

mx Biz

Tip of the day

Ten Network Holdings Limited (TEN)

Hold: Ten's 2005 result was in line with forecasts, but the company was cautious about its outlook. In the short term the stock could trade between \$3.30 and \$3.46, but longer term our hold rating is unchanged.

– Marijan Simunic, ABN AMRO Morgans



● ADJUSTABLE HEIGHT

Desk stands work test



Steve Jobs with the gadget.

● APPLE UPGRADE

Video iPod

Apple has upgraded the original white iPod to a version that plays video.

The gadget will be available in the US next week and crams more storage and a bigger screen into a thinner package.

Still mainly a music player, it will have 30Gb to 60Gb of storage and be available in two colours – black and white.

Announcing the new iPod, Apple boss Steve Jobs said the company had sold more than 28 million iPods since they were launched in 2001.



Victoria Police's Ken Allen works at the adjustable desk.

Picture: BEN SWINNERTON

Emily Power

A desk designed by a former Polish racing car driver is changing the way Australian workers go about their business.

Richard Winnicki, now a Melbourne-based industrial engineer and designer, was inspired to change the way people work after watching former colleagues ruin their posture.

His ergonomic Activdesk workstation, which allows workers to shift from sitting to standing, has been adopted by businesses around the nation.

"I would see people working for long hours sitting and not having the freedom to change their position from sitting to standing," Winnicki said.

"I could see them retiring very quickly and, according to my knowledge, when you go

from sitting to standing your body tends to recover from the tension.

"When you're standing your supply of oxygen goes back to normal. It is a relaxing mode."

Winnicki's company, AME System, has expanded the range to include swivelling brackets for flatscreen televisions and adjustable footrests.

The crescent-shaped desks adjust to standing height at the press of a button.

They have been fitted in many offices and factories, including the Victoria Police's fingerprinting branch, IBM computer programming offices and the Sydney Cochlear Implant Centre.

Winnicki said the desk kept workers comfortable and productive.

They are custom-made to suit individual heights and the workplace.