



Bring movement to the kitchen

# Ergonomics in the kitchen

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A healthy working position is important in all our everyday activities, whether we are at work or at home. Working in the right position has many benefits, for example:

- Increased calorie burn
- A better posture
- More energy

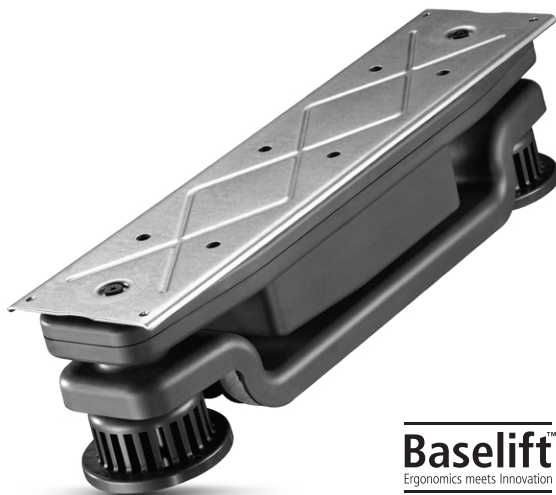
## **The correct working height**

At home, the kitchen is where we are most active. Still, only few kitchens accommodate our individual needs for different working heights. However, the LINAK Baselift™, the scene is about to change as the system brings an adjustment range of 10 centimetres to the kitchen.

## **A discreet solution for increased comfort**

The Baselift system is mounted in the kitchen base - hidden from plain sight. The height adjustable solution is developed to accommodate the ideal working height of all adult users of the kitchen.

With Baselift, ergonomics meets innovation in a solution that raises home comfort and creates new opportunities for aesthetic kitchen designs.



**Baselift™**  
Ergonomics meets Innovation

# Stand out with an innovative kitchen

- The market increasingly demands ergonomics and comfort in one solution
- The Baselift™ system is compact. It is installed in the kitchen base and does not affect the storage space in the kitchen
- The Baselift is a Plug & Play™ system that can be installed by a single person
- The Baselift is a unique solution that can make you stand out from the competitors



Watch mounting guideline  
[LINAK.COM/BASELIFT](https://linak.com/baselift)



# Optimal ergonomics for any chef

The measurement of a person's ideal working height is based on the elbow height. The ideal working height in a kitchen is 10 – 15 centimetres below the elbow height.

## Raise and lower according to needs

With an adjustability range of 10 centimetres, the Baselift™ accommodates the individual working height of most adults. The 10 centimetres adjustability range covers a difference of 20 centimetres in personal height.

Below you can see the correlation between the personal height and the working height.

Height in cm		Working height in cm	
155		85	
160		90	
165		93	
170	20 cm	95	10 cm
175		97	
180		100	
185		103	
190		106	



# Discreet solution with large benefits

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The Baselift™ is:

- A PVC-Free™ product developed with care for the environment
- A green solution with only 0,1W standby energy consumption
- A quiet solution with a low noise level
- A Plug & Play™ system that is easy to install
- A discreet solution that allows for storage space and design
- A trendsetter product to make you stand out in the market



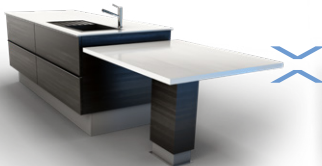
# Bring movement to the kitchen

The Baselift™ is just one solution that brings movement to the kitchen. With LINAK movement solutions, you can make large improvements to small kitchens.



## **Storage and working space**

*Raise the storage shelves while cooking for easy access to kitchen utensils. Lower the storage shelves again for a simple minimalist look.*



## **Working space and dining table**

*With a height adjustable side table it is possible for more people to work in an ergonomically correct height at the same time. The side table can also be lowered to the height of a dining table.*



## **Hidden extraction hood**

*Enjoy more space in the kitchen with an adjustable extraction hood that can be hidden when it is not in use.*



Building on our core values and the strong foundation of partnership, we offer a broad product range that can evolve with you – regardless of your need or requirement.



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