

HermanMiller  
Ratio



## Sit. Stand. Move. Repeat

The average worker spends between three and eight hours a day at their desk, with many of us spending more time sitting down than sleeping.

Research shows links between sedentary lifestyles and an increased risk of diabetes, obesity, heart disease and some kinds of cancer.

Standing for short periods increases blood flow, burns extra calories, and increases our metabolism. Extended standing can lead to increased risk of back pain and fatigue, so it's best to switch positions during the day.

Height adjustable furniture can reduce sitting times by up to 60%<sup>1</sup>, and by alternating between sitting and standing our bodies are healthier.



1. Alkhajah, T. A. (2012). Sit-Stand Workstations: A Pilot Intervention to Reduce Office Sitting Time. *American Journal of Preventive Medicine*, 43(3), 298-303.

Find the balance between sitting  
and standing at your desk



### **Ratio: Your desk, your way**

Research shows that moving from one posture to another is beneficial to our health – people who move more, feel better. And people who feel better, work better.

The Ratio height adjustable desk enables a smooth transition between sitting and standing. Users can vary their posture as they need, to find the right balance between sitting and standing throughout the day.

Ratio can be specified as single or back-to-back desks in unlimited clusters, working with our other desking solutions to complete any floor plate.





## Effortless Design

With its clean lines and lightweight design, Ratio has been designed to blend into the modern office environment.

Ratio encourages users to move and change their posture throughout the working day. It is available with two kinds of electric height adjustment, including programmable pre-sets for use at assigned desks; this means a user can adjust their desk to exactly the right height for them at the touch of a button. Manual height adjustment is also available.

There are a number of different screen options for Ratio, depending on the configuration of the work space. When used in a standalone format, the screen is optional; if included, the screen moves up and down simultaneously to afford the user additional privacy. In a back-to-back formation, the screen remains in a fixed position between the two desks.

Ratio's design ensures that ergonomic tools such as monitor arms are fully supported. This enables the user to easily modify the position of one or more monitors when adjusting their own posture.

## Details and Features



Electric height adjustment, including programmable pre-sets for use at assigned desks.



The high capacity vertical riser provides 360° access for power entry in a compact form.



Back-to-back tray with lid to neatly hide cable management.



The distinctive H profile design ensures an uncluttered workspace.



Ratio works seamlessly with our other products, from desking and storage systems to task chairs and complementary side tables.

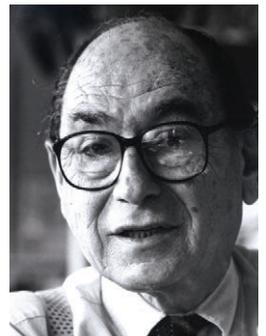
## Design Heritage: A story continued

Herman Miller has always believed in the importance of supporting a variety of postures and encouraging healthy movement while you work. An alternative to sitting down at the desk is woven into our design history. In the 1960s both Robert Propst and George Nelson pioneered the concept of alternative working positions.

Propst, the creator of Action Office, the world's first open-plan office system, designed a hybrid of a stool and chair he termed a 'perch'. Nelson, who was appointed Design Director in 1947, enjoyed standing around at work and thought others might also. He designed a stand-up, roll-top desk for the Action Office line. Both designers recognised the benefits of standing whilst working, long before the term 'ergonomics' was widely known or understood.



Robert Propst

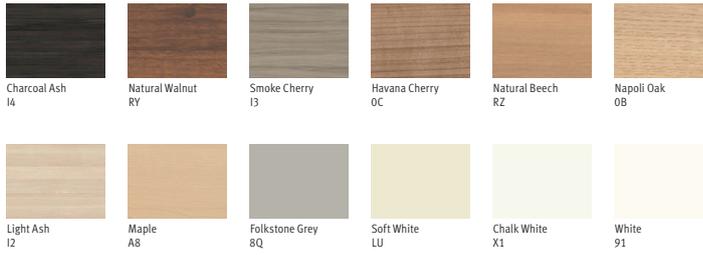


George Nelson

## Materials

Please speak to your Herman Miller representative for the most current textile and material offering for Ratio.

### Melamine worksurface finishes



### Veneer worksurface finishes



### Trim and understructure finishes

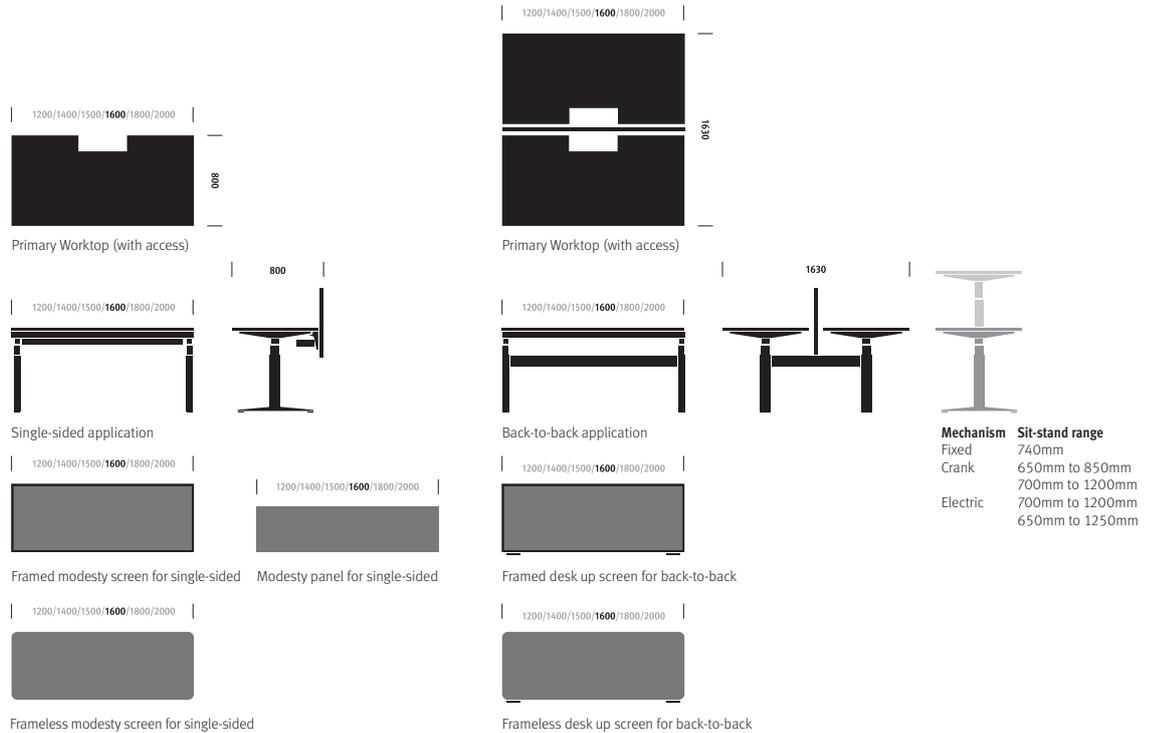


### Screen upholstery



## Components

Ratio uses a simple set of elements to integrate with common workspace configurations.



For more information, please visit [hermanmiller.co.uk](http://hermanmiller.co.uk) or call +44 (0)845 226 7201.