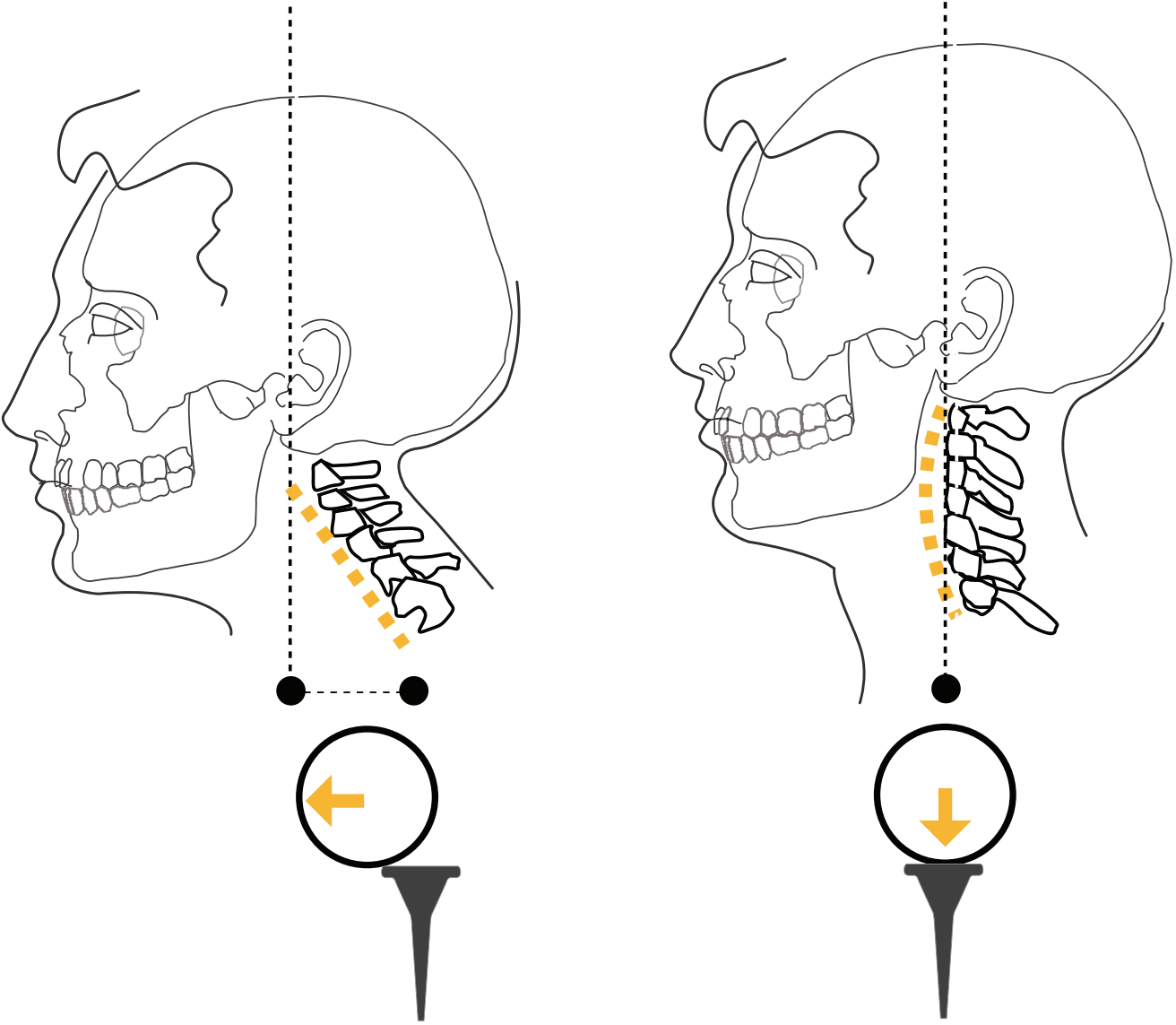


ERGOTRON[®]

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

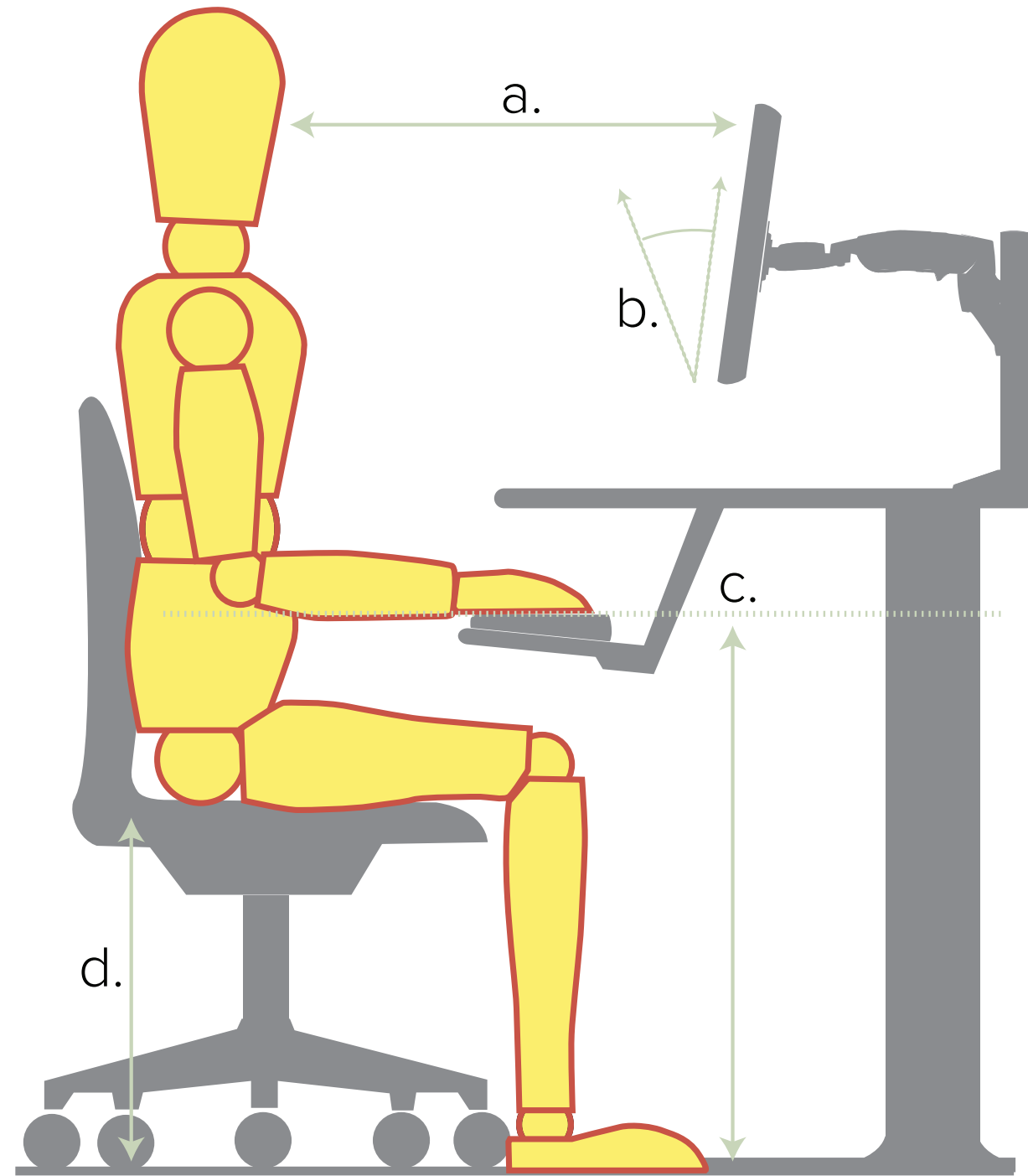
2

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

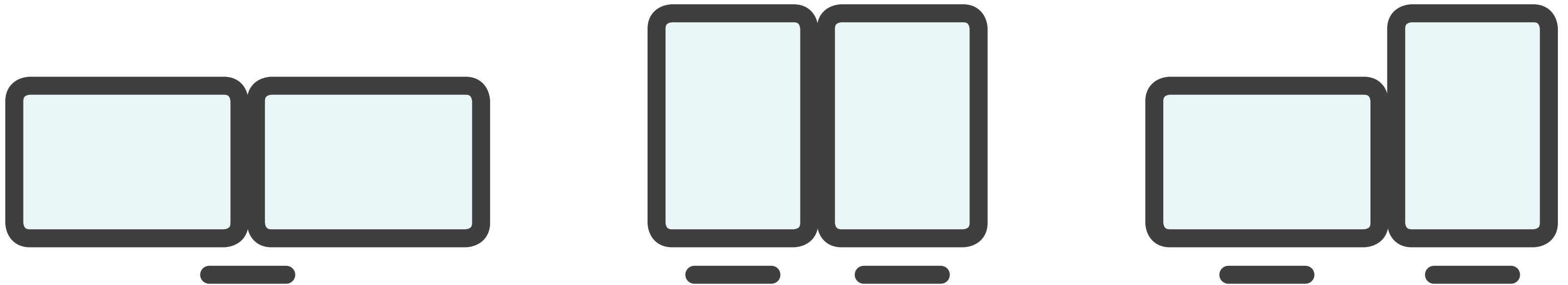
2 Clear the clutter


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

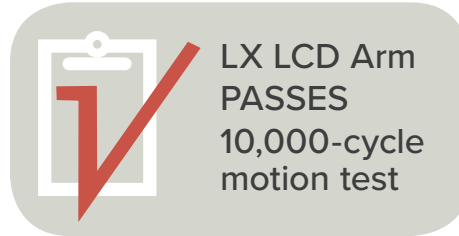
WIDE PRODUCT SELECTION INCLUDES TALL POST MOUNTS

SIMPLE INSTALLATION

HUMAN-CENTERED DESIGNS SINCE 1982

PATENTED CONSTANT FORCE™ LIFT-AND-PIVOT MOTION TECHNOLOGY





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



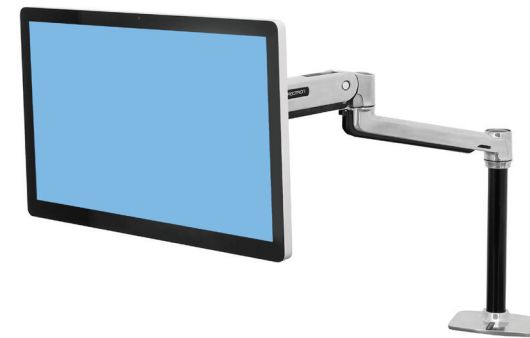
WorkFit-LX Sit-Stand
Dual Monitor & Handle Kit

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



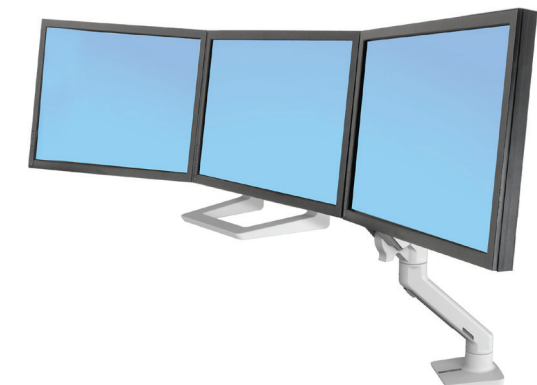
HX Single
Desk Mount LCD Arm

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

Sit Less. Stand More.
Better health with standing desks

Office workers across the U.S. are sitting almost all day, which contributes to an excessively sedentary lifestyle.
The answer: Break up your sitting time by standing and moving around a bit.
More and more, schools and businesses are understanding the benefits of adapting to a sit-stand environment.

Freedom to Stand
See testimonials from creative professionals @ JustStand.org

one of the millions of workers worldwide who
their working day sitting, you owe it to yourself to
ng.




Get Into Your Comfort Zone

Voluntary Motion + Rest = Comfortable Computing
Motion and it begins with you. Find your zones by understanding the details of this simple, three-part concept.

- Screen & keyboard to support a neutral posture**
Lower energy spend and reduced fatigue
- Integration into computing routine**
Reduction; less static load causing injury
- Frequent breaks & recuperation**
Rejuvenates from static loading

With the maximum amount of flexibility to get into the right posture following [this list of ergonomics tips](#), you'll decrease the risk of repetitive stress injuries (RSI).



[Workspace](#) | [Plan Your Workspace](#) | [Ergonomic Payback Calculator](#)

Comfortable Computing

Computing should never hurt. However, the reality is often very different for today's computer users—people just like you. Find out ways to make your work as comfortable as possible by getting ergonomics information that's easy to use.

[Learn More](#)

Join the Uprising

Ergotron has influenced healthy computing for over three decades, using scientific research as a basis. We've collaborated with global thought leaders and a community of "standers" in order to raise awareness and reduce sedentary behavior.

[Learn more](#)

Product Benefits

Ergotron products that best serve your needs when creating a healthier workspace.

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

Legend: A) Extension/retraction motion; B) User-force requirements to initiate motion; C) Screen size relative to focal distance

Find the science behind the need to stand



ERGOTRON®



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