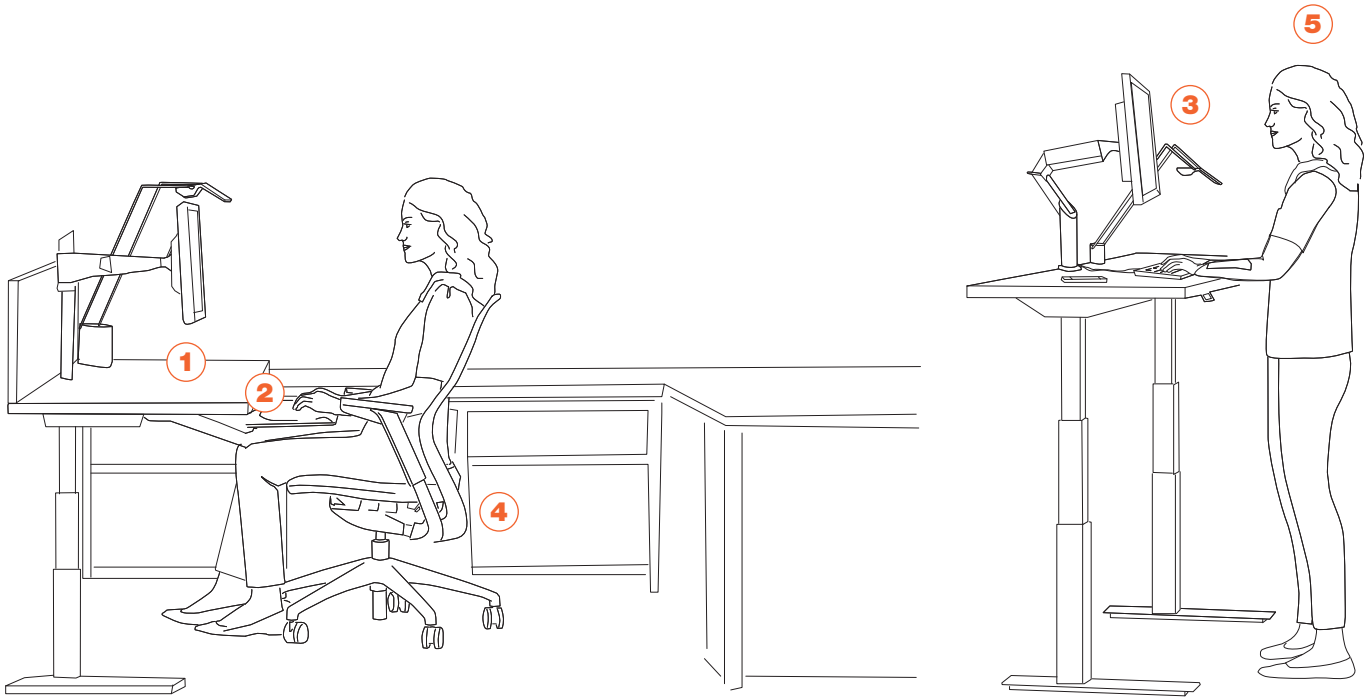


Ergonomic Setup: Sit-to-Stand Workstation



With the workplace changing, now more than ever, there is a focus on health and wellness. Research shows that moving throughout the day increases workplace satisfaction and morale, while reducing discomfort, ultimately decreasing employee absenteeism. Height-adjustable tables play an increasingly important role in contemporary office planning, offering flexibility, personalization and advanced ergonomic performance. The following tips will help set up an ergonomic workstation that ensures overall health, wellness and productivity.

1 Table Height

- + Table height or input devices should be just below elbow height when sitting or standing.

2 Keyboard

- + Keyboard should be within easy to reach and within the width of your shoulders.

3 Monitor

- + Monitor should be at eye level, approximately an arm's length away from you.

4 When sitting

- + The task chair should be able to fully support your back and the chair height should be set to allow your feet to fully touch the floor.

5 When standing

- + You should distribute your weight evenly and stand tall, and ensure that the keyboard and monitor are still set appropriately.