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Design | Build | Deliver

WELCOME

ABOUT US

- Office Fit-Out
- Office Refurbishment
- Office Furniture & Seating

Hunt Office Interiors is one of Ireland's leading office fit-out companies with over 20 years of experience.

We work with companies from all sectors providing modern, fit-for-purpose workspaces for our clients using the most up to date products available.

With showroom facilities in Citywest, Dublin & Newcastlewest in Limerick, we'd love to show you what we can do.

Contact us today to arrange an appointment.

Web: huntofficeinteriors.ie
Email: interiors@huntoffice.ie
Tel: 01 623 0623

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Height Adjustable Desks

Ergonomists recommend we stand for at least 20% of our working day. A height adjustable or sit stand desk promotes healthy working. Switching between sitting and standing positively impacts both physiological health and psychological performance. We stock a selection of Sit Stand Solutions, with manual or electric control in a range of styles, finishes and colour options.

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Benefits of a Sit | Stand Desk

Preventing & reducing MUSCLE PROBLEMS
If you stay seated all day, your leg muscles and gluteus muscles will become inactive, thus reducing your ability to sit up straight. Alternating between sitting and standing positions is critical for us to keep our bodies healthy and prevent illness

Preventing & reducing POOR CIRCULATION
Remaining seated for too long may result in swollen ankles and varicose veins, caused by fluids sinking down into the legs. Regular movement adjusts the amount of load being put on the body, increases specific body part rest intervals, and thus reduces the adverse effect of risk factors.

Increased BRAIN ACTIVITY
If you stay fixed in one position, insufficient fresh, oxygen-rich blood will be pumped around the body, causing brain function to slow down. Employees who alternate between a sitting and standing positions will have more energy, experience reduced fatigue levels, and reduce their risk of injury caused by working in one body position too long.

Preventing & reducing HEART RISKS
Since muscles are less active while a person is seated, they burn less fat. Together with a higher blood pressure and elevated cholesterol levels, this increases the risk of heart disease.

Preventing & reducing BACK PROBLEMS
Staying seated for long periods causes weight pressure to be unevenly distributed over the spine, leading to spinal problems in the lower back. Standing just 15 min per hour provides great health benefits.

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Height Adjustable Desks

Health Benefits of Sit-Stand Desks

- LESS RISK OF CARDIOVASCULAR DISEASE
- MORE ENERGY
- IMPROVED OVERALL HEALTH
- WEIGHT LOSS
- BETTER CIRCULATION
- HIGHER PRODUCTIVITY
- IMPROVED BRAIN FUNCTION
- BETTER POSTURE

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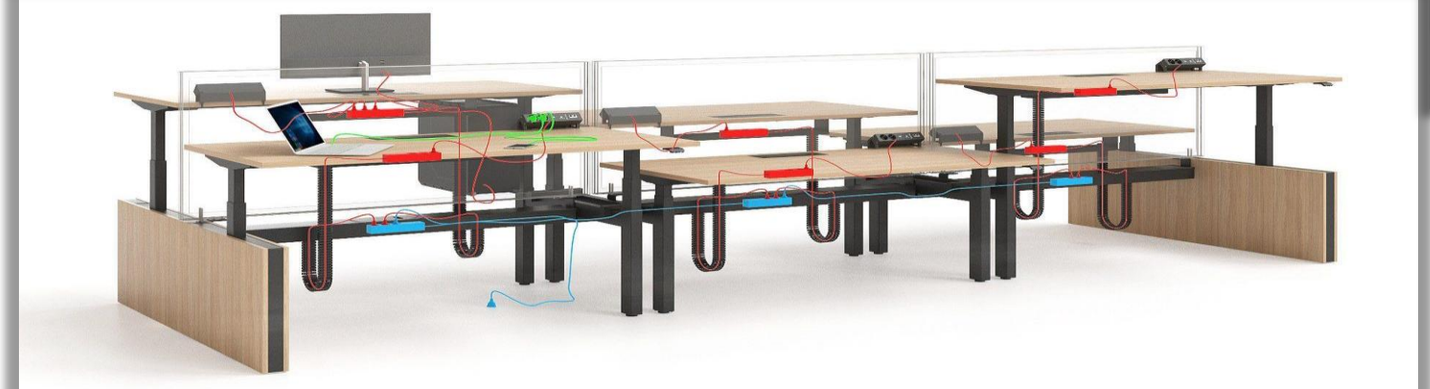
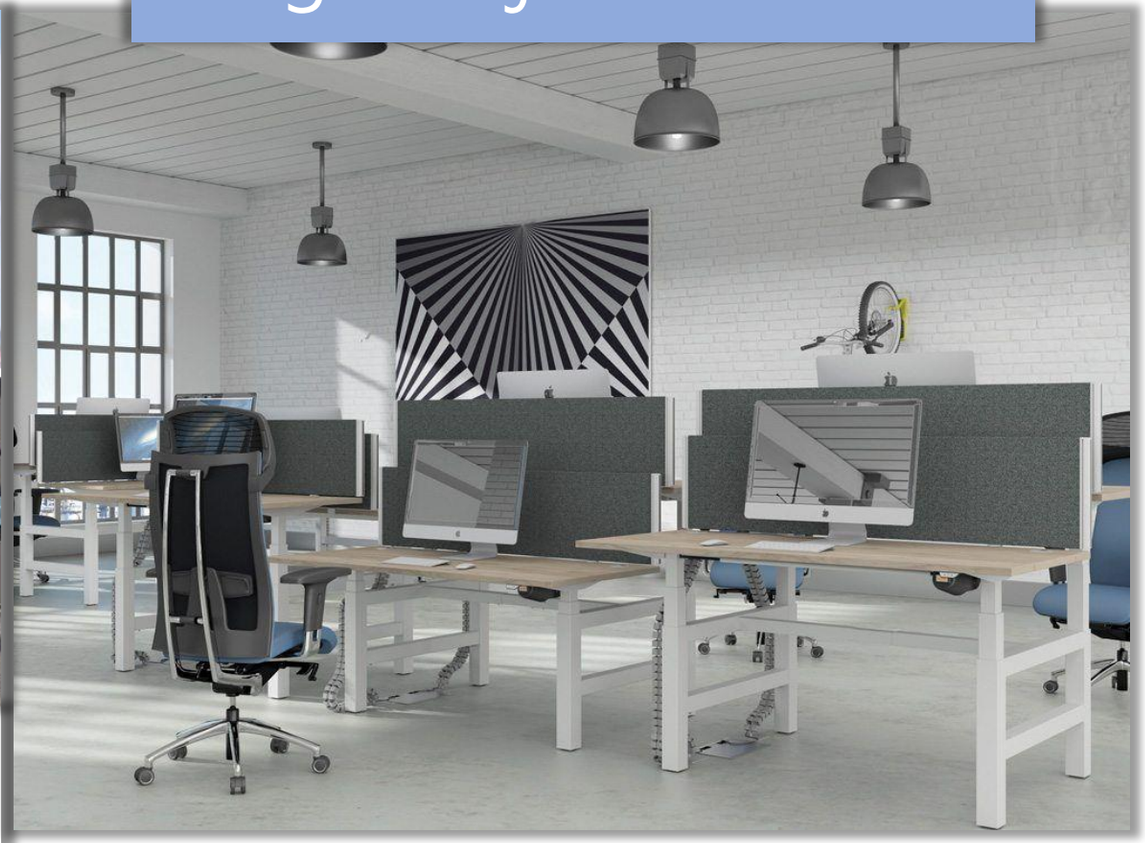
Height Adjustable Desks





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Height Adjustable Desks

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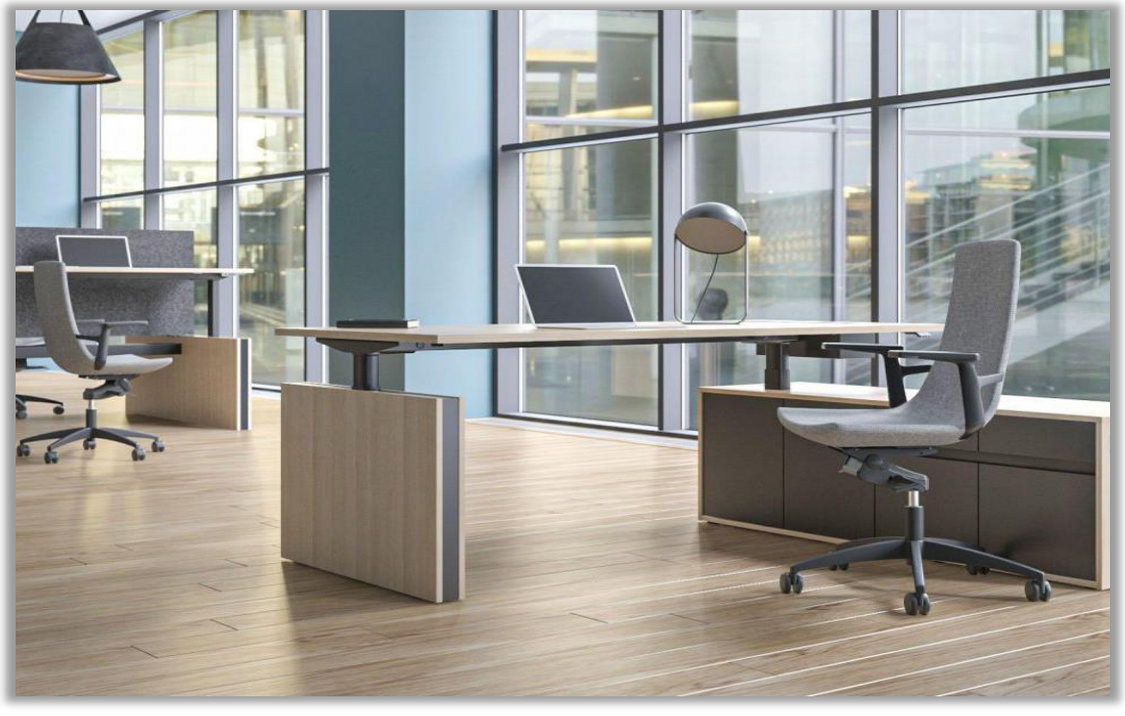
EXECUTIVE RANGE



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EXECUTIVE RANGE

Nationwide Fit Out Service

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