



INNOVATORS

Desk to delight your back

WITH the growing use of computers in our homes — whether it's people working in a home office or simply spending time browsing the web — comes growing strain on our backs.

So industrial designer Richard Winnicki has created a desk that he says helps to relieve some of the stress placed on our backs when sitting for prolonged periods.

The aluminium-framed, curved activDesk can have its height adjusted electronically,

allowing people to either sit or stand as they use a computer and encouraging them to move between the two positions.

Polish-born Mr Winnicki, 52, who has degrees in industrial design and mechanical engineering, says that he was inspired to design the desk largely as a result of his own back problems. "I went to the root of the problem . . . and pinpointed that I had been sitting for too long."

The result was the ergonomically friendly activDesk. The unit — which features a vinyl-

wrapped benchtop — comes in three different sizes. The smallest, the "essential desk", has a workspace measuring 1180 mm by 790 mm. Largest is the "expert desk", with a 1800 mm by 1100 mm top. All three desks can be adjusted in height to between 680 mm and 1280 mm.

Mr Winnicki, who came to Australia 22 years ago, started his Clayton-based ergonomic office furniture company, AME System, in 1991. He says the ActivDesk took three to four months to develop in consultation with



Richard Winnicki at his activDesk.

ergonomics experts. People with back problems gave advice, too.

Prices start at \$1960 and the desks come in a range of colours. Accessories include a support arm for a flatscreen monitor, computer holder, adjustable footrest and six power outlets.

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