Creating an Ergonomic Environment

Good ergonomics is about more than just reducing discomfort and preventing injury. It takes the increasingly collaborative and social nature of office work into account, and provides solutions to support these new ways of working.

Knoll has a broad portfolio of ergonomic products which promote movement and flexibility while providing continuous support. The right mix of tools will create a comfortable and productive and environment for happy and engaged workers.
Holistic Ergonomics

At Knoll, we promote Holistic Ergonomics™ which goes beyond the traditional scope of ergonomics and is intended to enhance comfort, performance and improve overall well-being.

Holistic Ergonomics recognizes that the physical, mental and social aspects of work must be addressed together to create successful solutions. Whether it’s for an individual workstations or the overall layout of a space, the furniture solutions should allow for easy transitions between different types of work.

Knoll takes a holistic approach to ergonomics, which incorporates:

**Physical Aspects of Work**
Study of body size, capabilities—fit of the workplace to the individual

**Mental Aspects of Work**
Work load, job tasks, software interface—the individual at work

**Social, Collaborative Aspects of Work**
Formal and informal group work, transitions between modes—group spaces
Height-adjustable tables promote movement and different postures, allowing users to decide how they want to work.
Tone™ Height-Adjustable Tables; Generation by Knoll® Work Chair; Sapper XYZ™ Monitor Arm
Holistic Ergonomics includes considering the transitions between different types of work; a freestanding table helps spur spontaneous exchange and interaction.

Generation by Knoll® Work Chair; MultiGeneration by Knoll® Side Chair; Sapper® Monitor Arm; Sparrow® light
An ergonomic work chair, lighting and technology support products will help create a comfortable, productive work space.
ReGeneration by Knoll® Work Chair; Sapper® Monitor Arm; Copeland™ Light
Holistic Ergonomics also addresses creating comfortable and productive areas beyond the primary workstation.

Interpole, Toboggan, Pull Up Table, k. lounge Single Seat Bench with Back, Ottoman and Stool
Products to Promote Holistic Ergonomics

Ergonomic Task Seating  VIEW ALL  

Generation by Knoll  ReGeneration by Knoll  Life  Remix  Chadwick  MultiGeneration by Knoll

Monitor Arms  VIEW ALL  

Sapper XYZ  Sapper Single Monitor Arm  Sapper XYZ Crossbar  Sapper Double Monitor Arm  Sapper 50

Height-Adjustable Tables  VIEW ALL  

Tone Height-Adjustable Table

Lighting  VIEW ALL  

Sparrow  Copeland

Keyboard Supports  VIEW ALL  

Act II