

# OPTIMIZING ERGONOMICS



## Health and wellness is at the forefront of workplace discussions today.

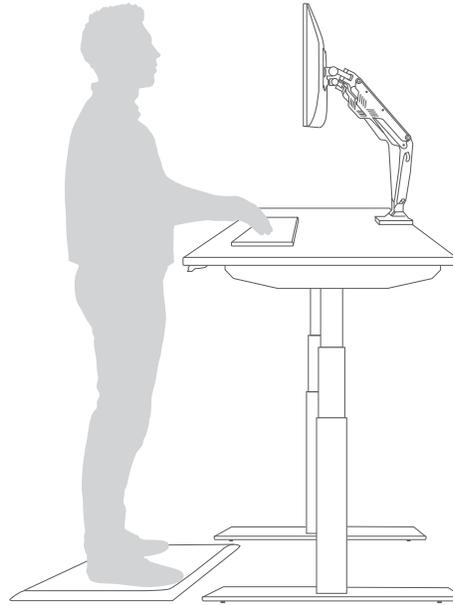
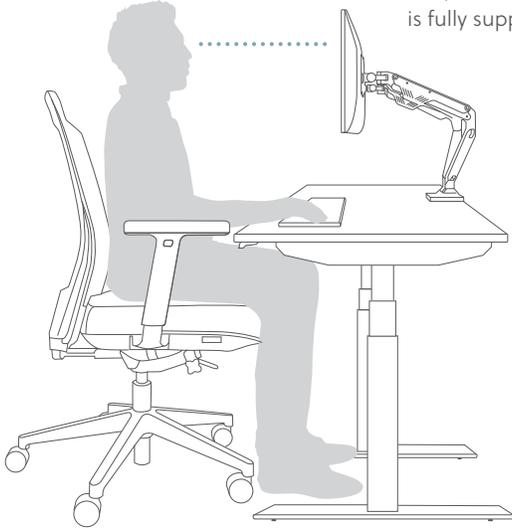
Research continues to show how movement throughout the day increases employee morale and improves well-being by reducing discomfort and avoiding distractions. Height-adjustable tables support wellness efforts by giving employees the ability to move and change postures throughout the day.

# WE HAVE YOUR BACK.

Key considerations when setting up your Ergonomic workstations to improve wellness and productivity:

## Proper Sitting

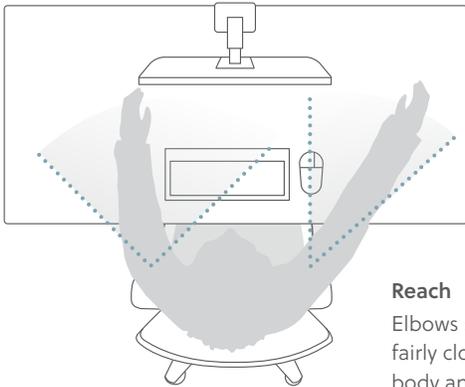
Arms are parallel to the floor, feet flat on the floor, screen is at eye level and back is fully supported.



## Standing

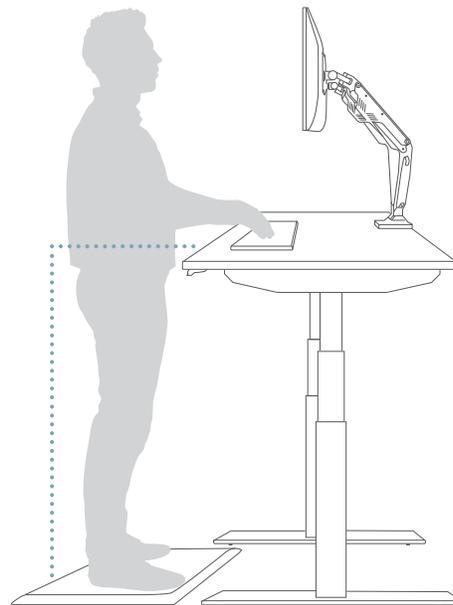
Feet flat on the floor and utilize an AIS anti-fatigue mat, when possible.

Position AIS monitor arm so the screen is at eye level and the monitor is centered in front of the body.



## Reach

Elbows should be fairly close to the body and shoulders relaxed with little to no reach required.



## Table Height Position

Table should be just below elbow height in sitting or standing positions.

## Goal

Change postures often, ensuring proper support when seated and standing with AIS height adjustable tables.

Visit our website and see the many workplace solutions we offer to optimize ergonomics and enhance user performance. From task seating to monitor arms, from height adjustable tables to anti-fatigue mats, you'll find many options to explore.