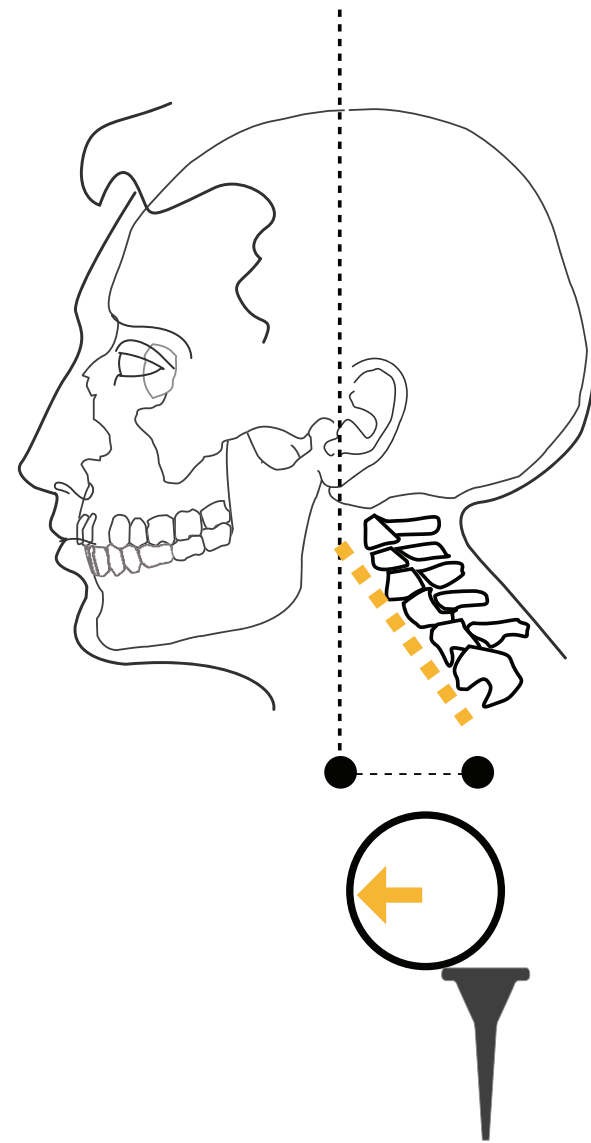


The ERGOTRON logo is centered within a dark gray rectangular box. The background of the slide features several overlapping, semi-transparent geometric shapes in shades of light blue and beige. The text "ERGOTRON" is written in a white, italicized, sans-serif font, with a registered trademark symbol (®) to its upper right.

*ERGOTRON*®

Monitor + Movement

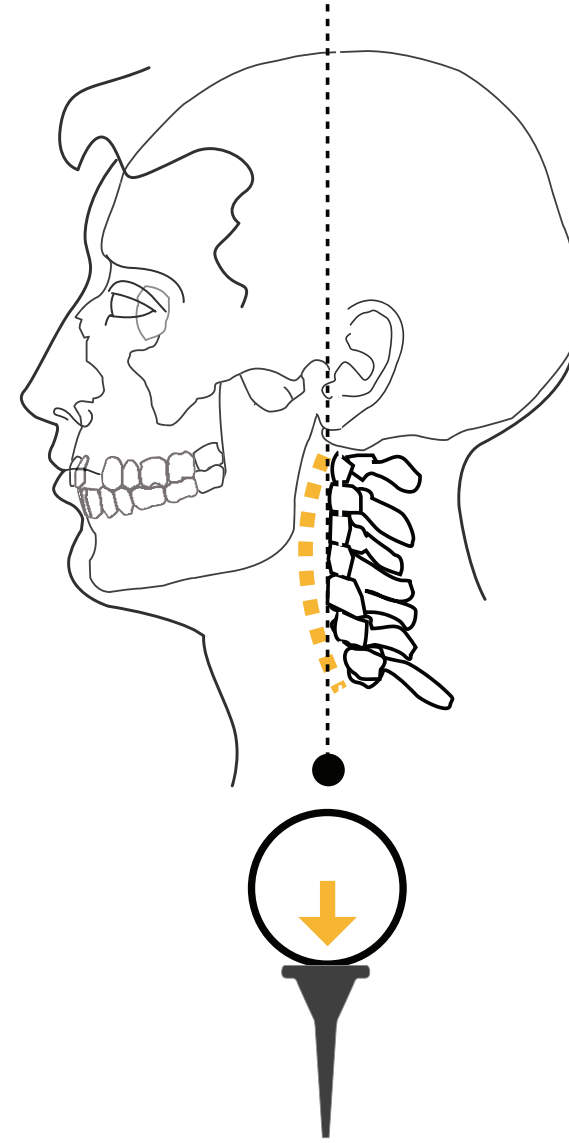
# Neutral posture – *why adjustability matters*



## **UNBALANCED HEAD & NECK**

### **CHIN THRUST FORWARD**

As the head tilts, force on the spine  
increases: 60 lbs at 60°



## **BALANCED HEAD & NECK**

### **NEUTRAL POSTURE**

Average head weighs  
10–11 lbs

## FIXED LCD STAND



## ADJUSTABLE LCD ARM



# *Back Pain From Sitting at a Desk*

Livestrong.com, January 2014

MEDIA BUZZ!

BACK PAIN: FINDING SOLUTIONS FOR YOUR ACHING BACK

Special Health Report, Harvard Health, 2014

GOT BACK PAIN?  
CHECK YOUR  
POSTURE

Women's Health, April 2013

JUST  
STAND  
.ORG

HOW YOU SIT AT WORK  
CAN HAVE A  
HUGE IMPACT  
ON YOUR HEALTH

Business Insider, August 2015

Staring  
at Screens  
All Day  
Changes  
Your Eyes,  
Study Finds

Huffington Post,  
June 2014

# Monitor arms

*MOVE YOU INTO THE IDEAL OFFICE ENVIRONMENT*



1

Position your head  
for comfortable posture

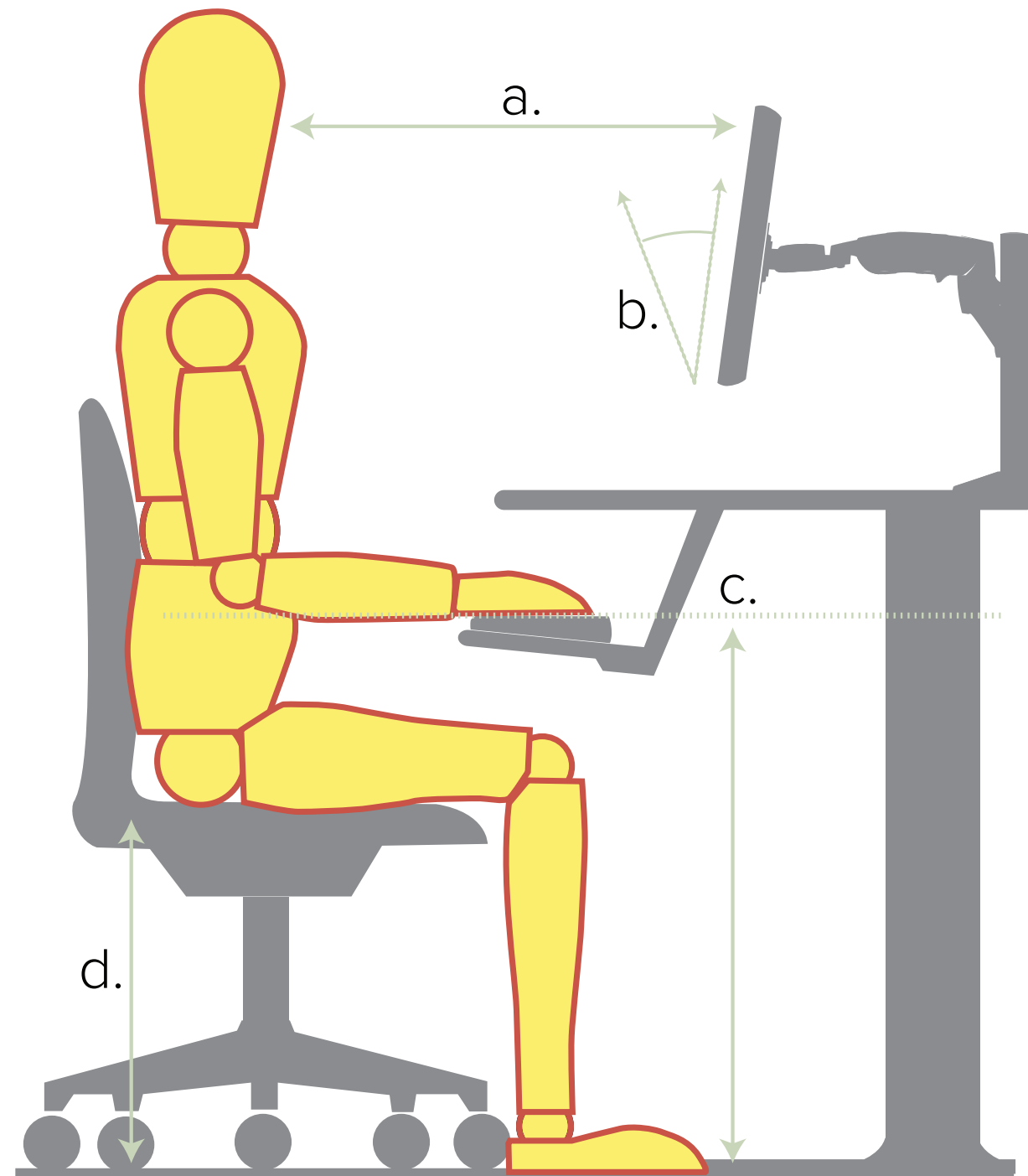
2

Eliminate clutter  
& increase workspace

3

Create collaboration  
& boost productivity

# ① Comfortable posture is neutral posture



- a. **Focal distance**
- b. **Monitor angle**
- c. **Keyboard height/angle**
- d. **Chair height**

## **LX Arm**

*Extends/retracts up to 33" (84 cm)  
for maximum focal adjustment*

*Thirteen-inch (33 cm) height range  
meets the ergonomic needs of more than  
nine out of ten adults*

**FIDGETING  
IS GOOD!**



#### ERGONOMIC PAYBACK CALCULATOR



Enter your scenario

<input type="text" value="225"/>	days
<input type="text" value="100"/>	employees
<input type="text" value="8"/>	hours
\$ <input type="text" value="50000"/>	
<input type="text" value="12"/>	%
\$ <input type="text" value="899"/>	

Comfortable computing is a good economic investment. Not only are costs reduced associated with healthcare and missed time, but productivity increases too. Find the calculator online at [www.ergotron.com](http://www.ergotron.com)

**1** Neutral posture and a little movement is healthy



## ② Clear the clutter

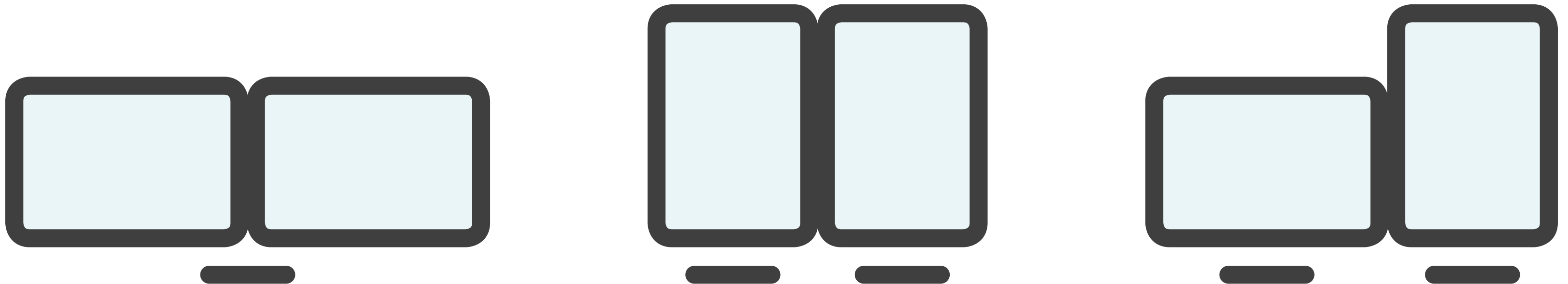
*LX Dual Side-by-Side Arm*





### 3 Flexible multi-monitors

INCREASE COLLABORATION!



Enter your scenario

<input type="text" value="225"/>	days
<input type="text" value="100"/>	employees
<input type="text" value="8"/>	hours
\$ <input type="text" value="50000"/>	
<input type="text" value="12"/>	%
<input checked="" type="checkbox"/> Two Displays	
<input type="text" value="20"/>	%
\$ <input type="text" value="400"/>	

Investigate payback on multi-monitor investments. The example here shows how quickly your investment will be paid back in days, total number of incremental days gained per year and productivity gain of all employees. Visit [payback.ergotron.com](http://payback.ergotron.com) to calculate your gains.

*Studies show employees who are provided with well-designed ergonomic furniture and are trained to use it see an average 18% increase in productivity*

# Ergotron advantage

TRUE ERGONOMICS BASED ON SCIENTIFIC ANTHROPOMETRIC STUDIES,  
ACCOMMODATING UP TO 95% OF THE POPULATION

10,000 CYCLE TESTING

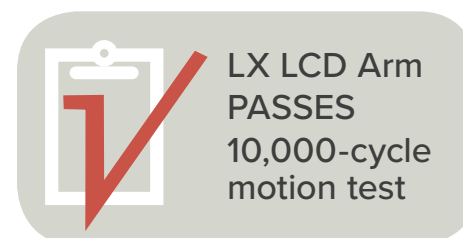
WIDE PRODUCT SELECTION INCLUDES TALL POST MOUNTS

SIMPLE INSTALLATION

HUMAN-CENTERED DESIGNS SINCE 1982

PATENTED CONSTANT FORCE™ LIFT-AND-PIVOT MOTION TECHNOLOGY





10-YEAR WARRANTY

*LX Desk Mount LCD Arm*



# LCD ARMS



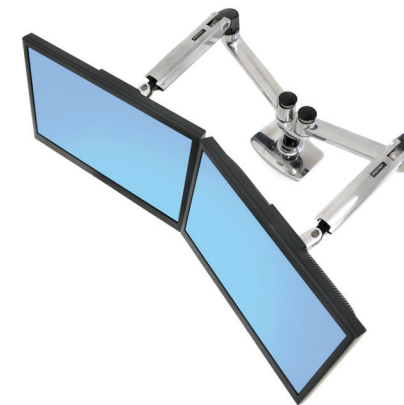
## **LX**

### *Desk Mount LCD Arm*

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm)  
with an extension range of 18" (46 cm)

Available in aluminum or white



## **LX Dual**

### *Side-by-Side LCD Arm*

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm)  
with an extension range of 18" (46 cm)

Easily turn one or both screens from  
landscape mode to portrait mode

Available in aluminum or white



## **LX Dual**

### *Stacking LCD Arm*

Versatile: Use with a notebook and LCD  
or with two LCDs

Extends LCDs out up to 25" (64 cm)  
with an extension range of 18" (46 cm)

Available in aluminum or white



## **LX Tall Pole**

### *Desk Mount LCD Arm*

13-inch (33 cm) height range

Extends LCDs out up to 25" (64 cm)  
with an extension range of 18" (46 cm)

Taller pole for greater vertical range

Available in aluminum or white



**LX HD Sit-Stand**  
*Desk Mount LCD Arm*

20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display  
Extends LCD up to 33" (84 cm)



**WorkFit-LX Sit-Stand**  
*Desk Mount LCD Arm*

Easily extend or retract the arms for precise control of the distance between the keyboard and screen  
Modular design



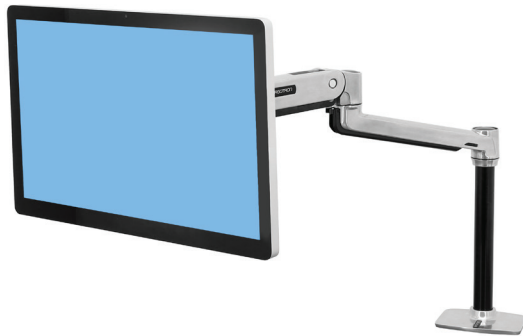
**WorkFit-LX Sit-Stand**  
*Dual Monitor & Handle Kit*

Perfect dual-monitor mount for screen sizes of 17" to 24"  
20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display



**MXV**  
*Single Desk Mount Arm*

13-inch (33 cm) height range  
Compactly retracts to 4.4" (11,1 cm) and extends up to 22.2" (56 cm)  
Available in aluminum, white or silver



**LX Sit-Stand**  
*Desk Mount LCD Arm*

20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display  
Extends LCD up to 33" (84 cm)



**LX Dual Direct**  
*Desk Mount LCD Arm*

Low-profile monitor crossbar provides compact range of motion  
Move two monitors simultaneously  
Individual monitor up/down tilt  
Available in aluminum, white or silver



**WorkFit-LX Sit-Stand**  
*Dual Monitor & Handle Kit*

Perfect dual-monitor mount for screen sizes of 17" to 24"  
20-inch (51 cm) height range allows users to move between sitting and standing positions while they interact with the display



**MXV**  
*Dual Desk Mount Arm*

13-inch (33 cm) height range  
Compactly retracts to 4.4" (11,1 cm) and extends up to 22.2" (56 cm)  
Available in aluminum, white or silver





### **MX Mini**

#### *Desk Mount LCD Arm*

For ultra-light 20–24" monitors and tablets

Available in aluminum or white



### **HX Single**

#### *Desk Mount LCD Arm*

Rotation-stop limits range to 180°

Increases viewing comfort: Helps reduce eye, back and neck strain

Available in aluminum, white or silver



### **HX Dual**

#### *Desk Mount LCD Arm*

Rotation-stop limits range to 180°

Works with two (2) 32" monitors

Includes handle for easy positioning

Available in aluminum, white or silver



### **HX Triple**

#### *Monitor Bow Kit*

Works with three (3) 24" monitors

Includes handle for easy positioning

Requires HX Single or Dual

Available in aluminum or white



# Tools for Workspace Wellness

## Sit Less. Stand More.


Better health with standing desks

Office workers across the U.S. are sitting almost all day, which contributes to an excessively sedentary lifestyle.

The answer: Break up your sitting time by standing and moving around a bit. More and more, schools and businesses are understanding the benefits of adapting to a sit-stand environment.

**Freedom to Stand**  
See testimonials from creative professionals @ [JustStand.org](#)

one of the millions of workers worldwide who  
their working day sitting, you owe it to yourself to  
ng.




### Get Into Your Comfort Zone

**Voluntary Motion + Rest = Comfortable Computing**


ation and it begins with you. Find your zones by understanding the details of this simple, three-part concept.


- Keyboard and mouse to support a neutral posture**  
n, lower energy spend and reduced fatigue
- Repositioning into computing routine**  
ulation; less static load causing injury
- Frequent breaks & recuperation**  
r rejuvenates from static loading

ou the maximum amount of flexibility to get into the right  
following [this list of ergonomics tips](#), you'll decrease the  
duce risk of repetitive stress injuries (RSI).



workspace

 [Plan Your Workspace](#)

 [Ergonomic Payback Calculator](#)

### Comfortable Computing

Computing should never hurt. However, the reality is often very different for today's computer users—people just like you. Find out ways to make your work as comfortable as possible by getting ergonomics information that's easy to use.

[Learn More](#)

### Join the Uprising

Ergotron has influenced healthy computing for over three decades, using scientific research as a basis. We've collaborated with global thought leaders and a community of "standers" in order to raise awareness and reduce sedentary behavior.

[Learn more](#)

### Products

gotron products that best serve your needs when creating a healthier workspace.

BENEFITS
Equalize focal distance from top to bottom of screen; reduce glare/reflection; adjust keyboard angle
Reposition height to suit posture; accommodate average range of users at a station
Promote application flexibility; reposition to suit posture; accommodate wide range (95%) of users at a station
Work sitting or standing at the same station; promote application flexibility; reposition to suit posture

on: A) Extension/retraction motion; B) User-force requirements to initiate motion; C) Screen size relative to focal distance

Find the science  
behind the need to stand





# ERGOTRON®



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