

Ergonomic Positioning

At Workrite we believe every body has a right to work comfortably and safely for maximum productivity. You can trust Workrite, as 75% of Fortune 100 companies have, for solutions that fit today's diverse range of workers.

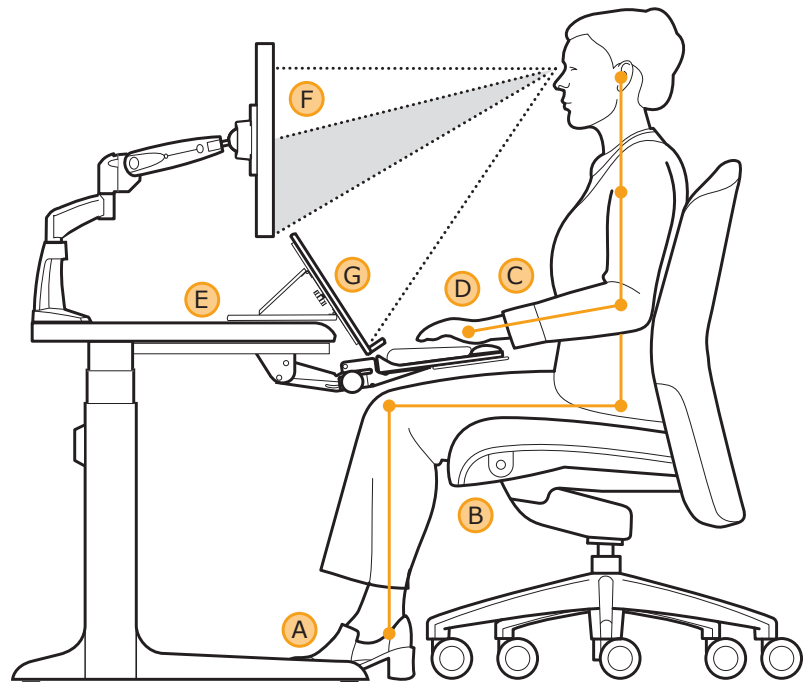
Products shown in illustration:

Flat Panel Monitor Arm:
SwingArm™

Height Adjustable Workcenter:
Sierra™ workcenter

Keyboard Arm and Platform System:
Banana-Board® System

Document Holder:
Rite-In-Line™



Perfect Positioning With the Proper Products

Slouching, slumping or bending forward at the waist in a chair can lead to discomfort, fatigue and backache. Follow these guidelines to help prevent problems from occurring when sitting at your workstation.

- A** Adjust the height of your seat so that your feet are resting firmly on the floor. Use a footrest if you feel that your feet are not supported properly.
- B** The depth of your seat should allow the back of your knees to extend beyond the edge of your seat. Thighs should be approximately parallel to the floor.
- C** Your forearm should be open at least 90°-100° to your upper arm.
- D** Your wrists should not be angled up or down.
- E** Set the height of the worksurface so that you can work without straining or bending. Arrange commonly used items (stapler, phone etc.) so that they are within easy reach.
- F** The top one-third of your computer screen should be at or below eye-level; the distance between your eyes and the monitor should be 18" or more — typically arm's length.
- G** Document holder in line with front of monitor. Height and angle adjustable for the comfort of the user.

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