Sit / Stand Workstation Units in the Ergonomics Lending Library

Ergotron

1. **WorkFit-A** – Approximate Cost - $500 - $600, single & dual monitor units available

The Ergotron WorkFit-A is a keyboard tray, work surface, and monitor mounting system that clamps to the back edge of your desk. It allows the user to operate the computer while sitting or standing and is available to accommodate single and dual monitor set ups.

   a. **Compatibility**
      - The WorkFit-A’s are compatible with monitors that have mounting screws in a 75mm X 75mm or 100mm X 100mm mounting pattern on the backside of the monitor. WorkFit-A’s are generally not compatible with Apple products
      - The WorkFit-A must have approx. 1” – 2” of desktop to clamp to at the backside of the desk, and work best with desks that have a narrower top.

   b. **Pros**
      - The WorkFit-A Provides a large amount of freedom of movement.
      - The conversion process from sitting to standing is as simple as lifting the unit or pushing it down.

   c. **Cons**
      - The rear edge clamp can make this unit difficult to install, or simply not compatible with certain types of desks.
      - To some, the unit is “bouncy”.
      - The adjustability between the keyboard and monitor is limited. This can be problematic for some body types.
The Ergotron WorkFit-S is a keyboard tray, work surface, and monitor mounting system that clamps to the front edge of your desk. It allows the user to operate the computer while sitting or standing and is available to accommodate single and dual monitor set ups.

a. Compatibility
   - The WorkFit-S’s are compatible with monitors that have mounting screws in a 75mm X 75mm or 100mm X 100mm mounting pattern on the backside of the monitor. WorkFit-S’s are generally not compatible with Apple products
   - The WorkFit-S must have approx. 1” – 2” of desktop to clamp to at the front of the desk.

b. Pros
   - The WorkFit-S is compatible with most existing desks. Please note that the presence of a center drawer can impede installation.
   - The conversion process from sitting to standing is as simple as lifting the unit or pushing it down.

c. Cons
   - The unit has a limited range of motion, only adjusting up and down.
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3. **WorkFit iMac** – Approximate Cost - $500 - $600

The Ergotron WorkFit iMac is a keyboard tray, work surface, and monitor mounting system that clamps to the front edge of your desk. It allows the user to operate the computer while sitting or standing and is available to accommodate single and dual monitor set ups.

   a. **Compatibility**
      - The WorkFit iMac’s are compatible with Apple IMacs & Monitors.
      - The WorkFit iMac must have approx. 1” – 2” of desktop to clamp to at the backside of the desk.

   b. **Pros**
      - The WorkFit iMac provides a large amount of freedom of movement.
      - The conversion process from sitting to standing is as simple as lifting the unit or pushing it down.

   c. **Cons**
      - The rear edge clamp can make this unit difficult to install, or simply not compatible with certain types of desks.
      - To some, the unit is “bouncy”.
      - The adjustability between the keyboard and monitor is limited. This can be problematic for some body types.
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Varidesk

1. **Cube Corner 48** – Approximate Cost - $500
   

   The Varidesk Cube Corner 48 is a keyboard tray and work surface that sits atop your existing desk, and the Cube Corner 48 is intended to be used with a corner desk. It allows the user to operate the computer while sitting or standing and can accommodate single and dual monitor set ups.

   a. **Compatibility**
      i. The Cube Corner 48’s are compatible with virtually all monitor types with an integrated stand.

   b. **Pros**
      i. These are low cost units.
      ii. The conversion process from sitting to standing is as simple as releasing a catch and lifting or lowering the unit.
      iii. Stability.

   c. **Cons**
      i. The keyboard location on the Cube Corner is on top the existing desk. This places the keyboard too high for many people while using the unit in a seated configuration. Ergonomic best practice suggests that the keyboard should be slightly below your elbows (shoulders relaxed, arms at side with elbows flexed at approximately 90°-110° and wrists straight).
      ii. This unit is heavy and can be awkward to place on top of a desk.

   **Note:** This unit is available to view in the lending library but is not available for trial use.
Sit / Stand Workstation Units in the Ergonomics Lending Library

2. Pro Plus 36 - Approximate Cost - $400
   http://www.varidesk.com/standing-desk-pro-plus-36

The Varidesk Pro Plus 36 is a keyboard tray and work surface that sits atop your existing desk. It allows the user to operate the computer while sitting or standing and can accommodate single and dual monitor set ups.

a. Compatibility
   i. The Pro Plus 36’s are compatible with virtually all monitor types with an integrated stand.

b. Pros
   i. These are very low cost units.
   ii. The conversion process from sitting to standing is as simple as releasing a catch and lifting or lowering the unit.
   iii. Stability.

c. Cons
   i. The keyboard location on the Cube Corner is on top the existing desk. This places the keyboard too high for many people while using the unit in a seated configuration. Ergonomic best practice suggests that the keyboard should be slightly below your elbows (shoulders relaxed, arms at side with elbows flexed at approximately 90°-110° and wrists straight).
   ii. This unit is heavy and can be awkward to place on top of a desk.
Sit / Stand Workstation Units in the Ergonomics Lending Library

Versadesk

1. Power Pro 36 – Approximate Cost - $390 [https://versadesk.com/versadesk-power-pro/]
The Versadesk Power Pro 36 is a keyboard tray and worksurface that sits on top of your existing desk. The user can work at the computer while sitting or standing. This unit can hold a single or dual monitor set up. It is electric and adjusts in height at the push of a button.

   a. Compatibility
      i. The Power Pro 36 units are compatible with virtually all monitor types.

   b. Pros
      i. These are low cost units.
      ii. The conversion process from sitting to standing is just the push of a button.
      iii. Stability.

   c. Cons
      i. The keyboard location on the Power Pro 36 is on top the existing desk. This places the keyboard too high for many people while using the unit in a seated configuration. Ergonomic best practice suggests that the keyboard should be slightly below your elbows (shoulders relaxed, arms at side with elbows flexed at approximately 90°-110° and wrists straight).
      ii. This unit is heavy and can be awkward to place on top of a desk.

Features of the VersaDesk Power Pro

![Features of the VersaDesk Power Pro](image-url)
Sit / Stand Workstation Units in the Ergonomics Lending Library

Ergo Desktop

1. **Kangaroo Workstation** – Approximate Cost - $400 - $800

The Kangaroo Workstations are a keyboard tray and work surface that sits atop your existing desk. It allows the user to operate the computer while sitting or standing and can accommodate single and dual monitor setups.

   a. **Compatibility**
      i. The Kangaroo’s are available with many different configurations and can be compatible with virtually all monitor types.

   b. **Pros**
      i. The Kangaroo has decent adjustability between the keyboard height and monitor height.
      ii. Very stable.

   c. **Cons**
      i. The keyboard location on the Kangaroo is atop the existing desk. This places the keyboard too high for any user while using the unit in a seated configuration. Ergonomics best practice suggests that the keyboard should be slightly below your elbows with your wrists flat.
      ii. This unit is a little bit more difficult to adjust from sitting to standing than the Varidesk units or the Ergotron units.
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**Electric Height Adjustable Desks** – Approximate Cost - $700 – thousands

Electric height adjustable desks are available from many vendors or furniture dealers. Simply put, they are an entire desk that raises and lowers to accommodate sitting and standing at work.

a. **Compatibility**
   i. Electric height adjustable desks are compatible with most computer configurations.

b. **Pros**
   i. These units are like a normal desk and provide the sit and stand option.
   ii. The desk adjusts easily for sitting or standing by pressing a button.
   iii. These are the best option if there is sufficient funding available.

c. **Cons**
   i. They are the most expensive option.

*Note: These units are available to view in the lending library but are not available for trial use.*