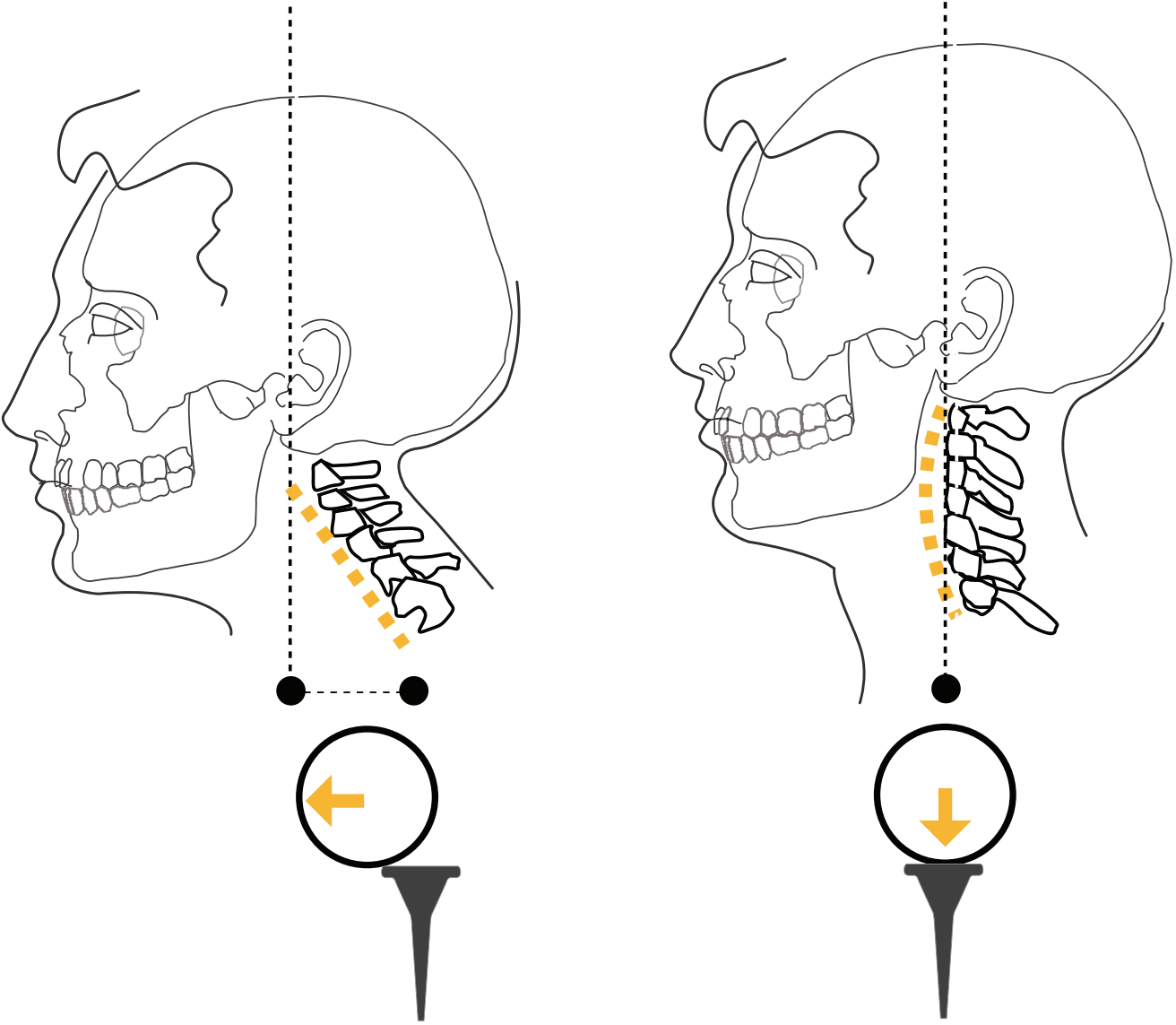


*ERGOTRON*<sup>®</sup>

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

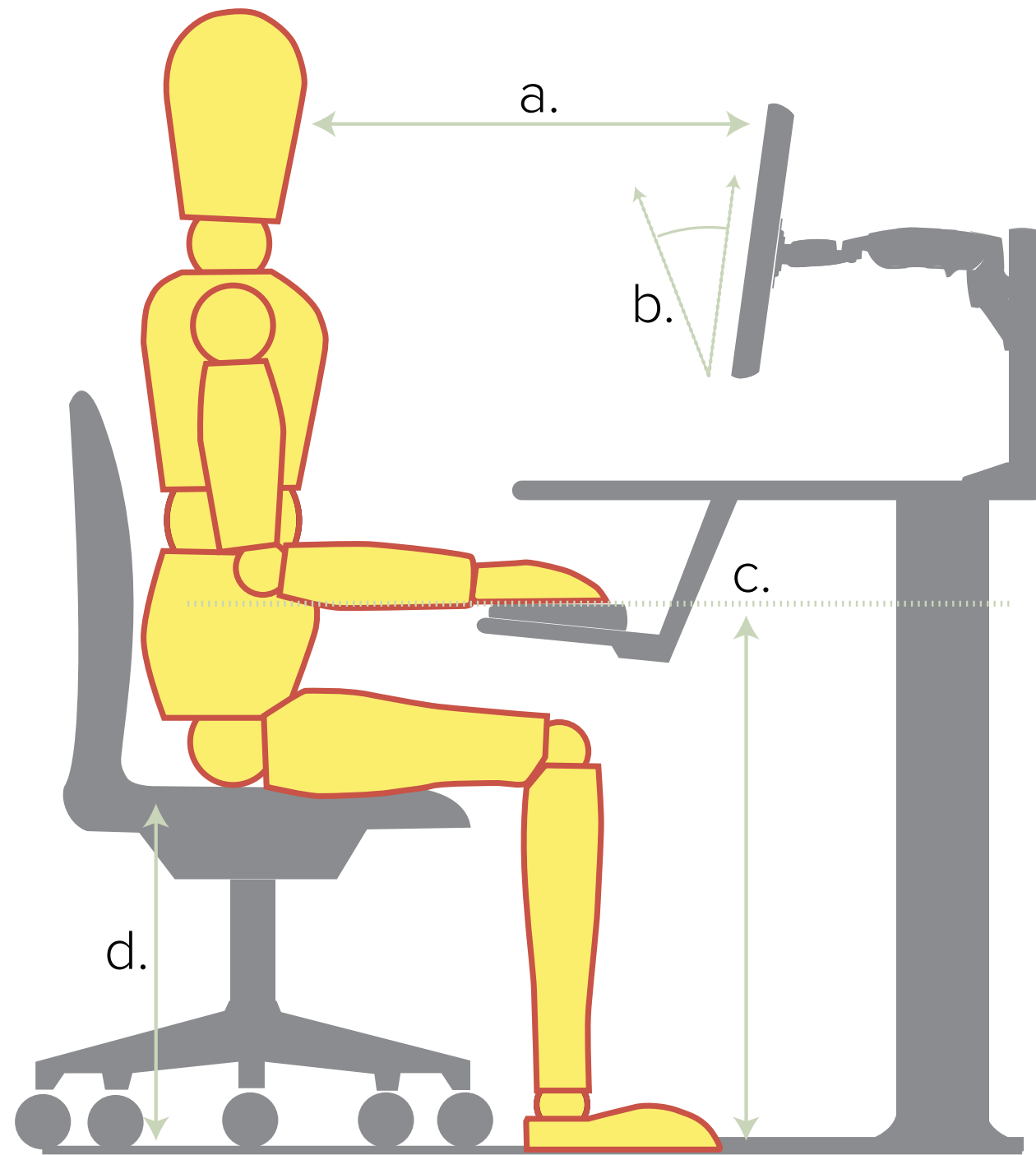
2

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](http://www.ergotron.com)

- 1 Neutral posture and a little movement is healthy

## 2 Clear the clutter

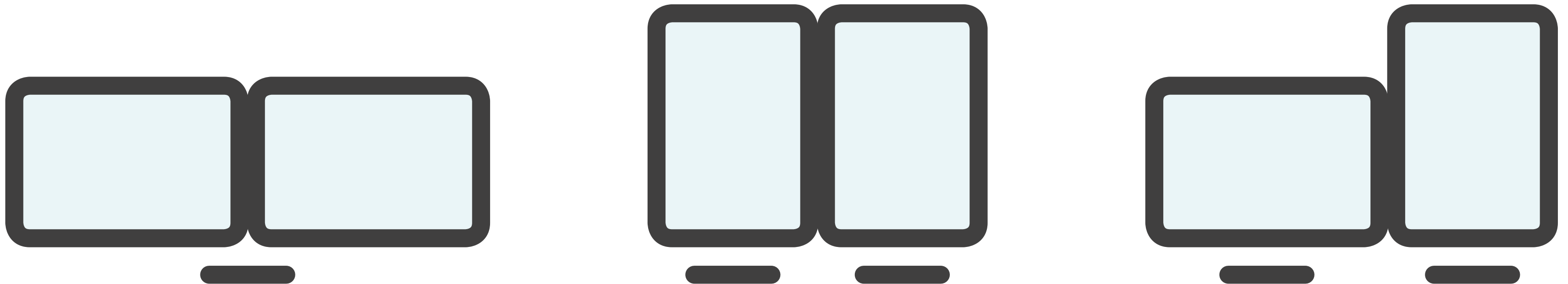
*LX Dual Side-by-Side Arm*






### 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](http://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

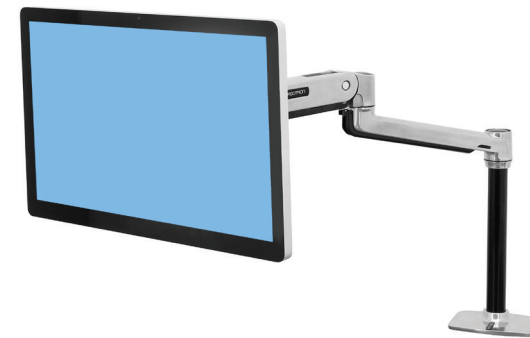


**LX Tall Pole**  
*Desk Mount LCD Arm*

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**  
*Desk Mount LCD Arm*

Low-profile monitor crossbar provides compact range of motion

Move two monitors simultaneously

Individual monitor up/down tilt

Available in aluminum, white or silver



**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



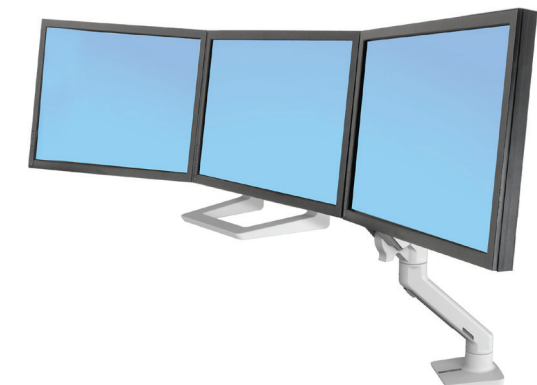
**HX Single**  
*Desk Mount LCD Arm*

Rotation-stop limits range to 180°  
Increases viewing comfort: Helps reduce eye, back and neck strain  
Available in aluminum, white or silver



**HX Dual**  
*Desk Mount LCD Arm*

Rotation-stop limits range to 180°  
Works with two (2) 32" monitors  
Includes handle for easy positioning  
Available in aluminum, white or silver



**HX Triple**  
*Monitor Bow Kit*

Works with three (3) 24" monitors  
Includes handle for easy positioning  
Requires HX Single or Dual  
Available in aluminum or white

# 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** section provides helpful advice when working at a computer to improve comfort and reduce injury risk.



## Benefits of Ergotron Products

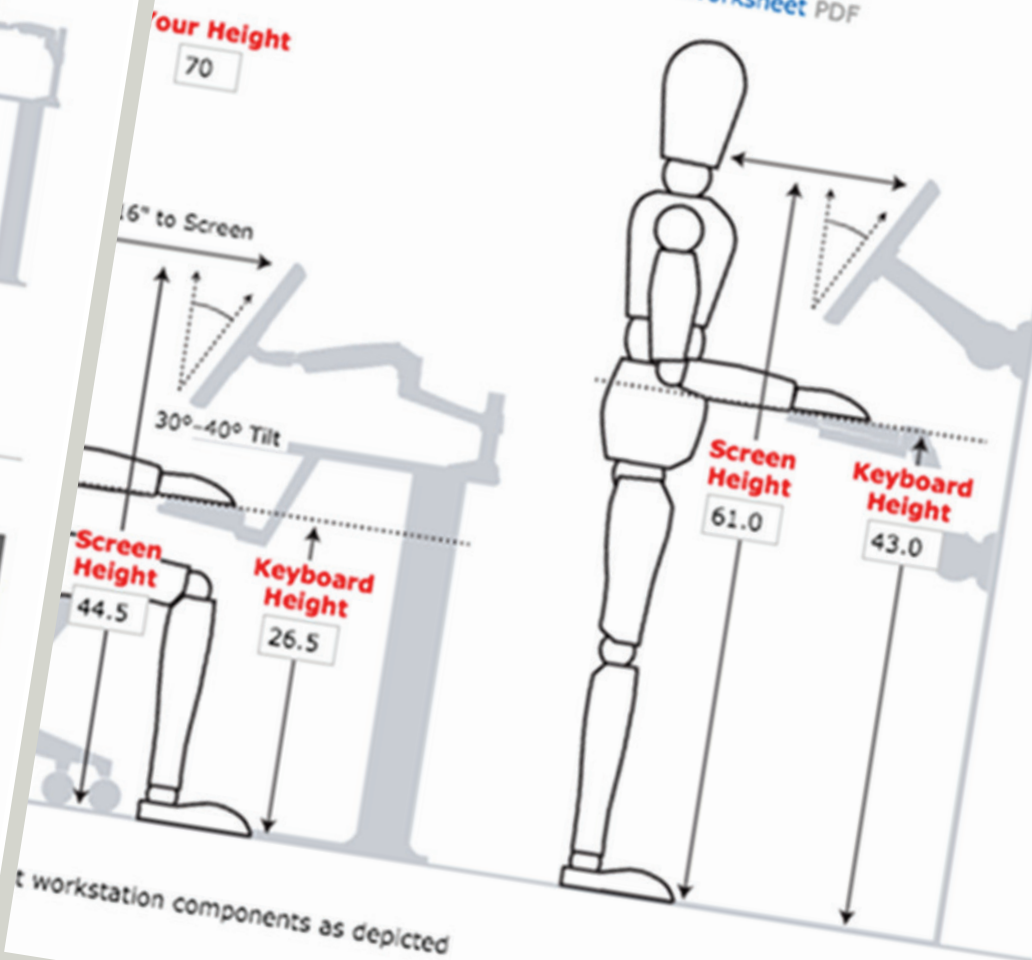
Adjustment	Benefits
Tilt/pan	Equalize focal distance from top to bottom of screen; reduce glare/reflection; adjust keyboard angle
Height lift, tilt/pan	Reposition height to suit posture; accommodate average range of users at a station
Height lift, tilt/pan	Promote application flexibility; reposition 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; 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



# ERGOTRON®



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Live chat at [www.ergotron.com](http://www.ergotron.com)

[customerservice@ergotron.com](mailto:customerservice@ergotron.com)

[apaccustomerservice@ergotron.com](mailto:apaccustomerservice@ergotron.com)