GRESHAM

THE RISE RANGE

SIT/STAND DESKING

GRESHAM

THE RISE RANGE

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THE RISE RANGE

INTRODUCTION

Create a healthy, productive workplace with Rise

We spend at least nine hours of our day sitting down. This includes commuting to work, the time we spend at our desks and our leisure time. Sitting down for such long periods can significantly impact on our health and wellbeing. Sitting for long periods has been found to slow our metabolism, affecting the body's ability to regulate blood sugar and blood pressure, and also slowing the breakdown of fat. It also impacts on our posture and digestion, but perhaps more significantly, it affects our mood and productivity.

Standing desks break this cycle of prolonged sitting and can help reduce the considerable stress on our bodies. Standing more during our work time can help us avoid the typical muscular aches and pains experienced from being sedentary. It can also significantly improve our productivity by up to 20% throughout the day.

The Rise Range

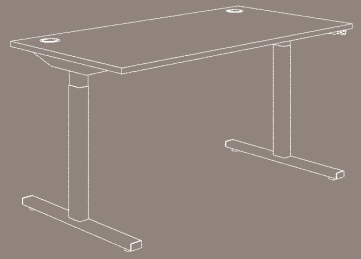
The Rise family of desks include the Rise, Rise Lite and Rise Squared. Each has been expertly designed to deliver the benefits of sitting and standing in the ever-changing modern workplace. The beauty of these desks is that each model can be quickly and easily adjusted from a seated height of 635mm up to a standing height of 1290mm. Each desk can be adjusted to suit our own individual height whenever required, ensuring our working day is always comfortable, whether we are standing or sitting. Sit-stand desks enable us to vary our posture and avoid the considerable health risks linked with prolonged sitting.

Rise Squared with Endframe Infill Panels with Light Concrete Tops

THE RISE RANGE

HEIGHT ADJUSTABLE DESKING

For anyone working in a modern, fast-paced workplace, wellbeing and productivity are more important than ever. The Rise family of sit/stand desks create a healthy and productive working environment, offering the choice of sitting and standing throughout the workday.

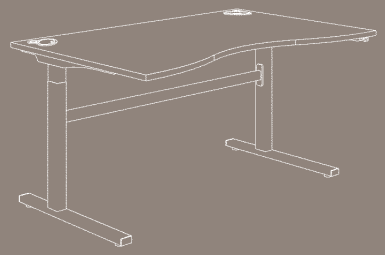


RISE LITE

Rise Lite is a cost-effective version of Rise with no cross bar and a Type A control panel. Rise Lite can be dressed for the occasion with a selection of optional accessories, such as cable trays, spines or modesty panels.

Rectangular	✓
Single Wave	✓
Double Wave	✓
Workstations	✗
120 Degree Workstations	✗

Height Range: 720mm - 1220mm

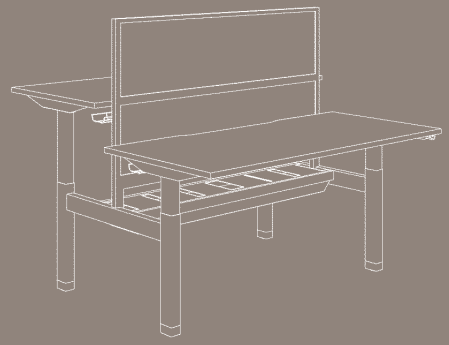


RISE

Rise is a stand-alone desk with a cross bar for enhanced stability. It has a scalloped top for cable egress and accepts desktop accessories. Cable baskets with cable risers are available to allow for fluid mobility, along with fixed CPU holders.

Rectangular	✓
Single Wave	✓
Double Wave	✓
Workstations	✓
120 Degree Workstations	✓

Height Range: 635mm - 1290mm



RISE SQAURED

Rise Squared is a premium bank of two desks back to back, fixed together by a fully welded frame with integral cable control, split by a two-tier screen. Both desks have a scalloped top for cable egress and accepts desktop accessories.

Rectangular	✓
Single Wave	✓
Double Wave	✓
Workstations	✗
120 Degree Workstations	✗

Height Range: 630mm - 1280mm

F0800 Artichoke
F5341 Wasabi
MADE IN BRITAIN
PANTONE
19-4053
Turkish Sea
PANTONE
Vanilla
3253-102
Canary
3253-201
Mango
3253-202
Persimmon
3253-703
Fire Engine
3253-301
Peony
3253-302

RISE LITE

SYNOPSIS

The Rise Lite delivers a cost-effective, simple yet versatile desk or table for the workplace, that can be adjusted in height as required. The desk comes with a Type A control panel that offers flexibility and control to the user, which can be tucked away when not in use. Desktops can be specified with cable ports or scallops for effective cable management and the choice of Rectangular, Single Wave or Double Wave desktops. Modesty panels can also be added to screen off the seated area if required. Delivered fully assembled, its sleek design blends into any modern office environment.

Rise Lite Rectangular Desk in Cluster of 4 with GOF Floor Standing Screens

RISE

SYNOPSIS

The Rise desk solution looks similar to the Rise Lite, but comes with a reinforced bar underneath the table top to create a stronger structure. Rise comes with four options of desktop controls and is also compatible with Height Adjustable Sit/Stand Bluetooth Apps. Like the Rise Lite, desktops can be specified with cable ports or scallops for effective cable management. Choose between Rectangular, Single Wave, Double Wave, Workstations or 120 Degree desktop set ups with the option of modesty panels if required. Delivered fully assembled, its sleek reinforced design blends into any modern office environment.

Rose 120 Degree Workstations

RISE SQUARED

SYNOPSIS

The Rise Squared desks provide a versatile sit-stand solution, without the traditional limitations of sit-stand desks. With scalloped tops for easy cable management, the Rise Squared is also available with integral cable control. It is compatible with desk screens and desktop accessories. Rise Squared is available with a selection of control panels to create a sit-stand desk that is the most beneficial for the user. The electric height adjustment controls deliver a smooth transition from sitting to standing, enabling users to vary their posture throughout the day. Desktops can be specified with cable ports or scallops for effective cable management.

Rise Squared with Endframe Infill Panels with Royal Oak Tops

Rise Squared with Endframe Infill Panels with Light Concrete Tops

THE RISE RANGE
HEALTH BENEFITS

12 HOURS

the amount of time the average person sits per day

4th LEADING

risk factor for global mortality is physical inactivity

3.2 MILLION

deaths a year are related to physical inactivity

100% of workers reported positive effects on mood states after reducing sitting time

72%

of workers will be mobile by 2020

Source: International Data Corporation

BRAIN POWER

Standing delivers more oxygen and nutrients to the brain through improved blood flow

IN THE OFFICE

Studies show movement is linked to improved concentration and greater productivity

IN THE CLASSROOM

Studies show that movement strengthens learning and improves memory and retrieval

37% of men spend less than 30 minutes a day up on their feet at work

45% of women spend less than 30 minutes a day up on their feet at work

50% regularly eat their lunch at their desk

Source: Get Britain Standing / British Heart Foundation

Most Common Pain Areas

- 63% LOWER BACK
- 53% NECK
- 38% SHOULDER
- 33% WRIST

The huma designed

It's a common misconception that exercise can compensate for too much sitting. Even if you engage in the doctor-recommended 150 minutes of moderate to vigorous activity per week, you are still subject to the negative impact of too much sitting.

Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest.

BBC NEWS

HEART RATE

79

SEATED

Average Beats
Per Minute

89

STANDING

Average Beats
Per Minute

an body is
to move

Office workers spend approximately two-thirds of the working day in seated tasks

TYPE 2 DIABETES

As the rate of those affected with Type 2 diabetes continues to increase, breaking up sedentary time can aid in managing insulin levels and reducing that risk, as there is a significant correlation between excessive sitting and diabetes. Interrupting sitting time can be effective in lowering postprandial glucose and insulin levels.

SITTING DISEASE

Daily excercise is not enough to counteract excessive sitting. If you are physically inactive you are at significant risk; and if you are physically active you're still at high risk.

Source: Ergotron Just Stand

Alternate

between sitting and standing every 30 minutes for optimum health

Standing burns 50 calories more per hour than sitting

THE BENEFITS

There are a great number of attainable benefits to our health, our minds and our bodies, if we simply choose to stand up, sit less and move more.

MIND

Standing more can increase your energy and productivity levels, lower your stress and improve your mood.

HEALTH

Standing more can lower your risk of serious health issues ranging from cancer to early mortality.

BODY

Standing more can boost your metabolism, tone muscles and even reduce common aches and pains.

Average Daily Activities

Sleeping
8 Hours

Sitting at Work
7.5 Hours

Watching Television
1.5 Hours

Leisure Time
1.5 Hours

On Home Computer
1.5 Hours

Eating
1 Hour

Active/Standing
3 Hours

Source:
Ergotron Just Stand

THE RISE RANGE

BODY POSTURE

Adopting the correct sitting and standing positions is essential for maintaining good posture and a healthy back and spine. Most people can improve their sitting posture by following a few simple guidelines and help reduce the risk of health issues.

Correct Sitting Posture

Wrong Sitting Posture

Correct Standing Posture

Sitting down for too long is a 'silent killer', medics warn

A report published in the British Journal of Sports Medicine recommends that workers find ways to stand for an extra four hours every day

The Daily Telegraph

Rise Lite with White Desktops

THE RISE RANGE

POWER & CABLE MANAGEMENT

We understand the need for connectivity in the forms of power, data and communications. Whether they're using mobile devices or permanently hosted equipment, desking can be 'dressed' with a simple management system that controls cables along its length, or fitted with modules that allow users to plug and play whenever the need arises. We seamlessly integrate units into the top to create a premium feel and enhanced experience, forming an easily accessible power outlet which reduces the hazard of cables across the workplace floor.

W2BLACK
80mm Dia. Circular Double Sided Cable Port - Black

W80SIL
80mm Dia. Circular Double Sided Cable Port - Silver

W80WHITE
80mm Dia. Circular Double Sided Cable Port - White

DTPXTPH
1x UK Power & Twin USB Fast Charge
Available in Black or White

DTPT-20
1x UK Power & Twin USB Fast Charge 2x Cat 6 Data

DTPT02U
2x UK Power & Twin USB Fast Charge

DTPCA
Qi Compatible Aircharge Module with Black Inner and Aluminium Bezel

DTPCB
Qi Compatible Aircharge Module with Black Inner and Black Bezel

2x UK Power & Twin USB Fast Charge

THE RISE RANGE

CONTROLLERS

The Rise Range offers a choice of four controllers to allow the user to adjust the desk height to plan a more comfortable working position.

TYPE A

Ideal for users who only require up and down functions. Panel can be retracted when not in use.

TYPE B

As well as the up and down functions, this panel can be programmed with up to three set heights.

TYPE C

As well as the up and down functions, this panel can be programmed with up to three set heights, with digital height display

TYPE E

This angled control has an intuitive tilt function for activation. It has integrated Bluetooth connectivity that is compatible with `Desk Control' apps and a digital display. It can be programmed with up to four memory positions.

Rise Type C Control Panel

THE RISE RANGE

BLUETOOTH CONTROLLER

Desk Control is an app developed for users of sit/stand desks. The app allows the user to connect to the desk via Bluetooth® wireless technology and will now motivate to use the desk efficiently. The app tracks the usage of the desk shown and helps the users reach their daily goal by sending reminder notifications on the smart device. By downloading the “Desk Control” app, the desk user comes one step closer to changing the prolonged sitting behaviour and the user gets the friendly reminder needed to build a healthy routine during the workday.

Bluetooth Controller

THE RISE RANGE

MFC FINISHES

Gresham MFC Collection - Surfaces

A chic choice of 12 classic wood grain finishes and 5 fashionable yet subtle colours.

Alpine Oak

Beech

Elm

Ash

Maple

Walnut

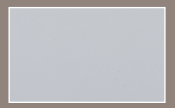
Dark Walnut

Light Beech

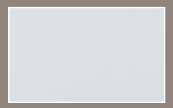
Royal Oak

Apple

Black


Grey

Silver


White

Midnight Ash

Nordic Ash

Light Concrete

Gresham MFC Collection - Edging

Superior high impact resistant ABS edging is used on all our board finishes in preference to the less environmentally friendly Polyvinyl Chloride (PVC).

Alpine Oak

Beech

Elm

Ash

Maple

Walnut

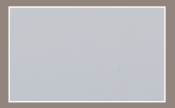
Dark Walnut

Light Beech

Royal Oak

Apple

Black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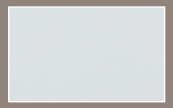
Silver


White

Midnight Ash

Nordic Ash

Light Concrete

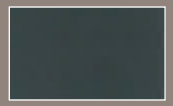
Multiplex

THE RISE RANGE

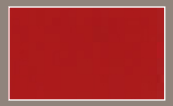
LAMINATE FINISHES

The Kiko Collection - Surfaces

A deluxe selection of plain colours, wood grain effect High Pressure Laminate finishes.

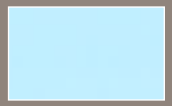

6632
Pewter Grey

6471
Sunny Yellow


6472
Rosso

6469
Sea Blue

6470
Pine Green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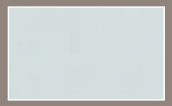
Powder Blue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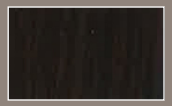
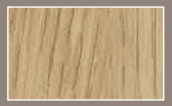
Silk Grey


6685
Batu Wenge

6683
Mountain Maple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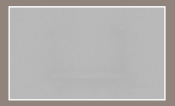
Summer Oak

White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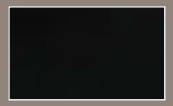
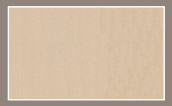

Black

Beech

Elm

Ash

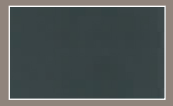

Light Beech

Walnut

Dark Walnut

The Kiko Collection - Edging

Match or complement your chosen Laminate with ABS edging.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Pewter Grey

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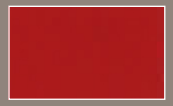
Sunny Yellow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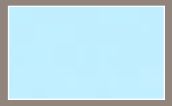
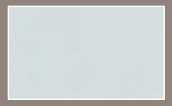
Rosso

6469
Sea Blue

6470
Pine Green


0392
Powder Blue


6466
Silk Grey

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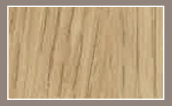
Batu Wenge

6683
Mountain Maple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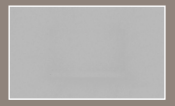
Summer Oak

White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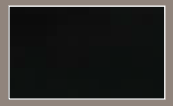

Black

Beech

Elm

Ash

Light Beech

Walnut

Dark Walnut

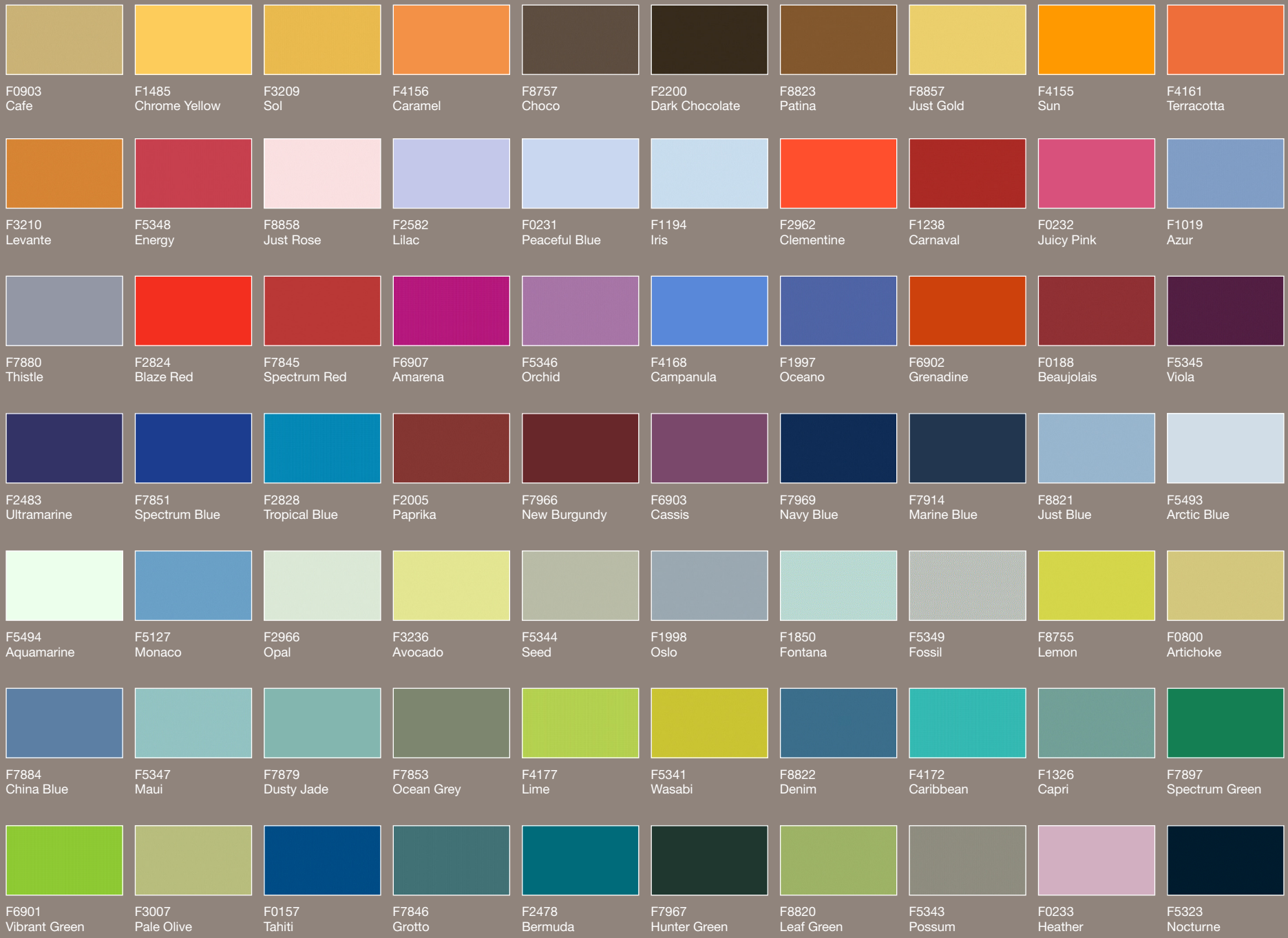
Multiplex

THE RISE RANGE

LAMINATE FINISHES

The Halo Collection

120 Plain Colours answering key interior trends for new blues, pastels and nature inspired eco palettes.
We have a large selection of matching Edging to choose from that perfectly compliments our Halo Collection.


F0903 Cafe
F1485 Chrome Yellow
F3209 Sol
F4156 Caramel
F8757 Choco
F2200 Dark Chocolate
F8823 Patina
F8857 Just Gold
F4155 Sun
F4161 Terracotta
F3210 Levante
F5348 Energy
F8858 Just Rose
F2582 Lilac
F0231 Peaceful Blue
F1194 Iris
F2962 Clementine
F1238 Carnaval
F0232 Juicy Pink
F1019 Azur
F7880 Thistle
F2824 Blaze Red
F7845 Spectrum Red
F6907 Amarena
F5346 Orchid
F4168 Campanula
F1997 Oceano
F6902 Grenadine
F0188 Beaujolais
F5345 Viola
F2483 Ultramarine
F7851 Spectrum Blue
F2828 Tropical Blue
F2005 Paprika
F7966 New Burgundy
F6903 Cassis
F7969 Navy Blue
F7914 Marine Blue
F8821 Just Blue
F5493 Arctic Blue
F5494 Aquamarine
F5127 Monaco
F2966 Opal
F3236 Avocado
F5344 Seed
F1998 Oslo
F1850 Fontana
F5349 Fossil
F8755 Lemon
F0800 Artichoke
F7884 China Blue
F5347 Maui
F7879 Dusty Jade
F7853 Ocean Grey
F4177 Lime
F5341 Wasabi
F8822 Denim
F4172 Caribbean
F1326 Capri
F7897 Spectrum Green
F6901 Vibrant Green
F3007 Pale Olive
F0157 Tahiti
F7846 Grotto
F2478 Bermuda
F7967 Hunter Green
F8820 Leaf Green
F5343 Possum
F0233 Heather
F5323 Nocturne

NEED IT DIGITAL?

Visit our brand new website which features High Resolution Imagery, Specification Sheets and CAD Blocks of all our Ranges.

WWW.GOF.CO.UK

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GRESHAM OFFICE FURNITURE

Platinum Park, Lynstock Way, Bolton BL6 4SA
Tel: 01204 664422 • Fax: 01204 664433
Email: info@gof.co.uk

65 Clerkenwell Road, London EC1R 5BL
Tel: 020 7242 5709
Email: londonshowroom@gof.co.uk

www.gof.co.uk

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