

Ergonomic Selector Guide

Relieve workplace discomfort.



Do You Feel Discomfort While Working?

If so, your workstation setup could be the issue. We have listed some key areas around the workstation where improper adjustments can be causing discomfort. We also provide you with solutions that can help place you in a more comfortable position while working.

Product Solution Guide

Symptom	Possible Cause	Product Solution	Page No.	
Headaches	Improper Monitor Position Poor Lighting Screen Glare Incorrect Document Placement	Monitor Support Task Lighting Glare Filter Document Holder	539-545 860-865 522-524 546-549	3M Desktop Document Holder PG. 548 
Muscle Stiffness	Improper Keyboard or Mouse Positioning Seat Too Low/ Knees Above Hips Lack of Movement	Keyboard Manager Wrist Support External Keyboard Seating	507-512 525-528 501-505 116	Lorell Keyboard & Mouse Tray With Articulating Arm PG. 65 & 71 
Neck and Shoulder Strain	Improper Keyboard or Mouse Positioning Improper Monitor Position Seat Too Low/Knees Above Hips Lack of Movement	Keyboard Manager Wrist Support External Keyboard Monitor Support Seating	507-512 525-528 501-505 539-545 116	Compucessory Multifunction Laptop Workstation with Cooling Fan PG. 540 
Back Pain	Slouching Seat Too Low/Knees Above Hips Lack of Movement	Seating Back Support Seating	116 262 116	Lorell Ergonomic Backrest PG. 262 
Eye Fatigue	Improper Monitor Position Screen Glare Poor Lighting Incorrect Document Placement	Monitor Support Glare Filter Task Lighting Document Holder	539-545 522-524 860-865 546-549	Compucessory Blackout Privacy Filters PG. 522 
Arm, Hand & Wrist Pain	Improper Keyboard or Mouse Positioning Seat Too Low/Knees Above Hips Improper Work Surface Height	Keyboard Manager Wrist Support External Keyboard Seating	507-512 525-528 501-505 116	Fellowes Gliding Palm Support with Microban Protection PG. 525 
Poor Circulation	Improper Keyboard or Mouse Positioning Legs Dangling/Tucked Seat Too Low/Knees Above Hips Lack of Movement	Keyboard Manager Wrist Support External Keyboard Foot Support Seating	507-512 525-528 501-505 697-698 116	3M Wrist Rest Platforms PG. 526 
Leg Discomfort	Legs Dangling Seat Too Low/Knees Above Hips Lack of Movement	Foot Support Seating	687-698 116	Lorell Adjustable Height Footrest PG. 698 