To obtain optimum performance from a workstation, consider the following topics during installation of your Flat Panel Mounting Solutions:

- The adjustment range of the Mounting Solutions product.
- The use-mode of the Mounting Solutions product...
  > Monitoring/viewing only?
  > Data entry?
  > User will be sitting?
  > User will be standing?
  > User will be sitting and standing at different times?
- Vertical mounting height of the Mounting Solutions product in respect to user(s)...
  > Female or male only?
  > Female and male both?
  > Average height of users?

Using the Eye-Height / Elbow-Height Tables:

Use these tables to help determine mounting heights of Mounting Solutions products. Follow these Ergonomic Ground Rules during installation of Mounting Solutions products:

- Screen Height: Top of screen should be level with, or slightly below, Eye Height of user.
- Keyboard Height: Center-line of keyboard should be level with Elbow Height of the operator with forearms and wrists in a level position.
- Screen/Keyboard Height Variance: The distance from top of monitor screen to center-line of keyboard reflects Eye-to-Elbow Measurement of the average female to male users.

Remember that the actual attachment-point height of Mounting Solutions products varies because:

- Dimensions of monitors vary.
- Configurations of Mounting Solution products vary.

Eye-Height / Elbow-Height Tables

For average range of users – anthropometric† data expressed in inches

<table>
<thead>
<tr>
<th></th>
<th>Eye Height</th>
<th>Elbow Height</th>
<th>Eye-to-Elbow Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stand</td>
<td>Sit</td>
<td>Var.</td>
</tr>
<tr>
<td>Av. Female</td>
<td>59.4</td>
<td>44.0</td>
<td>15.4</td>
</tr>
<tr>
<td>Av. Person</td>
<td>61.7</td>
<td>46.1</td>
<td>16.6</td>
</tr>
<tr>
<td>Av. Male</td>
<td>64.4</td>
<td>48.5</td>
<td>15.9</td>
</tr>
<tr>
<td>Variance F/M</td>
<td>5.0</td>
<td>4.5</td>
<td></td>
</tr>
</tbody>
</table>

For 5% female to 95% male range of users

<table>
<thead>
<tr>
<th></th>
<th>Stand</th>
<th>Sit</th>
<th>Var.</th>
<th>Stand</th>
<th>Sit</th>
<th>Var.</th>
<th>Stand</th>
<th>Sit</th>
</tr>
</thead>
<tbody>
<tr>
<td>5% Female*</td>
<td>55.7</td>
<td>40.8</td>
<td>14.9</td>
<td>36.5</td>
<td>20.8</td>
<td>15.7</td>
<td>19.2</td>
<td>20.0</td>
</tr>
<tr>
<td>95% Male**</td>
<td>68.6</td>
<td>52.1</td>
<td>16.5</td>
<td>45.4</td>
<td>29.5</td>
<td>15.9</td>
<td>23.2</td>
<td>22.6</td>
</tr>
<tr>
<td>Variance F/M</td>
<td>12.3</td>
<td>11.3</td>
<td></td>
<td>8.9</td>
<td>8.7</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† Anthropometry: The study of human body measurements. Data based on studies of US population.

* Denotes the female who is at the 5% mark of a scale ranging 0% to 100%.

** Denotes the male who is at the 95% mark of a scale ranging 0% to 100%.

1. Fixed-height applications: Mount at height for average person.
   Height-adjustable applications...

2. Sitting or standing for average range of users: ≥ 5" vertical adjustment range required.

3. Sitting or standing for 95% range of users: ≥ 12.9" vertical adjustment range required.

4. Sitting & standing for average range of users: ≥ 19.5" vertical adjustment range required.
   Keyboard placement...

5. Keyboard to monitor relationship: The optimal distance is 21" in all applications.
Ergonomics Data & Mounting Heights

Ergonomic Ground Rules – Metric Units

To obtain optimum performance from a workstation, consider the following topics during installation of your Flat Panel Mounting Solutions:

- The adjustment range of the Mounting Solutions product.
- The use-mode of the Mounting Solutions product...
  > Monitoring/viewing only?
  > Data entry?
  > User will be sitting?
  > User will be standing?
  > User will be sitting *and* standing at different times?
- Vertical mounting height of the Mounting Solutions product in respect to user(s)...
  > Female or male only?
  > Female and male both?
  > Average height of users?

Using the Eye-Height / Elbow-Height Tables:

Use these tables to help determine mounting heights of Mounting Solutions products. Follow these Ergonomic Ground Rules during installation of Mounting Solutions products:

- Screen Height: Top of screen should be level with, or slightly below, Eye Height of user.
- Keyboard Height: Center-line of keyboard should be level with Elbow Height of the operator with forearms and wrists in a level position.
- Screen/Keyboard Height Variance: The distance from top of monitor screen to center-line of keyboard reflects Eye-to-Elbow Measurement of the average female to male users.

Remember that the actual attachment-point height of Mounting Solutions products varies because:

- Dimensions of monitors vary.
- Configurations of Mounting Solution products vary.

Eye-Height / Elbow-Height Tables

For average range of users – anthropometric† data expressed in millimeters

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eye Height</strong></td>
<td><strong>Elbow Height</strong></td>
<td><strong>Eye-to-Elbow Measurement</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stand Sit Var.</td>
<td>Stand Sit Var.</td>
<td>Stand Sit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Av. Female</td>
<td>1509 (118) 391</td>
<td>986 584 401</td>
<td>523 533</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Av. Person</td>
<td>1567 (177) 396</td>
<td>1026 632 394</td>
<td>541 538</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Av. Male</td>
<td>1636 (232) 404</td>
<td>1080 686 394</td>
<td>556 546</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Variance F/M</td>
<td>127 114 –</td>
<td>94 102 –</td>
<td>–</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For 5% female to 95% male range of users

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stand Sit Var.</strong></td>
<td><strong>Stand Sit Var.</strong></td>
<td><strong>Stand Sit</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5% Female*</td>
<td>1415 1036 378</td>
<td>927 528 399</td>
<td>488 508</td>
<td></td>
<td></td>
</tr>
<tr>
<td>95% Male**</td>
<td>1742 1323 419</td>
<td>1153 749 404</td>
<td>589 574</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Variance F/M</td>
<td>328 287 –</td>
<td>226 221 –</td>
<td>–</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† Anthropometry: The study of human body measurements. Data based on studies of US population.

* Denotes the female who is at the 5% mark of a scale ranging 0% to 100%.

** Denotes the male who is at the 95% mark of a scale ranging 0% to 100%.

1 Fixed-height applications: Mount at height for average person.
   Height-adjustable applications...
2 Sitting *or* standing for average range of users: ≥ 127 mm vertical adjustment range.
3 Sitting *or* standing for 95% range of users: ≥ 328 mm vertical adjustment range.
4 Sitting *&* standing for average range of users: ≥ 495 mm vertical adjustment range.
   Keyboard placement...
5 Keyboard to monitor relationship: The optimal distance is 533 mm in all applications.