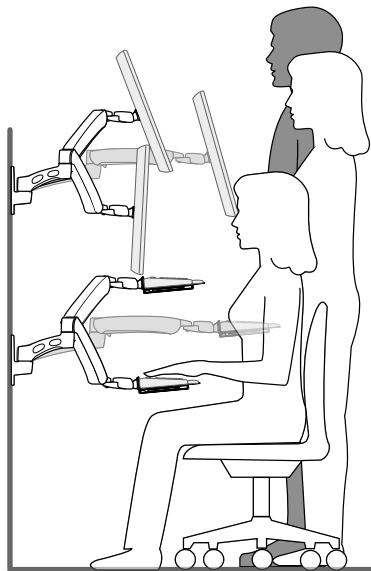


Ergonomic Mounting Systems

The Requirements

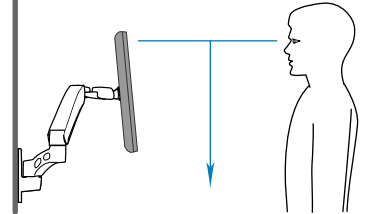
It is commonly understood that a truly ergonomic workplace increases the efficiency and productivity of an operator while reducing fatigue, exertion and musculoskeletal disorders.

A truly ergonomic computer mounting system will allow you to adjust your monitor and keyboard in the following five positions—whether you are standing or sitting.



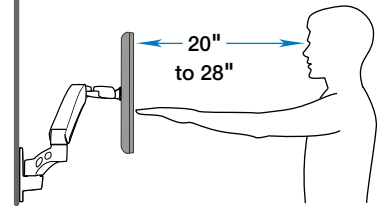
1

Adjust the **monitor height** so that the top of the screen is at or slightly below eye level. Your eyes should look slightly downward when viewing the middle of the screen.



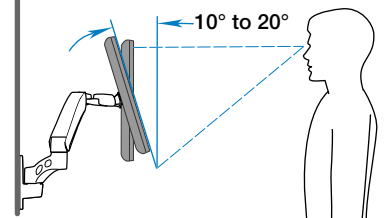
2

Adjust the **monitor distance** to about 20" to 28" or one's arm length.



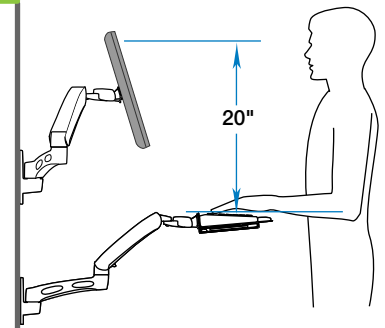
3

Tilt monitor back about 10° to 20° so the top and bottom of the monitor screen are the same distance from your eyes. Make minor adjustments to eliminate glare as needed.



4

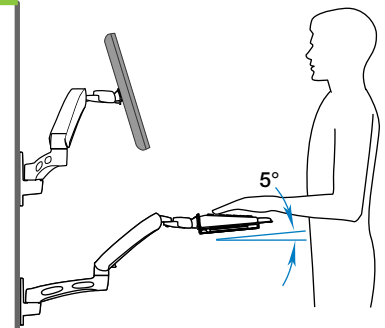
Set the **keyboard height** at your elbow height (usually about 20" below the top of monitor screen).



5

Tilt keyboard* so the rear of the keyboard slopes downward at a 5° angle.

* The LX Keyboard Tray is designed with a negative 5° tilt



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