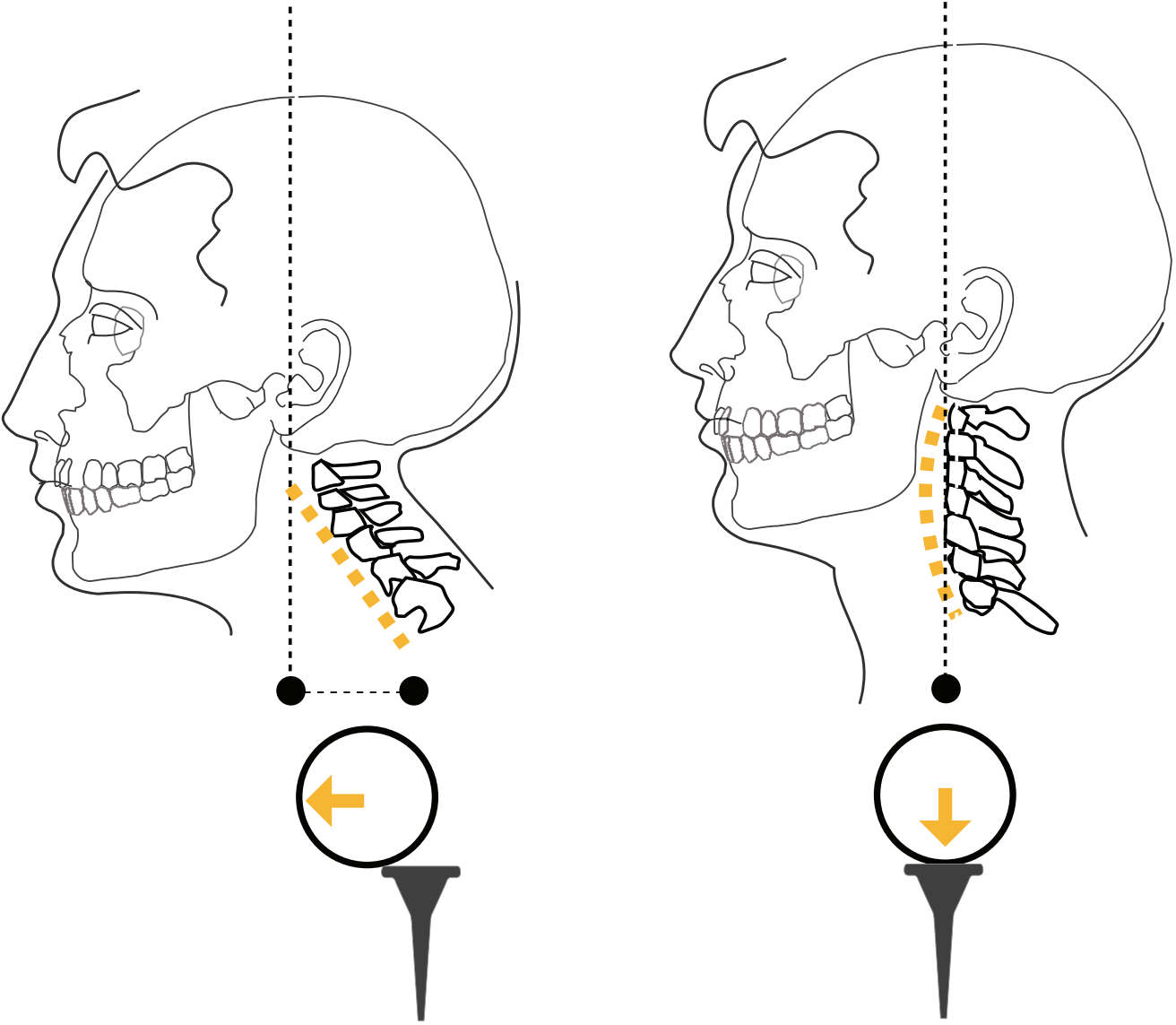


ERGOTRON[®]

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

**Staring
at Screens
All Day
Changes
Your Eyes,
Study Finds**
Huffington Post,
June 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

Monitor arms

MOVE YOU INTO THE IDEAL OFFICE ENVIRONMENT



1

Position your head
for comfortable posture

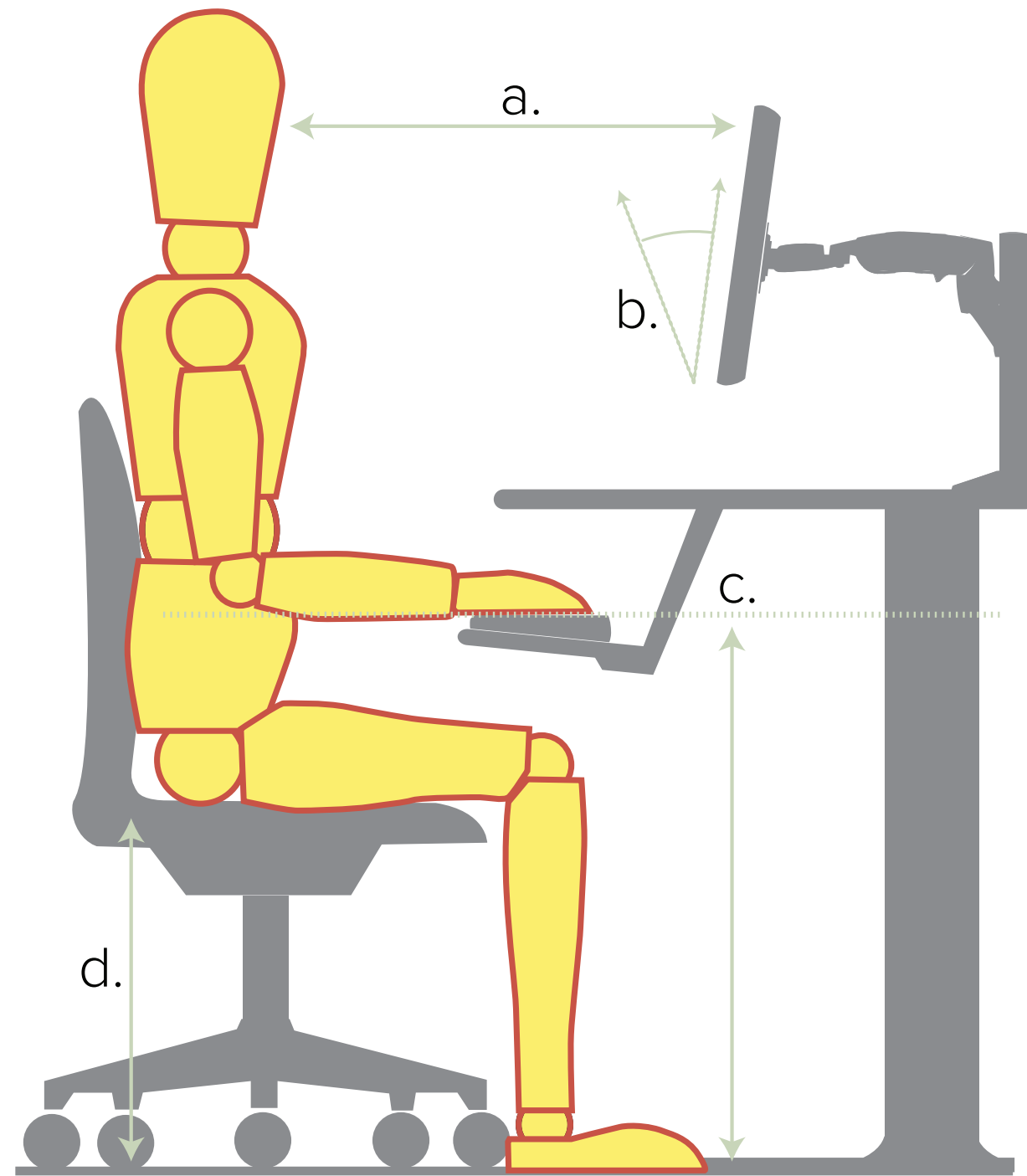
2

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

- 1 Neutral posture and a little movement is healthy

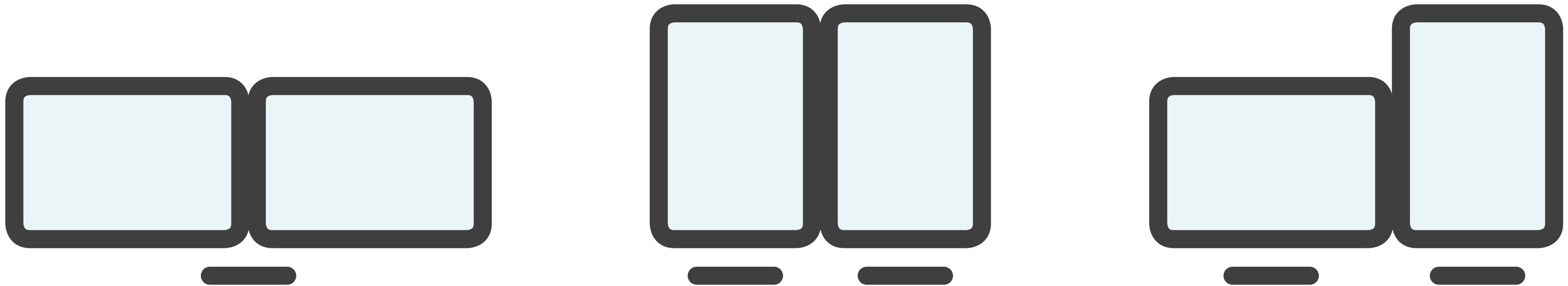
2 Clear the clutter


LX Dual Side-by-Side Arm



3 Flexible multi-monitors

INCREASE COLLABORATION!



 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 to calculate your gains.

Enter your scenario

days

employees

hours

\$

%

Two Displays

%

\$

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

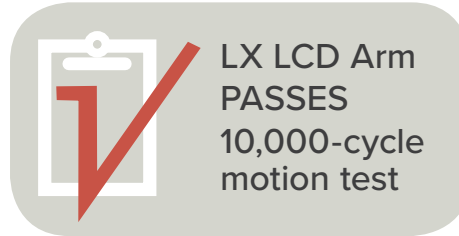
WIDE PRODUCT SELECTION INCLUDES TALL POST MOUNTS

SIMPLE INSTALLATION

HUMAN-CENTERED DESIGNS SINCE 1982

PATENTED CONSTANT FORCE™ LIFT-AND-PIVOT MOTION TECHNOLOGY





10-YEAR WARRANTY

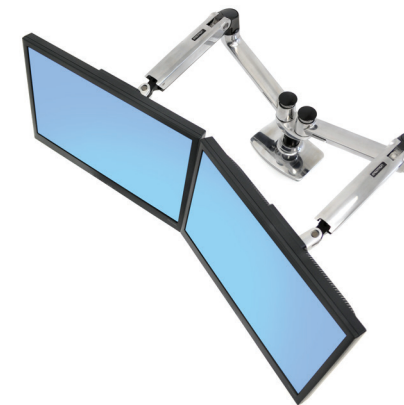
LX Desk Mount LCD Arm

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



Dual Monitor & Handle Kit

Perfect dual-monitor mount for screen sizes of 17" to 24"

Conceal and organize cables:
Display cables can be neatly routed behind displays



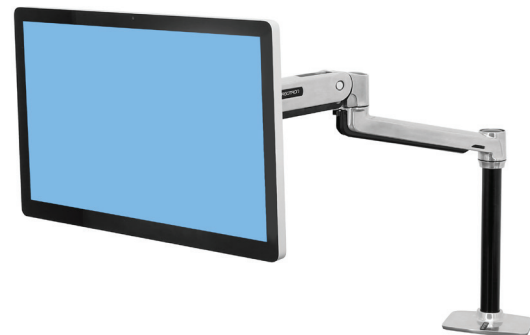
MXV

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



MX

Desk Mount LCD Arm

Accommodates mid-size displays and all-in-one computers weighing up to 30 lbs (13,6 kg)

Extends/retracts LCD up to 16.7" (42,4 cm)



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



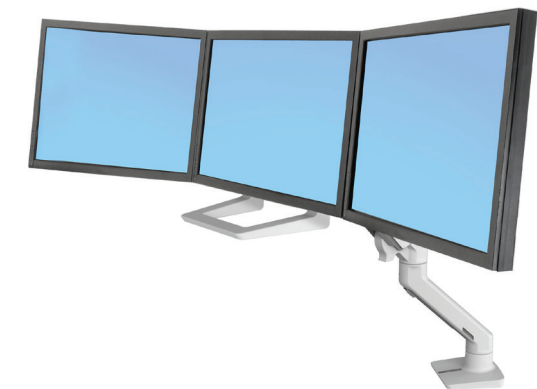
HX Dual
Desk Mount LCD Arm

Rotation-stop limits range to 180°
Works with two (2) 32" monitors
Includes handle for easy positioning
Available in aluminum, white or silver



HX 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 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

Arm Mounting Solutions

Ergotron offers a variety of mounting options for MX Mini, MXV, LX and HX arms.



Standard Two-Piece Clamp



Grommet Mount



Under Mount C-Clamp



Top Mount C-Clamp

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

If you're one of the millions of workers worldwide who spend their working day sitting, you owe it to yourself to *get moving.*

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.

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.

Get Into Your Comfort Zone
That's the ergonomic equation and it begins with you. Find your zones by understanding the details of this simple, three-part concept.

Ergonomic Payback Calculator

- Healthier workspace.
- Screen; reduce glare/reflection; adjust
- the average range of users at a station
- posture; accommodate wide range (95%) of
- omote application flexibility; reposition to suit
- motion; C) Screen size relative to focal distance

Find the science behind the need to stand

**JUST
STAND
.ORG**

ERGOTRON®



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