

Ergonomics Worksheet

Users need the ability to position the monitor and keyboard at an angle and height that is comfortable for them to use. For this reason, it is important that the workstation be installed at the correct height. The height the arm is mounted has a direct relationship with the height of the keyboard. The arm has +/- 8" of movement (for a total of 16" of adjustment). It is important to consider how the workstation will be used when determining the optimal mounting height for the arm. Below are common workstation applications and height we suggest the arm be mounted.

SIT ONLY

Always sitting (chair height): Consider positioning the mid-range of the keyboard at 30". Place the lowest point of the arm (in the channel) at the following distance from the floor:

ARM W/O AN EXTENSION = 26.5"
ARM W/AN EXTENSION = 34"

SIT/STAND

Consider positioning the mid-range of the keyboard at 38". Place the lowest point of the arm (in the channel) at the following distance from the floor:

ARM W/O AN EXTENSION = 34.5"
ARM W/AN EXTENSION = 42"

STAND ONLY

Always standing: Consider positioning the mid-range of the keyboard at 44". Place the lowest point of the arm (in the channel) at the following distance from the floor:

ARM W/O AN EXTENSION = 40.5"
ARM W/AN EXTENSION = 48"

