

Workstation Equipment



HEIGHT ADJUSTABLE BEDS

The height of your desk is important in encouraging an ergonomic posture whilst working.

A height adjustable desk may be useful if:

- Several people share one workstation. This allows each user to efficiently adjust the desk to their individual needs.
- If the workstation is used for several purposes, for example, working in a sitting and standing position.

Height adjustable desks can have manual or electric adjustment.



MONITOR STANDS

Correct positioning of the computer monitor is important to prevent fatigue, neck, back and shoulder discomfort and eye strain.

Monitor stands are available for both box style and LCD monitors. In situations where there is only one user at the computer, a static monitor stand should be sufficient. However, when multiple users share a workstation, an adjustable monitor stand enables the monitor to be quickly and easily adjusted to suit each user.

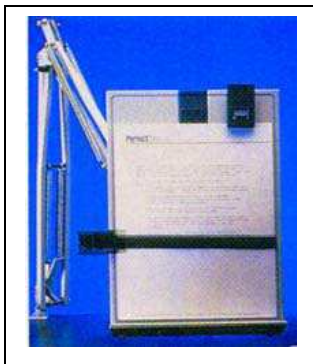
DOCUMENT HOLDERS

If documents are positioned too far from the computer monitor this can encourage frequent and awkward movements of the head and neck. This can cause muscle fatigue and discomfort of the neck and shoulders.

Document holders enable documents to be positioned close to the screen, reducing awkward head movements.

Correct positioning of the document holder depends on the type of document, the task being performed and the set up of the workstation.

- A document holder can be positioned beside the monitor to reduce awkward head/neck movements when copying from documents.
- A document holder can also be positioned between the monitor and keyboard. This is useful for larger and heavier documents and can also provide a writing surface for written work.





ANGLED WORK SURFACES

Angled work surfaces are wedge shaped devices which can be placed on a desk to enable the angle of the work surface to be adjusted. Using an angled work surface encourages a more upright posture when reading, writing and drawing for prolonged periods.

They can also reduce eye strain by positioning the work closer to the eyes and at a more comfortable angle.



WRIST RESTS

Wrist rests are designed to provide support for the palm of the hand during pauses in keying work.

Wrist rests should not be used to support the forearms whilst typing, as this can encourage excessive extension of the wrist and stretching of the fingers to reach the keys. In appropriate use of wrist rests can cause discomfort, strain and even injury in the muscles of the hands and forearms.



TELEPHONE HEADSETS

Prolonged use of the telephone with the headset held between the shoulder and the head can cause neck and should discomfort. Telephone headsets enable hands-free telephone use and minimise awkward and prolonged positions whilst using the telephone.

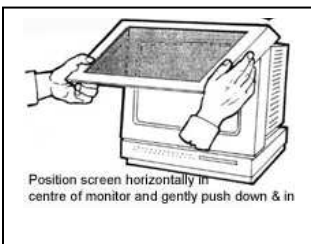
It is important to position the telephone where it can be easily reached without excessive stretching or reaching.



FOOTRESTS

When seated correctly at a workstation, the feet should be fully supported on the floor. If the desk is too high and is not adjustable, the user may need to raise the chair to sit correctly.

Footrests can be used to comfortably support the feet if they are unable to reach the floor when correctly seated at the desk. Some footrests are height and angle adjustable to suit individual needs.



GLARE FILTERS

Glare on the monitor screen can cause eye strain and encourage awkward postures to reduce the glare.

Tilting the monitor can help to reduce glare. Glare filters can also be used with box style monitors to reduce glare and improve clarity.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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