

Sit / Stand Workstation Units in the Ergonomic Lending Library

Ergotron WorkFit-S - Approximate Cost - \$500 - \$600 (check pricing on Duck Depot-Office Depot); single and dual monitor units available (only dual monitor in the lending library)

<http://www.ergotron.com/en-us/products/product-details/33-349#/>

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 you to operate the computer while sitting or standing and is available to accommodate either single or dual monitors.

a. Compatibility

- The WorkFit-S is compatible with monitors that have mounting screws in a 75mm X 75mm or 100mm X 100mm mounting pattern on the backside of the monitor. This workstation may not be compatible with Apple products.
- The WorkFit-S must have approx. $\frac{3}{4}$ " – 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 or keyboard tray can impede installation.
- The conversion process from sitting to standing is as simple as lifting the unit or pushing it down.
- The keyboard platform of the WorkFit-S can lower below the desk surface.

c. Cons

- The unit has a limited range of motion, only adjusting up and down.



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Ergotron WorkFit-TX - Approximate Cost - \$500 (check pricing on Duck Depot-Office Depot)

<https://www.ergotron.com/en-us/products/product-details/33-467#/>

The Ergotron WorkFit-TX 36 is a keyboard tray and work surface that sits a top your existing desk. It allows you to operate the computer while sitting or standing and can accommodate single or dual monitors.

- a. Compatibility
 - The WorkFit-TX is compatible with virtually all monitor types with an integrated stand.
- b. Pros
 - The conversion process from sitting to standing is as simple as releasing levers and lifting or lowering the unit.
 - Stability.
 - The keyboard platform of the WorkFit-TX can lower below the desk surface.
- c. Cons
 - This unit is heavy and can be awkward to place on top of a desk.



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Varidesk 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 a top your existing desk. It allows you to operate the computer while sitting or standing and can accommodate single or dual monitors.

- a. Compatibility
 - The Pro Plus 36" is compatible with virtually all monitor types with an integrated stand.
- b. Pros
 - These are very low cost units.
 - The conversion process from sitting to standing is as simple as releasing levers and lifting or lowering the unit.
 - Stability.
- c. Cons
 - The keyboard location on the Pro Plus 36 is on top the existing desk. This places the keyboard too high for many people while using the unit in a seated position. 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).
 - This unit is heavy and can be awkward to place on top of a desk.



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Versadesk Power Pro 36 – Approximate Cost - \$390 (check the price on Duck Depot-Office Depot it may be significantly less) <https://versadesk.com/versadesk-power-pro/>

The Versadesk Power Pro 36 is a keyboard tray and work surface that sits on top of your existing desk. It allows you to operate the computer while sitting or standing and can accommodate single and dual monitor set ups. This workstation is *electric* and adjusts in height at the push of a button.

- a. Compatibility
 - The Power Pro 36 is compatible with virtually all monitor types with an integrated stand.
- b. Pros
 - These are low cost units.
 - The conversion process from sitting to standing is just the push of a button.
 - Stability.
- c. Cons
 - 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 position. 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).
 - This unit is heavy and can be awkward to place on top of a desk.

Features of the VersaDesk Power Pro



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Electric Height Adjustable Desks – Approximate Cost - \$600 – thousands. These desks are not available in the lending library. Contact Michelle Gillette (see last page) for further information and assistance.

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
 - Electric height adjustable desks are compatible with most computer configurations.
- b. Pros
 - These units are like a normal desk and provide the sit and stand option.
 - The desk adjusts easily for sitting or standing by pressing a button.
 - These may be the best option if there is sufficient funding available.
 - Stability and work space.
- c. Cons
 - Prices have come down significantly for electric desks but they still may be more expensive than some of the desktop workstations.



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Workstations are loaned for up to 30 days from Environmental Health & Safety.

To request to borrow a workstation or other items in the lending library, go the Ergonomics webpage <https://safety.uoregon.edu/ergonomics> and click on the “Request a Lending Library Item” link.

For more information on the any of the workstations or the lending library:

Contact: Michelle Gillette, Ergonomic & Safety Coordinator

Email: michgill@uoregon.edu

Phone: 541-346-8084