



TOP 10 FEATURES OF AN ERGONOMIC WORKSTATION

Setting up your workstation for success will improve focus and productivity. Position and organize your equipment to allow for the most efficient and comfortable working experience.

YOUR WORKSTATION CHECKLIST:

- 1 Monitor screen is at or slightly below eye level
- 2 Monitor distance is 20" - 26" from eyes
- 3 Work surface is large enough to accommodate all equipment
- 4 Min. 30" work surface width
- 5 Thin keyboard
- 6 Mouse can be operated without extending arm
- 7 Position and angles of keyboard can be independently adjusted
- 8 Separate keyboard shelf recommended
- 9 Work surface height adjustable range between 28" - 47"
- 10 Cables safely stored and concealed



USING A HEIGHT ADJUSTABLE DESK:

- ▶ INCREASES WORK PRODUCTIVITY
- ▶ DECREASES MUSCLE AND JOINT PAIN
- ▶ RAISES ENERGY
- ▶ REDUCES THE RISK OF DIABETES

Read more articles about workplace ergonomics and height adjustable desks when you visit the MultiTable Blog at www.multitable.com/blog

OSHA-approved checklist provided by the U.S. Department of Labor