



- 1 **Adjustable monitor arms** help eliminate the tendency to sit in awkward positions by maintaining the proper viewing distance, height and angle of the monitor. Monitor arms keep the neck, shoulders and back in the proper posture to reduce muscle fatigue. They also free up the workspace to reduce clutter and increase efficiency and collaboration. Using dual monitors can increase productivity over a single monitor.
- 2 **CPU holders** raise the CPU off the floor, making them easier for the user to reach and reducing the tendency to stretch into an awkward position. CPU holders also help free up workspace as well as leg room in user's workstation.
- 3 **Adjustable keyboard platforms** help maintain a neutral wrist position and eliminate strain, improper posture, and discomfort. Proper keyboard positioning can help eliminate musculoskeletal disorders.
- 4 **Adjustable task lighting** gives the user maximum control of their own workspace lighting for optimal comfort, and help reduce eyestrain and fatigue. Energy efficient lights can reduce energy consumption and costs.
- 5 **Height adjustable workstations** give users the flexibility to change positions frequently and easily throughout the day, which improves health and productivity.
- 6 **Footrests** can help decrease circulation problems that can occur from long periods of sitting or inactivity. By supporting the legs, footrests can relieve pressure on the lower back.