

Bust the myths! Select **true** ergonomics



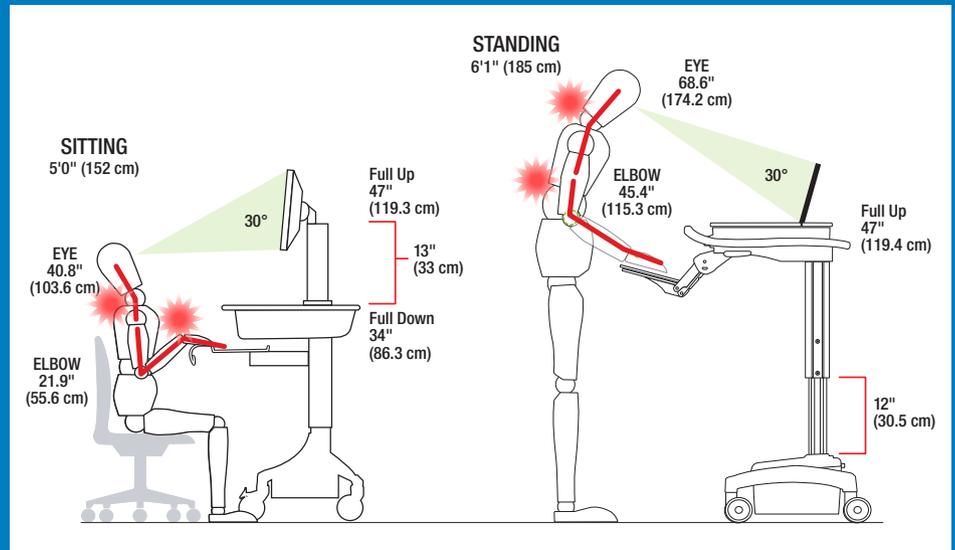
The wrong cart hurts

Despite the claims, many other popular carts often cannot ergonomically meet the height needs of smaller caregivers in seated positions. Note the awkward angle of wrist, elbow and neck in the drawing at right.

Additionally, very tall caregivers often strain their necks or slump over to view displays.

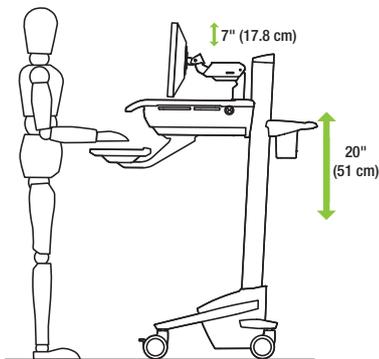
Trust our solutions, they're built on real experience

Since the 1980s, Ergotron has been the leader in managing the human interface with computers: healthcare.ergotron.com

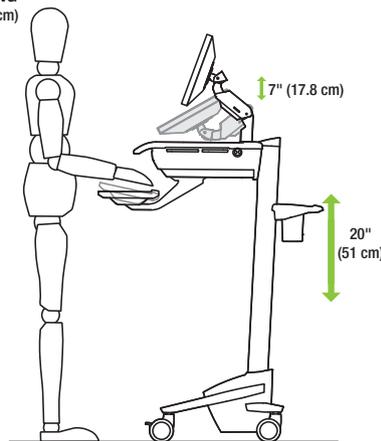


What are the requirements of a truly ergonomic point-of-care cart?

STANDING
5'0" (152 cm)



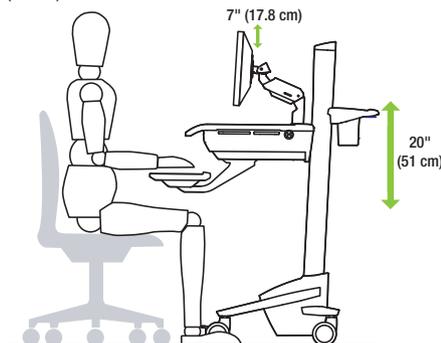
STANDING
6'1" (185 cm)



SITTING
5'0" (152 cm)



SITTING
6'1" (185 cm)



- ✓ Minimum 20" (51 cm) of keyboard height adjustment, with independent LCD tilt, pan and height adjustment, covers the majority of caregivers for seated or standing use, roughly 5'0" to 6'1" (152 to 185 cm) tall
- ✓ Single-motion fluid sit-to-stand adjustment is crucial; it frees caregivers from having to take time to adjust multiple components in order to reach their personal zone
- ✓ Keyboard tray that tilts back keeps wrists in neutral position, even when seated
- ✓ Minimum push/pull and adjustment forces required to move cart or components
- ✓ Intuitive, ample storage spaces/cable management; access to user interfaces
- ✓ Front and back handles for moving cart
- ✓ Adjustable mounts for caregivers with bifocals



Learn more about reaching your personal zone at www.computingcomfort.org

- Top 10 tips and The Ergonomic Equation
- Workspace Planner tool
- Payback Calculator for an ergonomic workspace

Find your ergonomic zone in Point-of-Care

The right cart or wall mount should adjust to your personal ergonomic zone. Since caregivers are constantly on the move, when they do slow down for extended data-entry work it's important their specific stature is accommodated. Comfortable, healthier and more productive computing begins with attention to each person's physical needs.

The right posture for short, tall or bifocal users is the foundation for prolonged health and productivity.

What do you need to do?



Display

Arrange computer display to match your eye height

Tilt your monitor back 10–20° to keep the same focal length as your eyes scan from the top to bottom of screen. Pan right or left to align with your position. Position your monitor no closer than 20" (50 cm) from your eyes. For bifocal users, tilt to 30–45° angle and 14–16" (35–41 cm) distance.

RESULT? Less structural strain, lower energy spend & reduced fatigue



▲ Many caregivers need computer mounts that accommodate bifocal viewing.

▲ Truly ergonomic workstations allow the caregiver to work while seating or standing. Single-motion fluid adjustment from sit-to-stand use is needed; it frees caregivers from having to take time to adjust multiple components in order to reach their personal zone. ▼



Seated use

Take time off your feet and complete data entry tasks in comfort

RESULT? Body rejuvenates. Studies show caregivers with more control over their environment experience greater job satisfaction



Elbow and wrist

Arrange keyboard to support body's neutral posture, with elbows close to body and wrists flat

The top of your keyboard should be level with the height of your elbow; tilt your keyboard back slightly so that your wrists are flat; use a wrist rest so your hands and wrists remain relaxed

RESULT? Improved circulation, less structural strain, lower energy spend & reduced fatigue

Ergotron products are designed to meet guidelines established by the American National Standards Institute for computer use

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Americas Sales and Corporate Headquarters

St. Paul, MN USA
(800) 888-8458
+1-651-681-7600
www.ergotron.com
sales@ergotron.com

EMEA Sales

Amersfoort, The Netherlands
+31 33 45 45 600
www.ergotron.com
info.eu@ergotron.com

APAC Sales

Tokyo, Japan
www.ergotron.com
apaccustomerservice@ergotron.com

Worldwide OEM Sales

www.ergotron.com
info.oem@ergotron.com

