

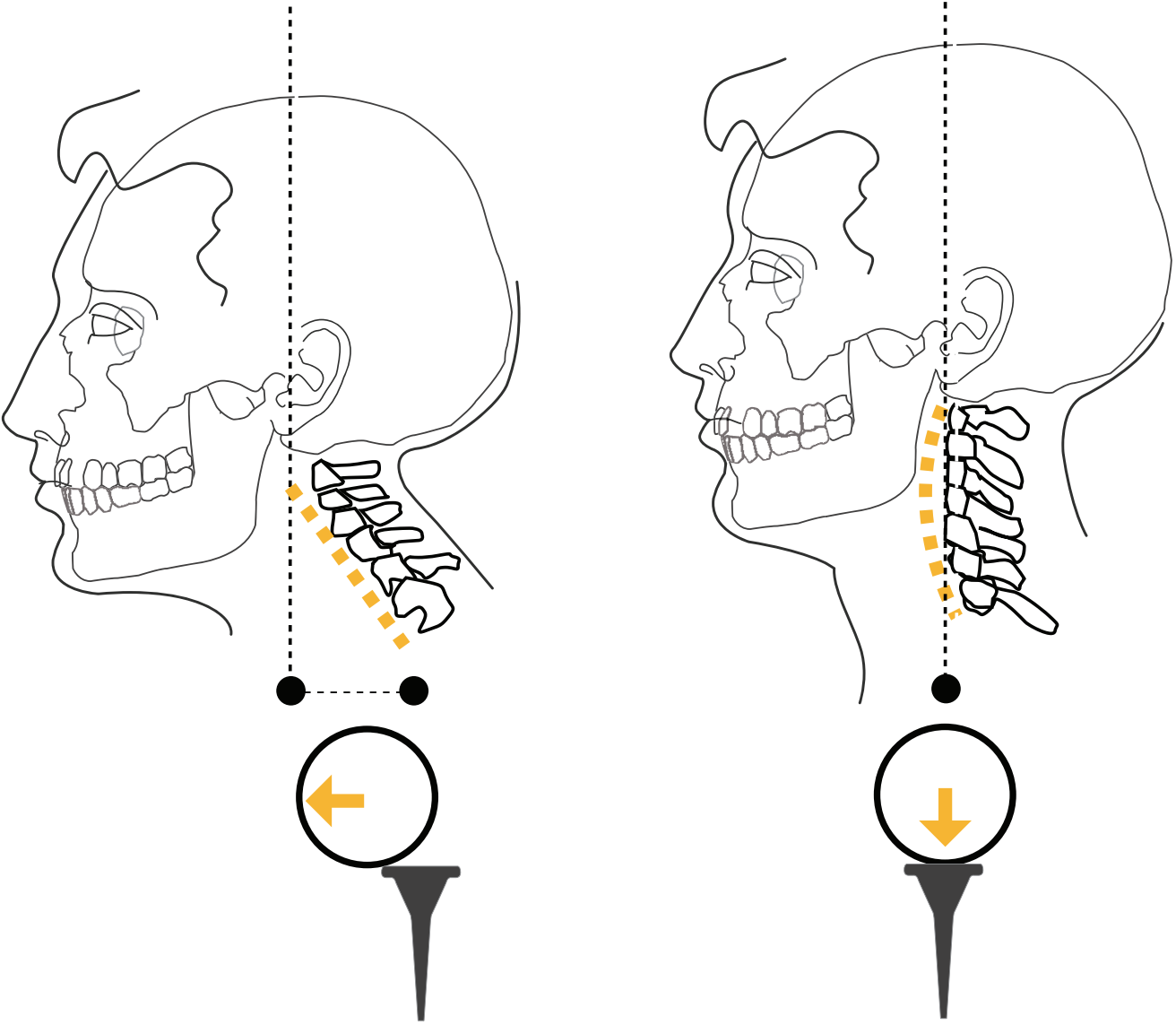
Touchboards

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ERGOTRON[®]

Monitor + Movement

Neutral posture – *why adjustability matters*



**UNBALANCED
HEAD & NECK**

CHIN THRUST FORWARD

As the head tilts, force on the spine
increases: 60 lbs at 60°

**BALANCED
HEAD & NECK**

NEUTRAL POSTURE

Average head weighs
10–11 lbs

FIXED
LCD STAND



ADJUSTABLE
LCD ARM



Back Pain From Sitting at a Desk

Livestrong.com, January 2014

MEDIA BUZZ!

BACK PAIN: FINDING SOLUTIONS FOR YOUR ACHING BACK

Special Health Report, Harvard Health, 2014

**Staring
at Screens
All Day
Changes
Your Eyes,
Study Finds**
Huffington Post,
June 2014

**GOT BACK PAIN?
CHECK YOUR
POSTURE**

Women's Health, April 2013



**HOW YOU SIT AT WORK
CAN HAVE A
HUGE IMPACT
ON YOUR HEALTH**

Business Insider, August 2015

Monitor arms

MOVE YOU INTO THE IDEAL OFFICE ENVIRONMENT



1

Position your head
for comfortable posture

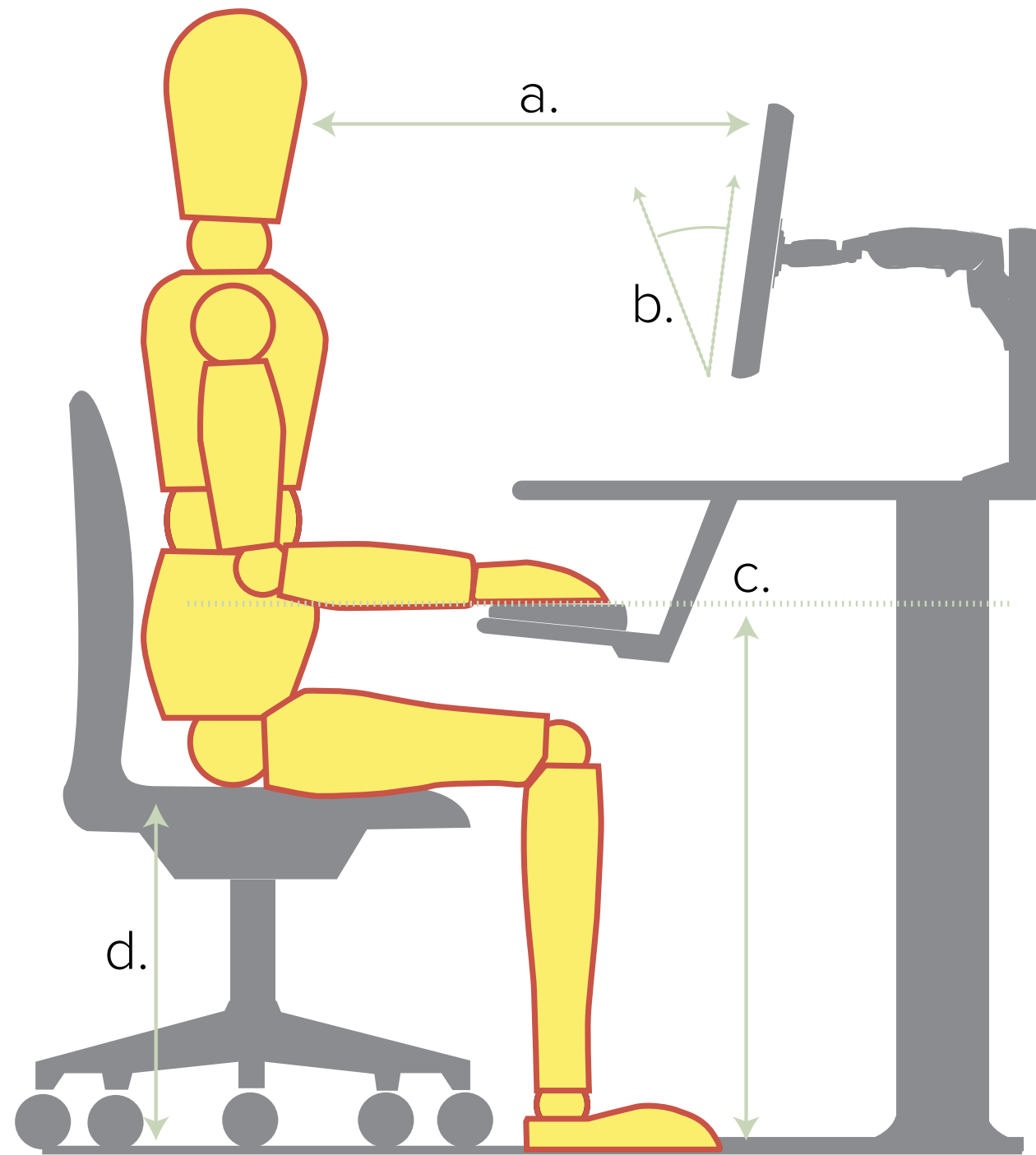
2

Eliminate clutter
& increase workspace

3

Create collaboration
& boost productivity

1 Comfortable posture is neutral posture



- a. **Focal distance**
- b. **Monitor angle**
- c. **Keyboard height/angle**
- d. **Chair height**

LX Arm

*Extends/retracts up to 33" (84 cm)
for maximum focal adjustment*

*Thirteen-inch (33 cm) height range
meets the ergonomic needs of more than
nine out of ten adults*

**FIDGETING
IS GOOD!**



ERGONOMIC PAYBACK CALCULATOR



Enter your scenario

<input type="text" value="225"/>	days
<input type="text" value="100"/>	employees
<input type="text" value="8"/>	hours
\$ <input type="text" value="50000"/>	
<input type="text" value="12"/>	%
\$ <input type="text" value="899"/>	

Comfortable computing is a good economic investment. Not only are costs reduced associated with healthcare and missed time, but productivity increases too. Find the calculator online at www.ergotron.com

- 1 Neutral posture and a little movement is healthy

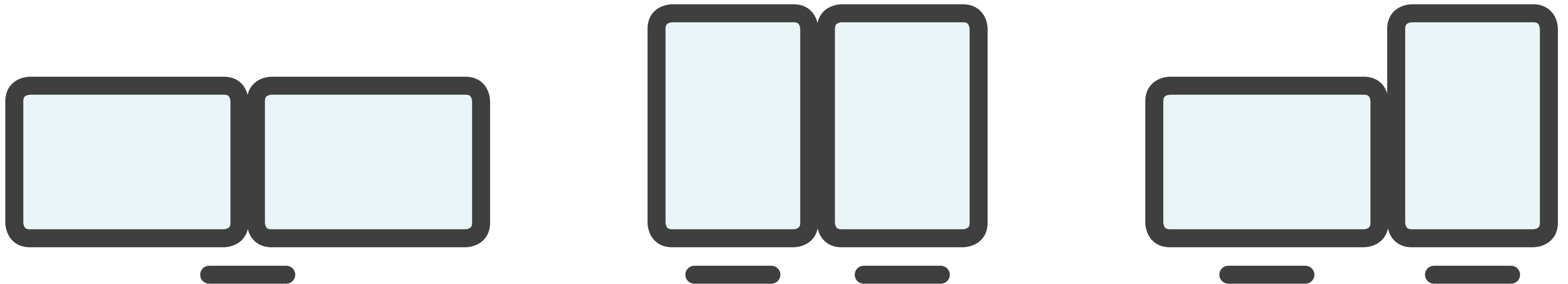
2 Clear the clutter


LX Dual Side-by-Side Arm



3 Flexible multi-monitors

INCREASE COLLABORATION!



 Investigate payback on multi-monitor investments. The example here shows how quickly your investment will be paid back in days, total number of incremental days gained per year and productivity gain of all employees. Visit payback.ergotron.com to calculate your gains.

Enter your scenario

days

employees

hours

\$

%

Two Displays

%

\$

Studies show employees who are provided with well-designed ergonomic furniture and are trained to use it see an average 18% increase in productivity

Ergotron advantage

TRUE ERGONOMICS BASED ON SCIENTIFIC ANTHROPOMETRIC STUDIES,
ACCOMMODATING UP TO 95% OF THE POPULATION

10,000 CYCLE TESTING

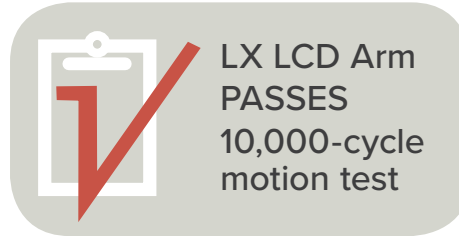
WIDE PRODUCT SELECTION INCLUDES TALL POST MOUNTS

SIMPLE INSTALLATION

HUMAN-CENTERED DESIGNS SINCE 1982

PATENTED CONSTANT FORCE™ LIFT-AND-PIVOT MOTION TECHNOLOGY





LX LCD Arm
PASSES
10,000-cycle
motion test

10-YEAR WARRANTY

LX Desk Mount LCD Arm

LCD ARMS



LX

Desk Mount LCD Arm

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm)
with an extension range of 18" (46 cm)

Available in aluminum or white



LX Dual

Side-by-Side LCD Arm

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm)
with an extension range of 18" (46 cm)

Easily turn one or both screens from
landscape mode to portrait mode

Available in aluminum or white



LX Dual
Stacking LCD Arm

Versatile: Use with a notebook and LCD or with two LCDs

Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)

Available in aluminum or white



LX HD Sit-Stand
Desk Mount LCD Arm

20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display

Extends LCD up to 33" (84 cm)



WorkFit-LX Sit-Stand
Desk Mount LCD Arm

Easily extend or retract the arms for precise control of the distance between the keyboard and screen

Modular design



WorkFit-LX Sit-Stand
Dual Monitor & Handle Kit

Perfect dual-monitor mount for screen sizes of 17" to 24"

20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display

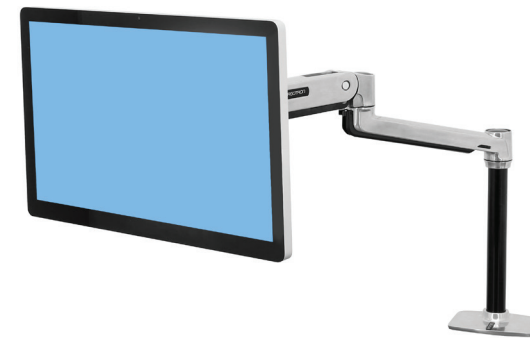


LX Tall Pole
Desk Mount LCD Arm

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm) with an extension range of 18" (46 cm)

Taller pole for greater vertical range



LX Sit-Stand
Desk Mount LCD Arm

20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display

Extends LCD up to 33" (84 cm)



LX Dual Direct Bow
Desk Mount LCD Arm

Coming soon



MX
Desk Mount LCD Arm

Accommodates mid-size displays and all-in-one computers weighing up to 30 lbs (13,6 kg)

Extends/retracts LCD up to 16.7" (42,4 cm)



MX Mini
Desk Mount LCD Arm

For ultra-light 20–24" monitors and tablets

Available in aluminum or white



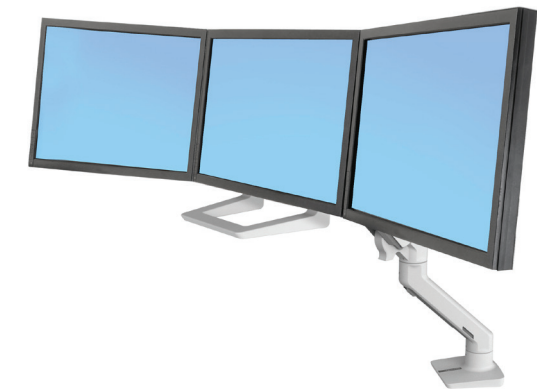
HX
Desk Mount LCD Arm

Coming soon



HX Dual
Desk Mount LCD Arm

Coming soon



HX Triple
Monitor Bow Kit

Coming soon

Tools for Workspace Wellness

Tools for Workplace Wellness

The **Assessment** tool will evaluate the basic ergonomic layout of your workstation area.

The **Planner** finds the right height for workstation components, including desk, chair, and monitor, following three easy steps.

The **ROI Calculator** figures the ROI in productivity from an ergonomic workstation personalized to your situation.

The **Calorie Calculator** shows the difference that intermittent standing makes to your fitness. See how many calories you burn.

The **Risk Calculator** lets you evaluate your risk of too much sitting, aka "sitting disease."

The **Ergonomic Tips** provide suggestions when working at a computer to improve comfort and reduce injury risk.



Benefits of Ergotron Products

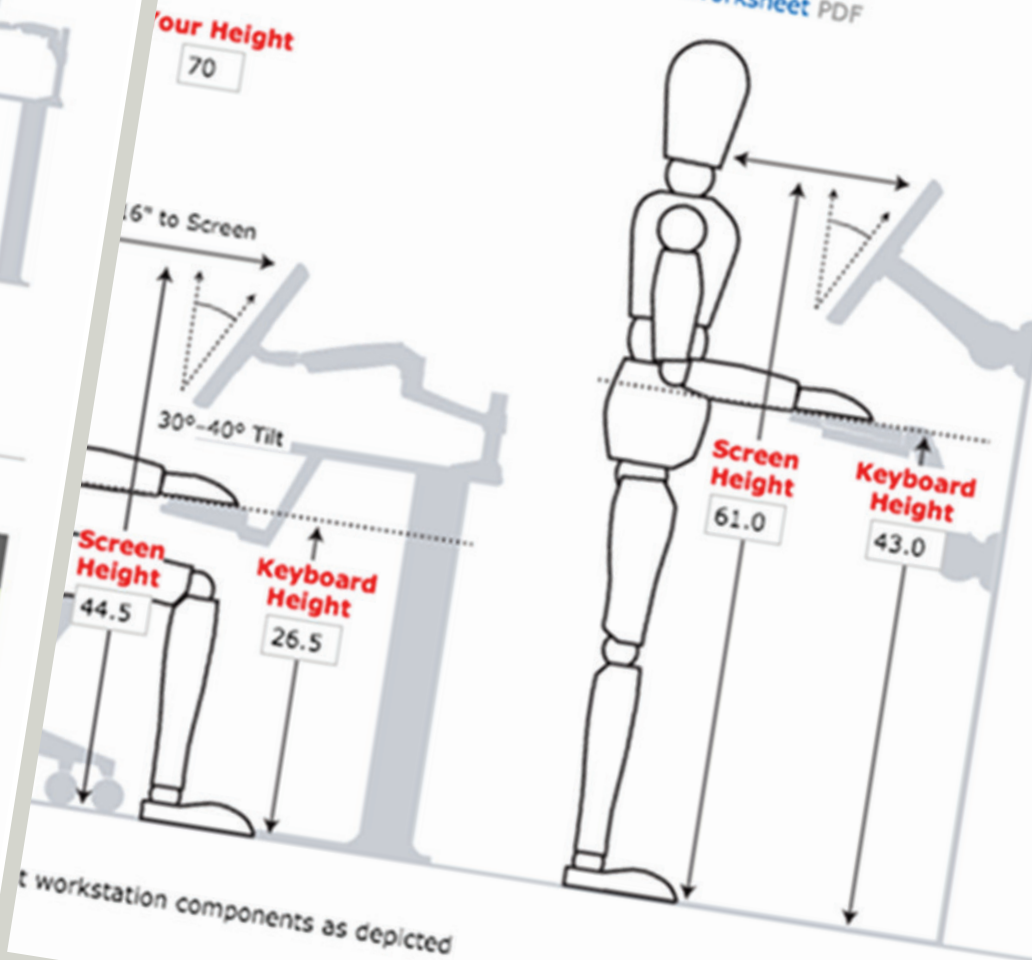
Adjustment	Benefits
Tilt/pan	Equalize focal distance from top to bottom of screen; reduce glare/reflection; adjust keyboard angle
Height lift, tilt/pan	Reposition height to suit posture; accommodate average range of users at a station
Height lift, tilt/pan	Promote application flexibility; reposition to suit posture; accommodate wide range (95%) of users at a station
Height lift, tilt/pan	Work sitting or standing at the same station; promote application flexibility; reposition to suit posture

Options dependent on application: A) Extension/retraction motion; B) Height lift to initiate motion; C) Screen size relative to focal distance

1) Click your height

- 5'0" 5'1" 5'2" 5'3" 5'4" 5'5" 5'6" 5'7" 5'8" 5'9" 5'10" 5'11" 6'0" 6'1" 6'2" 6'3" 6'4"

Worksheet displayed below (measured in inches) - [Printable Worksheet PDF](#)



Workstation components as depicted

Sitting-Time Calculator

Do you know how much you are sitting?

Excessive sitting impacts our body's metabolic system, which causes "sitting disease," and can increase the risk of mortality. Evaluate how much you sit each day and learn ways to reduce that time.

Select the number of hours you sit when you...
Eat breakfast

0

0

0

0

0

0



Find the science behind the need to stand





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