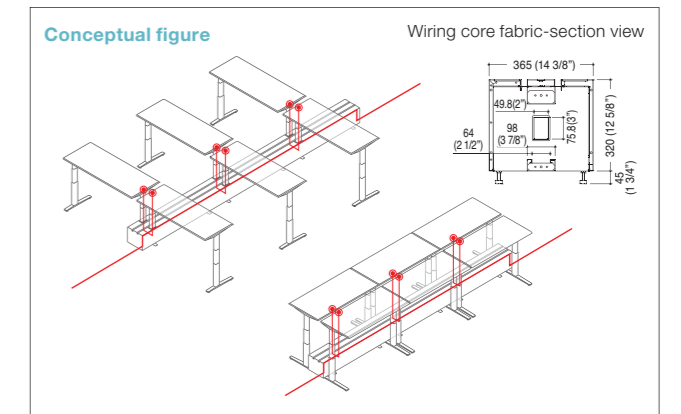
Perpendicular layout

Combining PowerFit with SW height adjustable desks allows you to select either a perpendicular or parallel layout in relation to the wiring core. With either layout, cable bearers can be inserted into the wiring core to achieve a neat and orderly cable layout.

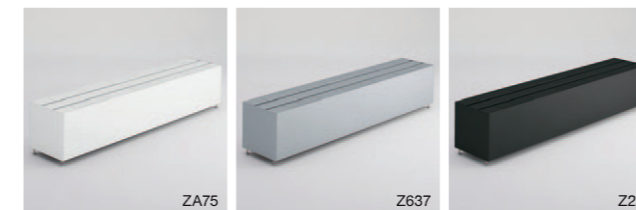


Parallel layout

*A separate SW connection set is required if using in combination with SW desks.

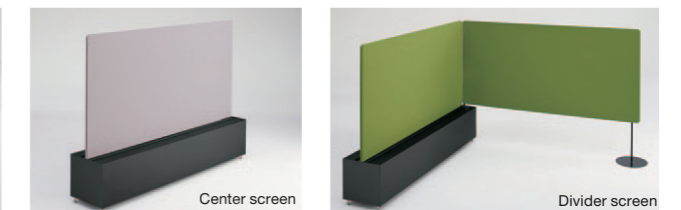


Core unit



Screen options

Divider screens are available to partition spaces, laid out perpendicular to the center screens installed on top of the wiring core.



Options



Bench
You can install a tabletop to the PowerFit system to use as a bench.



Shelf
Options to create a shelf to store small items are also available.



Meeting table
Connecting a table provides an even neater cable layout.

Wiring core body

*Six openings on the upper section (1800W only)

*End covers for the end sections must be ordered separately.

W	D	H
1828 (72")		
1676 (66")		
1524 (60")	365 (14 3/8")	365 (14 3/8")
1371 (54")		
1219 (48")		

Center screen

W	D	H
1828 (72")		
1676 (66")		
1524 (60")	26(1")	1270(50")
1371 (54")		
1219 (48")		

Divider screen

W	D	H
1828 (72")		
1676 (66")		
	26(1")	1270(50")

Meeting table

W	D	H
1828 (72")	800 / 600 (23 5/8")	720 (28 3/8")
1676 (66")	31 1/2" / 23 5/8" (28 3/8")	

Bench

W	D	H
914 (36")		
838 (33")		
762 (30")	350 (13 3/4")	410 (16 1/8")
685 (27")		
609 (24")		

End cover

SW connection set
(Same for front and side connections)

Shelf

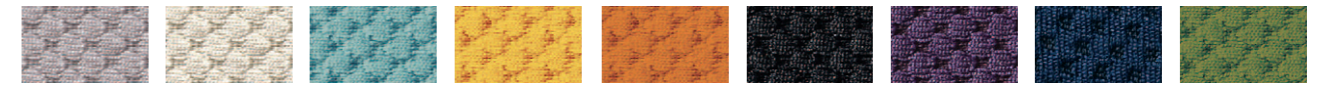
*Installation locations are limited.

*Installation is only possible directly above the openings of the wiring core body.

W	D	H
609 (24")	160 (6 1/4")	1270 (50")

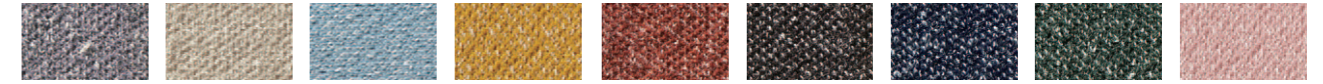
Color (Screen)

Dimple



F025 Mushroom, F024 Vanilla, F002 Sage, F027 Chamomile, F010 Pumpkin, F013 Blackberry, F007 Huckleberry, F029 Indigo, F015 Grape

Interlock



FXT1 Gray, FXT2 Beige, FXT9 Sage, FXT7 Yellow, FXT6 Terracotta, FXT3 Dark Brown, FXT4 Indigo, FXT5 Dark Green, FXT8 Pale Pink

Color (Shelf/Meeting table)



MX51 Prize Wood Light Anti-fingerprint*, MX52 Prize Wood Medium Anti-fingerprint*, MX53 Prize Wood Dark Anti-fingerprint*, MK17 Neo Wood Light, MK18 Neo Wood Medium, MK19 Neo Wood Dark, MG07 White

*Anti-fingerprint laminate surface provides resistance to fingerprints and is easily wiped clean.

Color Combinations (Screen)

Dimple

Combination codes	Part name/Code	
	Fabric	Frame
FKH1	F002 (Sage)	
FKH2	F007 (Huckleberry)	
FKH3	F010 (Pumpkin)	
FKH4	F013 (Blackberry)	ZA75 (Neo White)
FKH5	F015 (Grape)	
FKH6	F024 (Vanilla)	
FKH7	F025 (Mushroom)	
FKH8	F027 (Chamomile)	
FKH9	F029 (Indigo)	
FWS1	F002 (Sage)	
FWS2	F007 (Huckleberry)	
FWS3	F010 (Pumpkin)	
FWS4	F013 (Blackberry)	Z637 (Skip Silver)
FWS5	F015 (Grape)	
FWS6	F024 (Vanilla)	
FWS7	F025 (Mushroom)	
FWS8	F027 (Chamomile)	
FWS9	F029 (Indigo)	
FWR1	F002 (Sage)	
FWR2	F007 (Huckleberry)	
FWR3	F010 (Pumpkin)	
FWR4	F013 (Blackberry)	Z25 (Black)
FWR5	F015 (Grape)	
FWR6	F024 (Vanilla)	
FWR7	F025 (Mushroom)	
FWR8	F027 (Chamomile)	
FWR9	F029 (Indigo)	

Interlock

Combination codes	Part name/Code	
	Fabric	Frame
FKF1	FXT1 (Gray)	
FKF2	FXT2 (Beige)	
FKF3	FXT3 (Dark Brown)	
FKF4	FXT4 (Indigo)	ZA75 (Neo White)
FKF5	FXT5 (Dark Green)	
FKF6	FXT6 (Terracotta)	
FKF7	FXT7 (Yellow)	
FKF8	FXT8 (Pale Pink)	
FKF9	FXT9 (Sage)	
FNB1	FXT1 (Gray)	
FNB2	FXT2 (Beige)	
FNB3	FXT3 (Dark Brown)	
FNB4	FXT4 (Indigo)	Z637 (Skip Silver)
FNB5	FXT5 (Dark Green)	
FNB6	FXT6 (Terracotta)	
FNB7	FXT7 (Yellow)	
FNB8	FXT8 (Pale Pink)	
FNB9	FXT9 (Sage)	
FNA1	FXT1 (Gray)	
FNA2	FXT2 (Beige)	
FNA3	FXT3 (Dark Brown)	
FNA4	FXT4 (Indigo)	Z25 (Black)
FNA5	FXT5 (Dark Green)	
FNA6	FXT6 (Terracotta)	
FNA7	FXT7 (Yellow)	
FNA8	FXT8 (Pale Pink)	
FNA9	FXT9 (Sage)	

Color Combinations (Shelf/Meeting table)

Combination codes	Part name/Code	
	Table top	Body
MU03	MX61 (Laminate: Prize Wood Light) (Edge: Prize Wood Light)	
MU04	MX62 (Laminate: Prize Wood Medium) (Edge: Prize Wood Medium)	
MU05	MX63 (Laminate: Prize Wood Dark) (Edge: Prize Wood Dark)	ZA75 (Neo White)
ML87	MK37 (Laminate: Neo Wood Light) (Edge: Neo Wood Light)	
ML88	MK38 (Laminate: Neo Wood Medium) (Edge: Neo Wood Medium)	
ML89	MK39 (Laminate: Neo Wood Dark) (Edge: Neo Wood Dark)	
MK27	MG99 (Laminate: White) (Edge: White)	
MAY4	MX61 (Laminate: Prize Wood Light) (Edge: Prize Wood Light)	
MAY5	MX62 (Laminate: Prize Wood Medium) (Edge: Prize Wood Medium)	
MAY6	MX63 (Laminate: Prize Wood Dark) (Edge: Prize Wood Dark)	Z637 (Skip Silver)
MK51	MK37 (Laminate: Neo Wood Light) (Edge: Neo Wood Light)	
MK52	MK38 (Laminate: Neo Wood Medium) (Edge: Neo Wood Medium)	
MK53	MK39 (Laminate: Neo Wood Dark) (Edge: Neo Wood Dark)	
MK26	MG99 (Laminate: White) (Edge: White)	
MAY1	MX61 (Laminate: Prize Wood Light) (Edge: Prize Wood Light)	
MAY2	MX62 (Laminate: Prize Wood Medium) (Edge: Prize Wood Medium)	
MAY3	MX63 (Laminate: Prize Wood Dark) (Edge: Prize Wood Dark)	Z25 (Black)
MK57	MK37 (Laminate: Neo Wood Light) (Edge: Neo Wood Light)	
MK58	MK38 (Laminate: Neo Wood Medium) (Edge: Neo Wood Medium)	
MK59	MK39 (Laminate: Neo Wood Dark) (Edge: Neo Wood Dark)	
MK61	MG99 (Laminate: White) (Edge: White)	

okamura

Award



reddot award 2016
winner



expert
favorite 2015

Ecology



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*Product assortment and specifications vary depending on country and region.