









D Desktop Ergonomics



Do you feel discomfort while working? If so, your workstation setup could be the issue. We have listed some key areas around the workstation where improper adjustments can be causing discomfort. We also provide you solutions that help place you in a more comfortable position while working.

Product Solution Guide

SYMPTOM	POSSIBLE CAUSE	PRODUCT SOLUTION	PAGE NO.	
Headaches	Improper Monitor Position	Monitor Support	481-485	 Fellowes Document Holder . . . pg. 486
	Poor Lighting	Task Lighting	774-779	
	Screen Glare	Glare Filter	464-465	
	Incorrect Document Placement	Document Holder	486-489	
Muscle Stiffness	Improper Keyboard or Mouse Positioning	Keyboard Manager	446-451	 3M Keyboard Manager . . . pg. 448
	Lack of Movement	External Keyboard Seating	440-444 97	
Neck & Shoulder Strain	Improper Keyboard or Mouse Positioning	Keyboard Manager	446-451	 Kantek Notebook Stand . . . pg. 482
		Wrist Support	466-469	
	Improper Monitor Position	External Keyboard Seating Monitor Support	440-444 97 481-485	
Back Pain	Slouching	Seating	97	 Fellowes Backrest . . . pg. 634
	Seat Too Low / Knees Above Hips	Back Support	634	
	Lack of Movement	Seating	97	
Eye Fatigue	Improper Monitor Position	Monitor Supports	481-485	 Compucor Privacy Filters . . . pg. 465
	Screen Glare	Glare Filter	464-465	
	Poor Lighting	Task Lighting	774-779	
	Incorrect Document Placement	Document Holder	486-489	
Arm, Hand & Wrist Pain	Improper Keyboard or Mouse Positioning	Keyboard Manager	446-451	 Logitech Trackman Wheel . . . pg. 439
		Wrist Support	466-469	
	Improper Work Surface Height	External Keyboard Seating Keyboard Manager	440-444 97 446-451	
Poor Circulation	Improper Keyboard or Mouse Positioning	Keyboard Manager	446-451	 Kensington Footrest . . . pg. 635
		Wrist Support	466-469	
	Legs Dangling / Tucked	External Keyboard Seating Foot Support Seating	440-444 97 635-636 97	
Leg Discomfort	Legs Dangling	Foot Support	635-636	 basyx Chair . . . pg. 113
	Seat Too Low / Knees Above Hips	Seating	97	
	Lack of Movement	Seating	97	