

HAWORTH

Upside

Height-Adjustable Tables & Benching



Height-adjustable tables and benching encourage posture changes to promote movement and well-being, so people can comfortably do their best work. Upside® offers affordable solutions with design flexibility that support the ergonomic needs of your workforce.

Upside's freestanding, height-adjustable tables and benching are offered with either a standard or extended range of adjustment to accommodate more people and their diverse workstyles. With a 2-leg base, 3-leg corner base, benching, and a broad selection of worksurfaces, Upside creates design flexibility for any setting.



Support for All

Upside supports more people and workstyles. Standard range models offer a height range of 27.4"–46.6". Extended range models offer a range of 22.6"–48.7"—meeting the BIFMA G1 industry guideline for ergonomic workspaces. A budget-conscious solution, Upside encourages movement throughout the day to foster well-being, while addressing the ergonomic needs of your entire workforce.



Unexpected Performance

With human-centered features, Upside doesn't compromise on functionality. A simple, intuitive paddle provides easy height adjustment and control over the individual workspace. Built-in Gyro-sensor technology detects obstructions with a high level of precision to minimize collisions and avoid possible damage to the table and other items in the work area.



More Options

For greater user control, you can order Upside with a programmable paddle and OLED display. Set preferred heights, minimum and maximum height ranges, and vibration alerts that remind you to move.





Design Choices

Upside tables and benching support a variety of configurations with rectangular, 90°, and 120° high-pressure laminate worksurfaces in a range of widths. Rectangular 2-leg tables have a 250-lb. lifting capacity and are offered with a C-leg or T-leg base style. The 3-leg 90° and 120° tables have a 330-lb. lifting capacity and a standard C-leg base style. Upside is available in up to 20 paint trim colors, and bases and tops can be purchased separately for use with your own worksurfaces.





Aligning People and Space for Optimal Performance

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.

To learn more, visit haworth.com/upside.