

Ergonomic workplaces



ERGO 400 workplace

The program of ergonomic workplaces offers a comprehensive range of products enabling more efficient and smoother flow of the material being processed. A better arranged workplace easily adaptable to the physical needs of the operator contributes to a reduction in his/her tiredness and increased performance. The height-adjustable workbenches with feet of 400 kg loading capacity are a suitable solution for the creation of individual and system workplaces. These workbenches can be equipped with feet of three types (adjustable in steps by 15 mm, smoothly by means of a hand crank or electrically). **The workbenches feature a robust frame for absolute rigidity, maximum loading capacity and stability of the workplace.** The column extension enables suspension of three rows of perforated panels and a wide variety of interchangeable elements of the suspension system with an arm loading capacity of 30 or 10 kg.



Basic colour scheme

Unless a required colour is specified in the order, the basic colour scheme of RAL 7035 for the housing and RAL 5012 for the door is used.



extension

columns for up to 3 panels,
optional supplementation with a lighting arm

hanging program

arms for ergo workplaces, tool and box holders,
hooks of various sizes, magnetic strips and others



mobile frame

in three variants, for suspension of panels,
shelves and minor accessories

Reach zones

They differ depending on the physical disposition of the user. The variability of the ergonomic workplace and hanging programs ensures the most comfortable reach.

1st zone – working space for both hands

2nd zone – comfortable reach for both hands

3rd zone – easy handling of tools with one hand

4th zone – storage space and the most distant working space



support frame

robust worktop frame for absolute rigidity,
maximum loading capacity and stability
of the workplace

worktop

in two variants - multiplex th. 40 mm,
laminated top th. 38 mm,
worktop depth 700 mm

workbench feet, loading capacity 400 kg

in three variants – feet adjustable in steps,
adjustable with a crank
and electrically adjustable



Standard configuration



ERGO workbench adjustable in steps with extension

Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO2N	2000	770 - 1170	260	147
lamination 38 mm	20ERGO5N	2000	770 - 1170	260	147

Feet adjustable in steps by 15 mm by means of screws, support frame under the worktop, work surface depth: 700 mm, column extension, 6 perforated panels, extension arm



ERGO workbench adjustable with a crank with extension

Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO8N	2000	790 - 1100	240	164
lamination 38 mm	20ERGO11N	2000	790 - 1100	240	164

Feet smoothly adjustable with a crank, support frame under the worktop, work area depth: 700 mm, column extension, 6 perforated panels, extension arm; the design does not enable hanging of a drawer cabinet



Electrically adjustable ERGO workbench with extension



Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO14N	2000	770 - 1170	260	151
lamination 38 mm	20ERGO17N	2000	770 - 1170	260	151

Electrically operated, smoothly adjustable feet, support frame under the worktop, work area depth: 700 mm, column extension, 6 perforated panels, extension arm

Workbenches and accessories





ERGO workbench adjustable in steps

Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO1	1500	770 - 1170	325	82,5
multiplex 40 mm	20ERGO2	2000	770 - 1170	300	100,0
multiplex 40 mm	20ERGO3	2500	770 - 1170	275	116,5
lamination 38 mm	20ERGO4	1500	770 - 1170	325	82,5
lamination 38 mm	20ERGO5	2000	770 - 1170	300	100,0
lamination 38 mm	20ERGO6	2500	770 - 1170	275	116,5

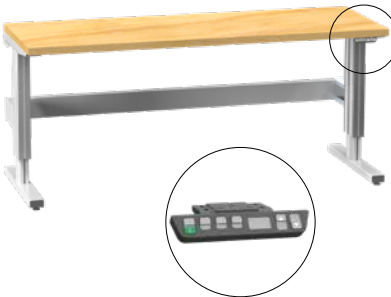
Feet adjustable in steps by 15 mm by means of screws, support frame under the worktop, work area depth: 700 mm





ERGO workbench adjustable with a crank

Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO7	1500	790 - 1100	300	99,5
multiplex 40 mm	20ERGO8	2000	790 - 1100	275	117,0
multiplex 40 mm	20ERGO9	2500	790 - 1100	250	133,5
lamination 38 mm	20ERGO10	1500	790 - 1100	300	99,5
lamination 38 mm	20ERGO11	2000	790 - 1100	275	117,0
lamination 38 mm	20ERGO12	2500	790 - 1100	250	133,5

Feet smoothly adjustable with a crank, support frame under the worktop, work area depth: 700 mm, the design does not enable hanging of a drawer cabinet




Electrically adjustable ERGO workbench

Worktop	Order number	W mm	H mm	 kg	 kg
multiplex 40 mm	20ERGO13	1500	770 - 1170	325	86,5
multiplex 40 mm	20ERGO14	2000	770 - 1170	300	104,0
multiplex 40 mm	20ERGO15	2500	770 - 1170	275	120,5
lamination 38 mm	20ERGO16	1500	770 - 1170	325	86,5
lamination 38 mm	20ERGO17	2000	770 - 1170	300	104,0
lamination 38 mm	20ERGO18	2500	770 - 1170	275	120,5

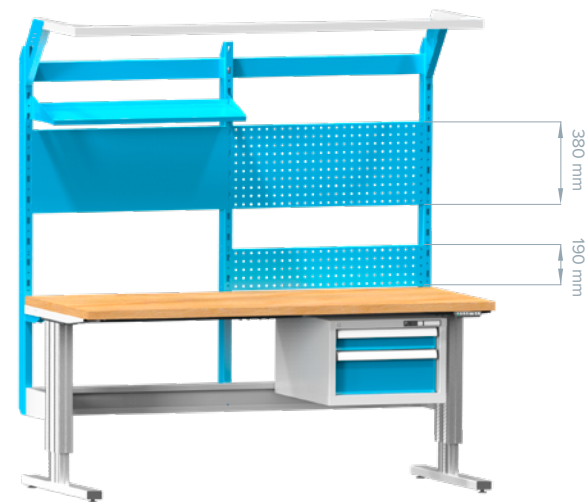
Electrically operated, smoothly adjustable feet, support frame under the worktop, work area depth: 700 mm



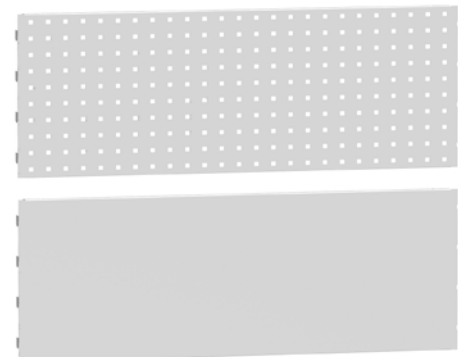
Drawer cabinet 27 x 27D

H mm	Order number	Drawer composition	 kg
390	ZA39-2ERGO	100E, 200E	34
390	ZA39-3ERGO	100E, 100E, 100E	40
390	ZA39-4ERGO	75E, 100E, 125E	40
390	ZA39-5ERGO	75E, 75E, 150E	40

Depth x width: 578 x 600 mm, the drawer cabinet cannot be located under the crank-adjustable workbench



For lighting, electrical equipment and other suspension systems, see www.nabytek-polak.cz or the main Workshop Furniture 2018/1 catalogue.



Column extension

W mm	Order number	Number of panels	kg	kg
1500	20NS7E	3	120	14
2000	20NS8E	3	120	21
2500	20NS9E	3	120	22

The structures are supplied as a unit; the column height cannot be changed. The height above the work area is 1142 mm

Shelf

Order number	D x W mm	kg
8NPO10-1	206 x 1000	3,2
8NPO12-1	206 x 1200	3,8
8NPO15-1	206 x 1500	4,5
8NPO10-2	370 x 1000	5,0
8NPO12-2	370 x 1200	5,8
8NPO15-2	370 x 1500	7,0
20NPO6E	206 x 600	2,0

Solid panel / perforated panel

Order number of solid panel	Order number of perforated panel	H x W mm	kg
8NP10	8NPP10	380 x 1000	3,0
8NP12	8NPP12	380 x 1200	3,7
8NP15	8NPP15	380 x 1500	4,7
	8NPP10H	190 x 1000	1,7
	8NPP12H	190 x 1200	2,1
	8NPP15H	190 x 1500	2,6
	20NPP6E	380 x 600	2,0

Arm with AI profile

Order number	W mm	kg	kg
8ALNR15	1500	6	6,2
8ALNR20	2000	6	7,2
8ALNR25	2500	6	8,1

The arm can be supplemented with a pneumatic quick coupling, adjustable by 130 mm, 40 x 40 mm profile, delivered without columns

Hanging trolley

Order number	W x D x H mm	kg
8NV1	35 x 60 x 20	5



Suspension program



The arm with 10 kg loading capacity can be fixed to columns at any height. Choose a suitable variant from the accessories below.

10 kg arm

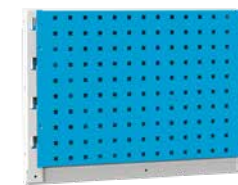
Order number	kg	kg
20ERY1	10	3



The arm with 30 kg loading capacity can be fixed to columns at one height. Choose a suitable variant from the accessories below.

30 kg arm

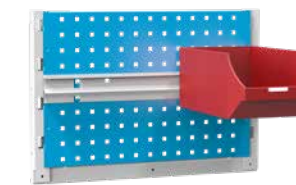
Order number	kg	kg
20ERY2	30	4



Fork with perforated panel

Order number	kg
20ERY3	5

The perforated panel can be located on both sides of the fork



Fork with box holders

Order number	kg
20ERY4	5,5

The perforated panel can be located on both sides of the fork, box not included



Fork with tilting shelf

Order number	kg
20ERY5	7



Monitor and keyboard holder

Order number	Holder design	kg
20ERY6	for monitor	1
20ERY7	for keyboard	3
20ERY8	for monitor and keyboard	4



Fixed shelf

Order number	kg
20ERY9	5



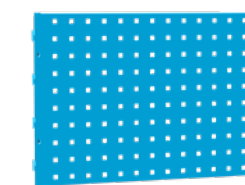
Shelf

Order number	kg
20NPO6E	2



Fork

Order number	kg
20ERY10	3,3



Perforated panel

Order number	kg
20NPP6E	1,7



Tilting shelf

Order number	kg
20ERY52	3,5



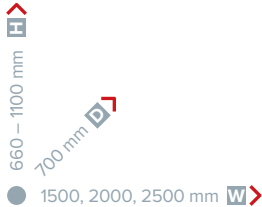
Box holder

Order number	kg
20YV4	0,4

Only applicable to perforated panel

ESD ERGO 240 workplace

The program of ergonomic workplaces offers a comprehensive range of products enabling more efficient and smoother flow of the material being processed. A better arranged workplace easily adaptable to the physical needs of the operator contributes to a reduction of his/her tiredness and increased performance. The height-adjustable workplace with 240 kg loading capacity of the feet is an economically more acceptable variant of electrically adjustable workbenches. **The workbenches feature a robust frame for absolute rigidity, maximum loading capacity and stability of the workplace.** The column extension enables the suspension of two rows of perforated panels and a wide variety of interchangeable elements of the suspension program with an arm loading capacity of 10 kg. These workbenches are a suitable variant for the creation of light assembly workplaces, both individual and system ones.



Standard configuration

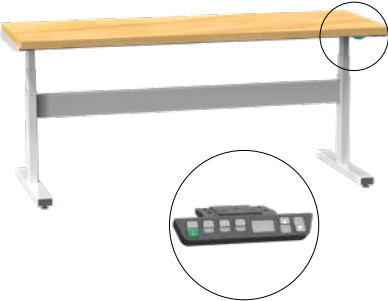


Electrically adjustable ERGO workbench with extension

Worktop	Order number	W mm	H mm	kg	kg
multiplex 40 mm	20ERGO20N	2000	660 - 1100	130	133
lamination 38 mm	20ERGO23N	2000	660 - 1100	130	133

Electrically operated smoothly adjustable feet, support frame under the worktop, work area depth: 700 mm, column extension, 4 perforated panels, extension arm

Workbenches and accessories



Electrically adjustable ERGO workbench

Worktop	Order number	W mm	H mm	kg	kg
multiplex 40 mm	20ERGO19	1500	660 - 1100	190	73,5
multiplex 40 mm	20ERGO20	2000	660 - 1100	175	89,0
multiplex 40 mm	20ERGO21	2500	660 - 1100	160	104,0
lamination 38 mm	20ERGO22	1500	660 - 1100	190	73,5
lamination 38 mm	20ERGO23	2000	660 - 1100	175	89,0
lamination 38 mm	20ERGO24	2500	660 - 1100	160	104,0

Electrically operated smoothly adjustable feet, support frame under the worktop, work area depth: 700 mm; the design does not enable hanging of a drawer cabinet



Column extension

W mm	Order number	Number of panels	kg	kg
1500	20NS10E	2	60	12,5
2000	20NS11E	2	60	18,0
2500	20NS12E	2	60	19,0

The structures are supplied as a unit; the column height cannot be changed, the height above the work area is 1142 mm

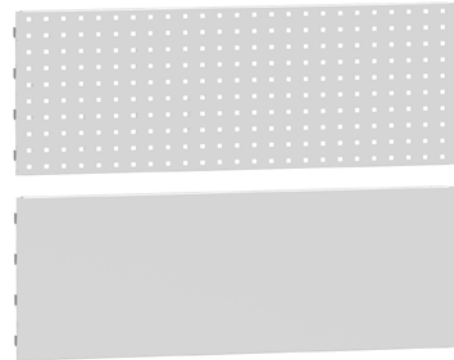


For lighting, electrical equipment and other suspension systems, see www.nabytek-polak.cz or the main Workshop Furniture 2018/1 catalogue.



Shelf

Order number	D x W mm	kg
8NPO10-1	206 x 1000	3,2
8NPO12-1	206 x 1200	3,8
8NPO15-1	206 x 1500	4,5
8NPO10-2	370 x 1000	5,0
8NPO12-2	370 x 1200	5,8
8NPO15-2	370 x 1500	7,0
20NPO6E	206 x 600	2,0



Solid panel / perforated panel

Order number of solid panel	Order number of perforated panel	H x W mm	kg
8NP10	8NPP10	380 x 1000	3,0
8NP12	8NPP12	380 x 1200	3,7
8NP15	8NPP15	380 x 1500	4,7
	8NPP10H	190 x 1000	1,7
	8NPP12H	190 x 1200	2,1
	8NPP15H	190 x 1500	2,6
	20NPP6E	380 x 600	2,0



Hanging trolley

Order number	W x D x H mm	kg
8NV1	35 x 60 x 20	5

Arm with Al profile

Order number	W mm	kg	kg
8ALNR15	1500	6	6,2
8ALNR20	2000	6	7,2
8ALNR25	2500	6	8,1

The arm can be supplemented with a pneumatic quick coupling, adjustable by 130 mm, 40 x 40 mm profile, delivered without columns



Basic colour scheme

Unless a required colour is specified in the order, the basic colour scheme of RAL 7035 for the housing and RAL 5012 for the door is used.



Suspension program



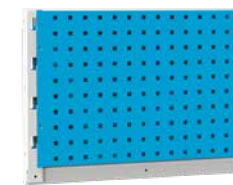
The arm with 10 kg loading capacity can be fixed to columns at any height. Choose a suitable variant from the accessories below.

10 kg arm

Order number	kg	kg
20ERY1	10	3



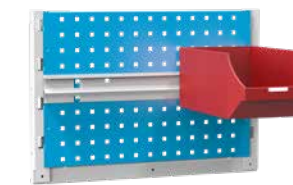
The ERGO 240 workbench extension does not enable location of a suspension holder with 30 kg loading capacity.



Fork with perforated panel

Order number	kg
20ERY3	5

The perforated panel can be located on both sides of the fork



Fork with box holders

Order number	kg
20ERY4	5,5

The perforated panel can be located on both sides of the fork, box not included



Fork with tilting shelf

Order number	kg
20ERY5	7



Monitor and keyboard holder

Order number	Holder design	kg
20ERY6	for monitor	1
20ERY7	for keyboard	3
20ERY8	for monitor and keyboard	4



Fixed shelf

Order number	kg
20ERY9	5



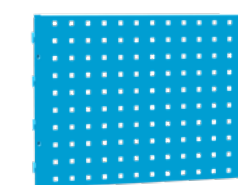
Shelf

Order number	kg
20NPO6E	2



Fork

Order number	kg
20ERY10	3,3



Perforated panel

Order number	kg
20NPP6E	1,7



Tilting shelf

Order number	kg
20ERY52	3,5



Box holder

Order number	kg
20YV4	0,4

Only applicable to perforated panel



ERGO Accessories

structure

the robust and sturdy structure of the mobile frame enables placement and transport of small components and tools

handle

to facilitate handling

perforated / solid panels

choose from two variants of hanging panels - perforated for fastening the suspension system or a solid panel suitable as a shield

hanging program

for the variants, see www.polak.eu

For plastic boxes and a suitable suspension program, see www.nabytek-polak.cz or the Workshop Furniture 2018/1 catalogue.



shelf

in two depths

fixed shelf

included in the mobile frame ERGO1

castors

made from grey rubber, 2 swivel with brakes, 2 fixed ones



ERGO1 mobile frame

Order number	W x D x H mm	kg	kg
20MRERGO1	1080 x 840 x 1926	280	56

1 lower shelf, 2 castors KN 100 mm, 2 castors KNOB 100 mm

Mobile frame handle

Order number	
20MRERGO1M	

Solid panel / perforated panel

Order number of solid panel	Order number of perforated panel	H x W mm	kg
8NP10	8NPP10	380 x 1000	3,0
	8NPP10H	190 x 1000	1,7

Shelf

Order number	D x W mm	kg
8NPO10-1	206 x 1000	3,2
8NPO10-2	370 x 1000	5,0



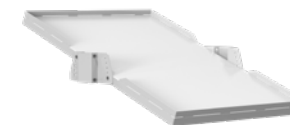
Cesta na Brdo 85, 1000 Ljubljana
tel:+386 1 256 10 56, fax:+386 1 256 10 55
mailto:info@energe.si, <http://www.energe.si>



ERGO2 mobile frame

Order number	W x D x H mm	kg	kg
20MRERGO2	840 x 1080 x 1926	280	57

1 tilting shelf, 2 castors KN 100 mm, 2 castors KNOB 100 mm; with regard to the castors' loading capacity, we recommend that no more than 3 shelves are placed on the frame, can be fitted with shelves ERGO2 only



ERGO2 tilting shelf

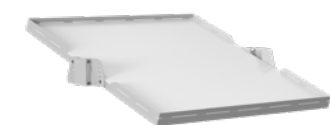
Order number	W x D mm	kg	kg
20MRERGO2P	706 x 1053	50	15



ERGO3 mobile frame

Order number	W x D x H mm	kg	kg
20MRERGO3	1170 x 1080 x 1926	280	68

1 tilting shelf, 2 castors KN 100 mm, 2 castors KNOB 100 mm; with regard to the castors' loading capacity, we recommend that no more than 3 shelves are placed on the frame, can be fitted with shelves ERGO3 only



ERGO3 tilting shelf

Order number	W x D mm	kg	kg
20MRERGO3P	1033 x 1053	50	20,5

Auxiliary table

Worktop	Order number	W x D x H mm	kg	kg
multiplex 40 mm	20PSERGO1	600 x 600 x 1500	15	30
lamination 38 mm	20PSERGO2	600 x 600 x 1500	15	30

1 perforated panel, height-adjustable

PC shelf

Order number	W x D x H mm	kg	kg
20PERGO	230 x 530 x 485	10	9,2

To be suspended under the worktop



850 - 1100 mm



The ergonomic workbenches can be connected with a corner module. The workbenches between which the corner module is placed must be of the same type; it cannot be placed between crank-controlled workbenches.

Corner module

Order number	kg	kg
20RERGO	50	20

