



elements.

A NEW REVOLUTION



“We wanted to create not just a desking system, but a whole office product that re-defined how people work, that addressed some of the issues with open-plan offices, and enabled new and varied work patterns and, ultimately, a product that would make the office environment better.”



**A new revolution.**



Height adjustable desks are taking the corporate world by storm due to their significant health benefits. Scandinavia, in particular, has really embraced this new technology with 90% of office workers having access to sit-stand workstations.

A sit-stand desk not only decreases the risk of lifestyle related diseases and helps towards our daily wellbeing, but it can also help to increase a workforce's productivity and motivation.

And this new revolution has now come to the UK and Ireland and is available exclusively from Farrell.



## Introducing the elements range.

Farrell has developed the Elements range, a unique collection of height adjustable furniture that puts users, ergonomics, comfort and healthy working at the fore.

Elements range was the result of a collaboration between Farrell design team and John Walsh of Made, from concept to completion to ensure the perfect system was created.

At the core of Elements is a robust yet flexible extruded aluminium framework that can be assembled in multiple configurations to suit almost any office environment.

The Elements range features in-built height selection as standard, which means that the work surface can be adjusted to the most ergonomically suitable height for every user in the seated position. In addition, there is the option of including "drop-in" sit-stand module, allowing workers to, at the touch of a button, electronically move their desk from a sitting to standing position.



## Furniture that cares.

A typical desk job is the everyday norm for most of us, and it means being inactive most of the day. However, neither our bodies nor our physiques are made for this inactivity. Studies show that sedentary behaviour leads to lifestyle related diseases.

Using a sit-stand desk can reduce sedentary behaviour significantly, decrease the risk of lifestyle related diseases and increase our daily wellbeing.

**Stand up** and read some of the benefits for yourself...



WE SPEND  
**12hrs**  
A DAY SITTING  
DOWN

**30 to 60**  
MINUTES OF JOGGING  
A DAY **WILL NOT UNDO**  
THE AMOUNT OF  
HOURS SITTING



**30%**  
OF ISCHAEMIC  
HEART DISEASES ARE  
CAUSED BY **PHYSICAL  
INACTIVITY**

**Productivity is proven to increase by 10-20% when standing.**

- Users of sit-stand workstations claim to be more alert, task-driven and positive
- Meetings are kept short and efficient
- Provides for better posture and reduces risk of back pain
- Promotes higher energy levels, especially in the afternoon
- Employees who use height adjustable desks are 71% more focused, 66% more productive and 33% less stressed
- Sick days have been reduced by up to 32%

**Physical inactivity**

IS THE 4TH LEADING RISK FACTOR FOR **GLOBAL MORTALITY**

**95%**

OF ALL **BACK PAINS** START THROUGH INACTIVITY, WHILE ONLY **5%** OF ALL BACK PAINS BEGINS WITH **STRENUOUS MOVEMENT**

**27%**

OF **DIABETES** CASES ARE CAUSED BY **PHYSICAL INACTIVITY**



**BREAKING UP YOUR SITTING WITH A SHORT WALK CAN LOWER YOUR BLOOD SUGAR LEVEL BY ABOUT**

**30%**





The Elements range has been developed with a simple, sleek, yet robust design to appeal not only to architects, designers and facility managers, but also more importantly to the end user.

Available as a sit to stand (650mm to 1260mm) workstation or fixed height (selectable) workstation with a range of 200mm adjustment at installation; Elements allows the desktop to be adjusted to suit the ergonomic requirements of each and every individual.

The sit to stand module utilises an integrated state-of-the-art actuator column technology from leading experts Linak. This can be supplied initially or fitted retrospectively.

With a five-year guarantee on all moving mechanical parts, Elements also benefits from a multiple user interface and touch button variations, available for desktop and Bluetooth applications.

The integrated anti-collision solution (PIEZO sensor) provides durability to the Elements equipment, effectively safeguarding any investment as it prevents material damage to a desk if a collision with a solid object occurs.

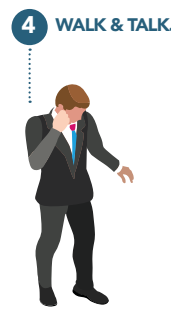


A number of design elements can be chosen to complement and enhance the desking system including rounded corners, frameless screens and a wide-range of fabrics from trusted partner Camira Fabrics, as well as the option of acoustic shielding integrated into the screen.

The Elements range is capable of multiple configurations, dimensions and footprints, from single workstations to bench-style workstations. The robust design ensures that re-configuration is fast and simple, with minimal components required to re-arrange the furniture. A mechanical compression connection system also ensures stability when the desktop is at its highest table setting.



### Five steps to a healthier lifestyle.





## Case studies.



### Tenable Network Security.

Working closely with Contractor FKM Group, Farrell designed, manufactured and installed more than 70 sit to stand workstations for Tenable Network Security.

Choosing a systemised sit to stand bench workstation, the simple yet robust design ensures that desks are completely stable, even when desktops are extended to the maximum standing position.





Farrell developed a customised design with specific colours and dimensions working to the client's requirements. This was complemented with frameless privacy screen panels and made-to-order Camira 'Blazer' fabric-covered privacy screens with two contrasting colours at each side of the screen.

With six weeks from order to installation, the project had a tight manufacture and installation deadline, which Farrell successfully achieved and exceeded.

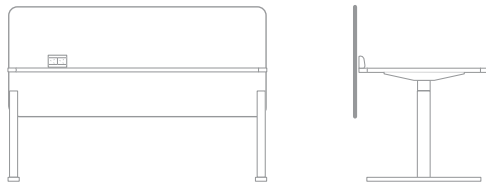
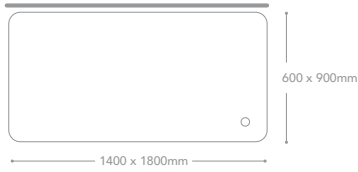
"We were delighted to work closely with Farrell, an indigenous furniture supplier, who allowed us to visit their factory and experience their manufacturing process. Their understanding of our needs, their advice and their follow through services, ensured the desking system provided exceeded all our expectations."

**Orla Phillips, B. Sc. Arch, B. Arch, PG. DipArch**

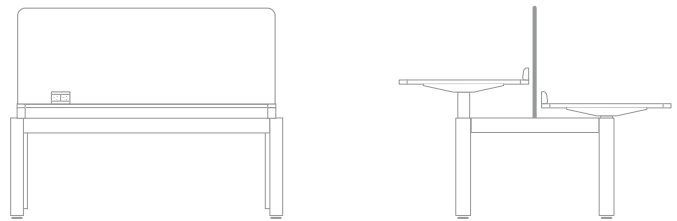
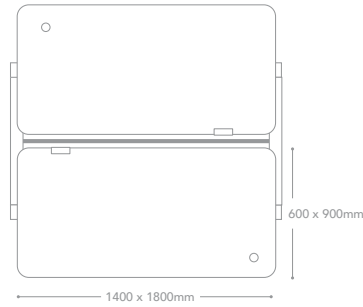
In addition, Farrell also designed, manufactured and installed manager desks, meeting tables, bespoke pitch pine canteen tables as well as floor-to-ceiling storage walls and a range of task, canteen and breakout chairs and stools throughout the building.



# Technical.



Elements desk single sided

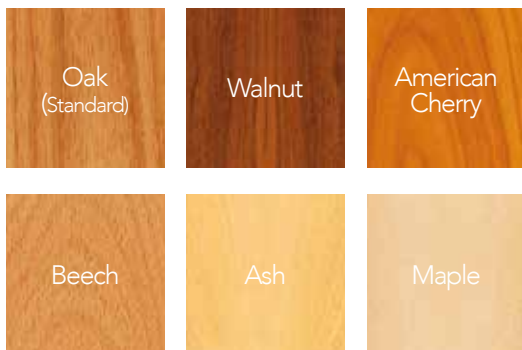


Elements desk double sided

## Colour / Finishes



White, black and silver frames available as standard.  
Multiple colours available upon request  
(longer lead time with off standard colours).



## Accessories

Large volume cable duct for discreet power and data cable management.



Desktop accessories such as monitor arms, desktop power modules and IT access flaps are all available and integrate seamlessly with the system (multiple accessories available upon request).



## You're in safe hands.

**farrell**  
making furniture work better



Farrell has been designing, making and supplying high quality contract furniture for more than 50 years.

Over the years, its workshop in Ardee, Co. Louth has evolved into a state-of-the-art 80,000 sq ft facility and the team has grown to more than 70. Farrell has some of Ireland's most experienced designers, craftsmen and fitters on hand to work on your project. The dedicated logistics platform and installation crew demonstrates its commitment to traditional service and attention-to-detail, something that really sets the company apart from its competitors.

Whether you need to plan a workspace or residential quarters from the beginning, or upgrade your existing infrastructure, Farrell has a solution. Working with only the highest quality materials to design, supply and fit tailored solutions on-time and on-budget every time, you can rest assured that you're in safe hands.

