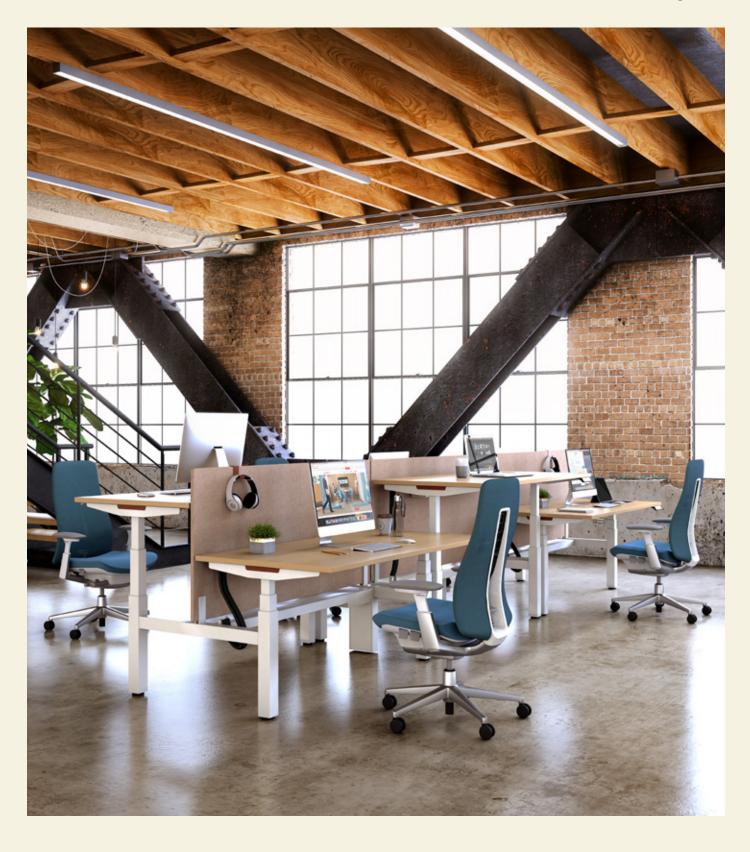
# **HAT Elements**

Desking 办公桌



A sophisticated, full line system that can easily scale to meet most requirements, hat elements integrates seamlessly with your existing workplace furniture while offering users intuitive access to adjustable standing and sitting height positions.

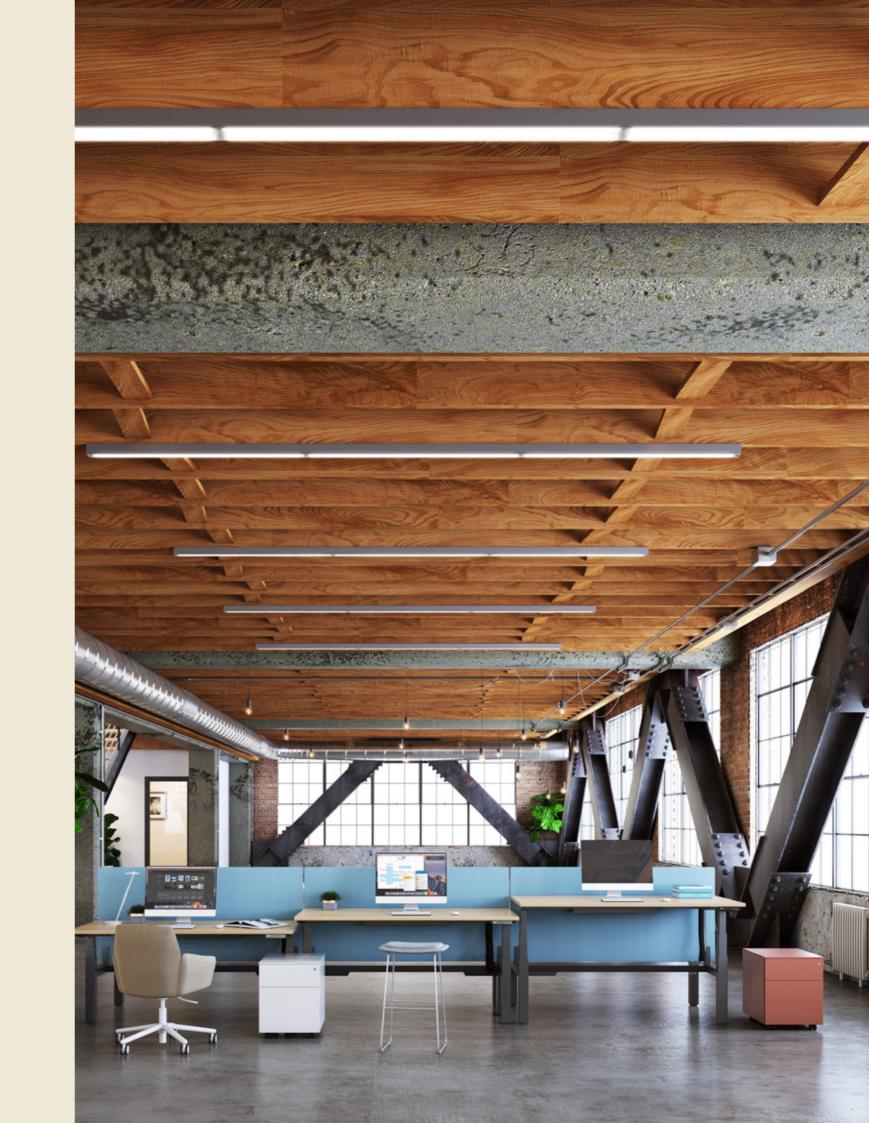
HAT Elements是一套设计成熟的全系列升降桌,可轻松满足各种需求,既能完美融入现有办公家具,又能方便用户随时调整站姿和坐姿高度。

We've designed our innovative new sit-to-stand range – HAT elements – to deliver the perfect antidote to being stationary at work.

创新设计的HAT Elements升降桌,坐、站姿随意 切换,是解决办公久坐不动的良药。

Join our working revolution and effortlessly boost your workplace wellbeing today.

立刻加入我们, 创新办公环境, 轻松提升办公舒适度。



#### Work It

#### 立刻行动

The data is in: staying stationary at work is bad for your health.

数据显示: 久坐不动, 危害健康.

Researchers now tell us that decades of keeping glued to our computer screens, bending over detailed work and neglecting to move regularly has increased our risk of postural discomfort and long-term ill health.<sup>1</sup> It's also a key cause of absenteeism and reduced productivity.

研究表明,数十年紧盯电脑屏幕,伏案从事细节性工作,忽视规律性走动,会增加患上姿势不适和长期病痛的风险<sup>1</sup>,同时也是导致缺勤和工作效率低下的一个关键因素。

Once you're aware how vital changing positions regularly is for your wellbeing, it's amazing how conducive the workplace is to movement. Suddenly we're finding ample opportunities to get out of our chairs, take the stairs instead of the lift and stand while we wait at the water cooler or tea room.

一旦意识到规律性调整办公姿势对健康的重要性,您会惊讶地发现办公场所也可如此灵动。顷刻间,您会发现更多让您起身走动的机会,走楼梯而非搭乘电梯,亦或是在茶水间站立式的闲聊。

However, the latest studies demonstrate the optimum way to work for better mood, performance and efficiency is to combine sitting and standing during the workday.<sup>2</sup>

然而,最新研究证实提升情绪、表现和效率的最佳工作方式是采用站姿和坐姿相结合的办公模式<sup>2</sup>。



<sup>&</sup>lt;sup>1</sup> Swartz et al., 等人, 2011.





#### Flex Your (Work) Muscles

灵活办公,活动肌肉

Your workplace needs to stay flexible. And so do your people.

办公场所需要灵活自如, 人亦如此。

HAT Elements rises to the challenge with modular solutions that can easily sustain and enhance any work activity or setting you throw at it.

HAT Elements以模块化解决方案迎接挑战,轻松满足、强化任何您想要的办公环境或活动。

A comprehensive 'kit of parts' means you can adapt HAT Elements to meet your changing needs. Smooth height-adjustable tables and stools make transitioning from sitting to standing extra simple. Auto-stop features eliminate chance of injuries due to over-extension.

HAT Elements的全套"配套元件"意味着桌子可随时按照您的实时需求进行调整。平稳流畅的高度可调桌使站姿与坐姿之间的切换格外简单自如。 预设的自动制动功能避免因过度升降而受伤的可能。

Plus its super quiet operation delivers maximum individual ergonomic benefits without disrupting the whole office.

此外,出色的静音操作让您在不打扰他人办公的同时尽享人体 工程学效益。

<sup>&</sup>lt;sup>2</sup> John et al., 等人, 2015; Goodman et al., 等人, 2012; Pronk et al., 等人, 2009.



#### Stay Agile 保持灵动

An active, agile workspace is crucial to business success in a climate of constant change and disruption.

在一个充满变化和纷扰的氛围,积极、灵活的办公空间对企业成功至关重要。

Completely reconfigurable, HAT Elements is as ready to get down to business as you are. It transforms easily from freestanding to benching — it even allows adjoining workspaces to use opposing configurations (sitting or standing) without getting in the way of workflow.

用户可随心配置HAT Elements,轻松伴您进入工作模式。升降桌可单独使用,亦可轻松组合成长桌,甚至用于衔接不同格局(站式或坐式)的相邻空间,也不影响各自工作。

This simple scalability across the same design platform means you can upgrade easily as your workforce grows. It's smart, future-proof furniture at its finest.

在同一设计平台即可轻松完成办公布局升级,让您放心增添人手。HAT Elements是打造未来智能办公空间的最佳家具。

### Now You See It 如您所见

Keep your cables hidden but easy to access if you need to. HAT Element's inventive cable management system keeps your office environment streamlined and sleek-looking. HAT Element创新的线路管理体系,让您在需要时方便取用,闲置时隐蔽收纳,打造精简整洁、井然有序的办公环境。

Up to even the most demanding user requirements, HAT Element's cable system doesn't require specialized tools to configure, has no redundant parts and makes installation and routing easier. Your facility manager can get in quick to make changes – otherwise your cables disappear from view.

即便是最苛刻的用户需求,**HAT Element**的线路管理体系也无需配备特定工具,亦无多余部件,让安装和排线更便捷。设备经理可快速完成线路配置,除此之外,线路都隐藏在目所不及之处。

#### Step Things Up A Notch 配置升级

HAT Elements segues effortlessly into your workspace. Make it your own with a wide range of accessories designed to support different work modes and aesthetics.

HAT Elements可轻松融入您的办公空间。搭配丰富多样的配件,迎合不同办公模式和美学需求,为您打造专属空间。

Boost efficiency and flexibility with our Intuity Universal Rail and Yourway add-ons to respond to specific tasks and roles. Desk and hung screen configurations enhance privacy and acoustics. Tailor workspaces for performance and personality – the choice is yours.

借助Intuity通用导轨和Yourway配件应对特定任务和职能,进一步提高效率和灵活性。升降桌搭配悬挂式屏风增加私密性的同时提升隔音效果。让您根据性能与特性自由定制办公空间。

You can count on HAT Elements to deliver the ultimate in workspace usability, every time.

HAT Elements是值得信赖的办公家具,随时为您 提供极致的可用办公空间。 Goodman, G., Kovach, L., Fisher, A., Elsesser, E., Bobinski, D., & Hansen, J. (2012). Effective interventions for cumulative trauma disorders of the upper extremity in computer users: Practice models based on systematic review. 《工作-预防,评估和康复杂志》 Work: A Journal of Prevention, Assessment and Rehabilitation, 42, 153–172.

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## Aligning People and Space for Optimal Performance

#### 协调人与空间发挥最佳效益

Your people, organization, and facilities are at the center of everything we do. We help create spaces that solve for your business needs—resulting in effective people and efficient use of real estate.

您的员工、组织和设施是海沃氏的工作重心,我们助您打造满足您业务需求的办公空间,激发员工效率,优化场地使用。

To learn more, visit haworth.com/ap/products/tables/height-adjustable/hat-elements.

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