

Fall 2014



Make it work atWork!

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Office Space Planning & Design

Deciding to update your office space is easy - it's the execution of the design that often causes companies the most difficulty.

Put atWork to Work for You

atWork's sales professionals, space planners and office installation experts have installed thousands of workstations and office layouts. From drawings to moving day timelines, our experienced team will walk you through every step of your project. With your needs and ideas, we can start planning your office update immediately.

Showroom & Warehouse

Test drive a wide variety of office furnishing and workstation layouts from our expansive in-stock selection.

Onsite

At your office, one of our professional atWork representatives will help you design a workspace layout that is customized and fulfills all of your work flow needs.

For more information, or to schedule an in-office consultation, contact us today.



Make it work atWork!

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Reception

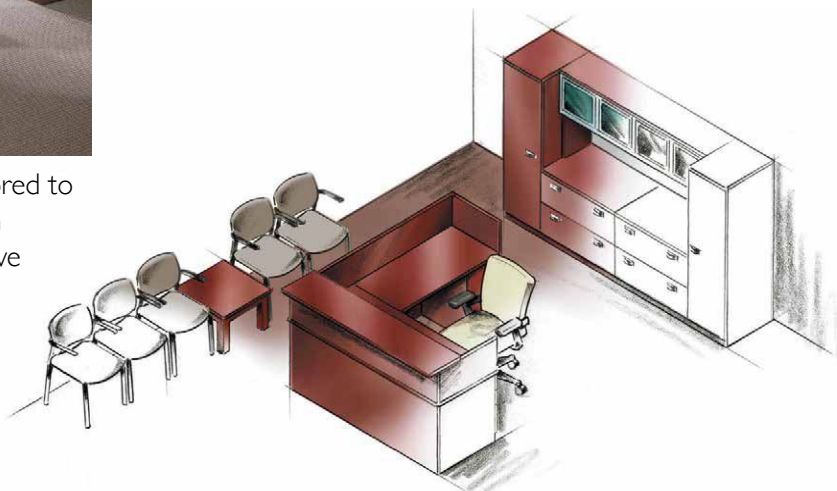


“You never get a second chance
to make a good first impression.”
-- Will Rogers

Let atWork Office Furniture create a reception tailored to
your specific needs, budget and business. Our design
team will work directly with you to create an effective
layout and bring it to life with 3D renderings to help
you visualize the final design.

Reception Stations starting from \$498

[WEB ID BEL CAN-REC72-BF]



Reception and Guest Seating

Guest chairs for commercial spaces are comfortable and inviting, giving visitors to reception and office areas priority.

Flock - Where people migrate.

People work best where they are most comfortable. With a full collection of flexible elements that work seamlessly together, Flock is designed to support collaboration in a stylish yet dynamic fashion. HON Full Lifetime Warranty
[WEB ID HON FLOCKTURQ]



Domo Modular

Come together with Domo Modular the highly evolved and inspired collection that sparks ideas and experiences. Modern and inviting, these lounging accommodations provide the ideal segue to thoughtful interactions in creative workspaces, while the modularity aspect allows for flexibility and functionality across a variety of applications. For collaborating or working solo, to socializing or simply lounging, Domo creates truly authentic engagements on every level. Limited 10 Year Warranty
[WEB ID DOMO MOD]



Tribute - Welcoming and comfortable.

Tribute lounge seating is a modern seating solution that makes any area look inviting. Limited 10 Year Warranty.

A - Loveseat \$759.99 [WEB ID DSI 5600-SF-2S-PPSL]

B - Ottoman \$499.99 [WEB ID DSI 5600-OT-4818-PPS]

C - Couch \$969.99 [WEB ID DSI 5600-SF-3S-PPSL]

D - Loveseat \$759.99 [WEB ID DSI 5600-SF-2S-PPSL]

Panel / Modular Systems

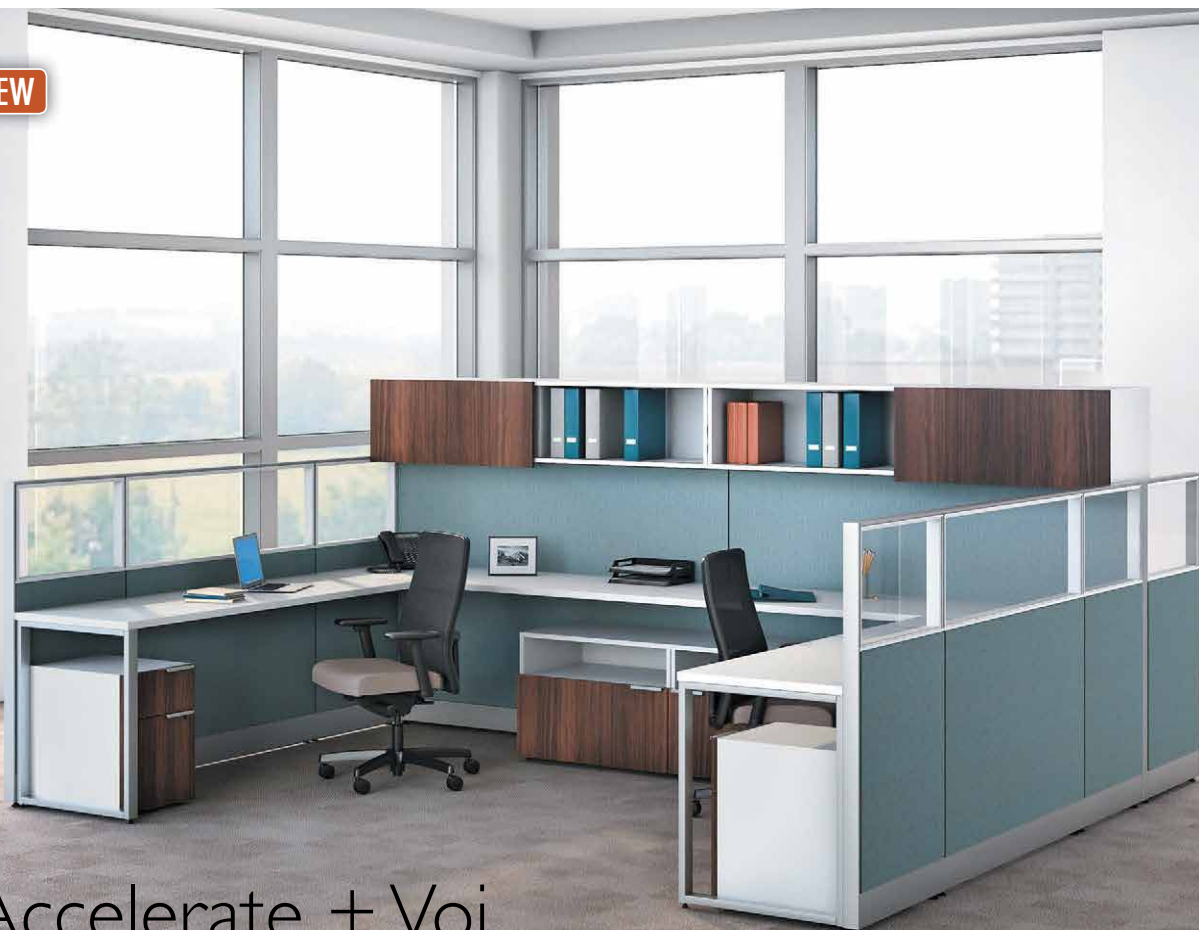
Accelerate

Accelerate is the ideal workstation to outfit your entire space. With a variety of panel, worksurface and above and below storage, it works great alone or even better with complementary HON products. And with a broad selection of fabrics and finishes, Accelerate is the best solution to achieve a customized look for any space.



HON

• NEW



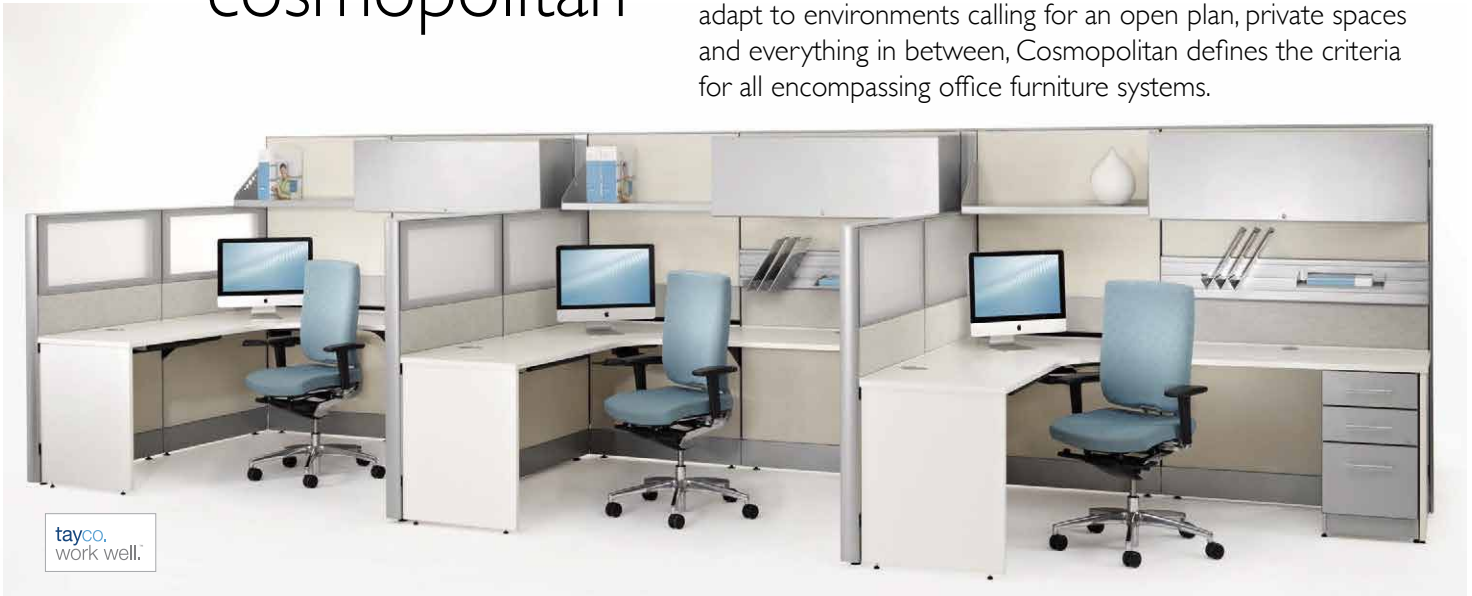
Accelerate + Voi

Voi's integrated design unites a workplace, bringing a variety of spaces together with a consistent style. You can easily outfit your entire facility with Voi laminate or veneer desking, including private offices, semi-private offices, benching stations, and touchdown stations. And the same kit of parts and pieces that form desks in these applications are compatible with HON's Accelerate or Abound workstations in open plan configurations.

HON

cosmopolitan

With its flexibility and infinite design possibilities allowing it to adapt to environments calling for an open plan, private spaces and everything in between, Cosmopolitan defines the criteria for all encompassing office furniture systems.



Interior Design

Your space should be greater than the sum of its parts.

Flexible, scalable and personal.



*Efficiency for today,
Flexibility for tomorrow.*

*atWork has professional
design services for ANY
size business!!*

Work Stations



Phoenix Corner Workstation

Make your corner office look and feel beautiful. Package includes desk, return, 1 box/1 file drawer pedestal with lock and sliding keyboard tray. Hutch sold separately. 60" x 60" Footprint. Limited 10 Year Warranty

\$479.99 [WEB ID BEL P25-60L/R]

Optional open hutch

\$329.99 [WEB ID BEL 3393-3760]

MADE IN CANADA

PROFESSIONALLY ASSEMBLED

BELAIR
OFFICE PRODUCTS



Phoenix L-Shape Desk

Strike the right balance of worksurface and storage space. This L-Shape desk has 1 box/1 file drawer pedestal with lock and 1 cord grommet. CPU skateboard and sliding keyboard tray sold separately. 60" x 70" Footprint. Limited 10 Year Warranty

\$579.99 [WEB ID BEL P01-60L/R]

MADE IN CANADA

PROFESSIONALLY ASSEMBLED

BELAIR
OFFICE PRODUCTS



Phoenix Forward-Facing L-Shape Desk

Conference style bullet table with recessed, full length modesty panel lets you easily greet clients with style. L-Shape provides expansive worksurface plus plenty of storage in the 1 box/1 file drawer pedestal with lock. 72" x 72" Footprint. Limited 10 Year Warranty

\$849.99 [WEB ID BEL P38-72L/R]

MADE IN CANADA

PROFESSIONALLY ASSEMBLED

BELAIR
OFFICE PRODUCTS



Tayco Metropolis Arc L-Shape

More than just a pretty space. An arc desk with recessed full modesty makes a strong first impression and provides plenty of room for visitors. Stylish tabletop grommets conveniently and discreetly conceal cables while keeping them neat and tangle-free. A pedestal file stores necessities to get the job done. Limited Lifetime Warranty

\$1899.99 [WEB ID TAY METRO ARC]

tayco.
work well.™



Phoenix Forward Facing U-Shape with Rounded Bullet

The Belair Phoenix Series is ready for long-term, everyday office use. Ontario-made and factory assembled, it is one of our most popular lines. Phoenix Forward-Facing U-Shape Workstation allows corner computer placement and lets you face forward towards clients and visitors. Desk has recessed modesty panel with rounded bullet end ensuring client comfort and ease while still providing you with ample work surface. Plenty of storage with 1 box / 1 file drawer pedestal with lock and 4 solid, hinged door enclosed hutch. 1" thick top and end panels; full suspension tracks on all box drawers. 72" x 92" Footprint. Limited 10 Year Warranty

\$1789.99 [WEB ID BEL P39-72L/R]

MADE IN CANADA

PROFESSIONALLY ASSEMBLED

BELAIR
OFFICE PRODUCTS

Phoenix Northridge Forward-Facing U-Shape

Plenty of workspace, storage and style in this extended Forward-Facing U-Shape Workstation from Phoenix by Belair. Desk has full length recessed modesty panel with bow front to easily greet clients and visitors. Credenza provides extended worksurface plus additional storage with 2 drawer lateral file cabinet with lock. 72" x 105" Footprint. Limited 10 Year Warranty

\$2349.99 [WEB ID BEL P41-72L/R]

MADE IN CANADA

PROFESSIONALLY ASSEMBLED

BELAIR
OFFICE PRODUCTS



Tayco Metropolis

Practiced, polished and prominent.

Metropolis Executive provides new meaning to the corner office with a view with contemporary executive suites that will create a lasting impression. Metropolis Executive features 1.5" thick worksurfaces with a choice of three decorative trim styles: Straight, Wave or Gothic.

\$2049.99 [WEB ID TAY METRO U-SHAPE W/DESK]

1.5"
Thick top

tayco.
work well.™

Small Business Start-up Essentials



MADE IN
CANADA
PROFESSIONALLY
ASSEMBLED

Candi Lateral features 2 locking drawers and supports legal and letter size files (conversion kit available to support letter size files). Anti-tip security feature and factory-installed lock ensures privacy. Comes factory assembled and constructed with 1" thick top and end panels and commercial-grade melamine. Full suspension tracks on all box drawers. Limited 10 Year Warranty 20"D x 36"W x 29"H

\$278.00 [WEB ID BEL CAN-LAT]



Candi L-Shape When price matters, the Candi Collection L-Shape is the desk for you. This L-Shape comes complete with desk, return and locking box/file drawers constructed with 1" thick top and end panels and commercial-grade melamine. 72" x 72" Footprint. Limited 10 Year Warranty

\$398.00 [WEB ID BEL CAN-L72-BF]



Candi Bowfront

Engaging U-Shape Workstation with bowfront desk provides extended workspace and generous storage. Package includes desk, bridge, credenza with 1 box/1 file drawer pedestal with lock, and 4-hinged solid door hutch. 100" x 72" Footprint. Limited 10 Year Warranty

\$638.00 [WWEB ID BEL CAN-U72-BBFT]

Keyboard tray (Optional)
\$59.99 [WEB ID BEL 3019-1228]

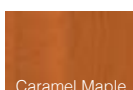
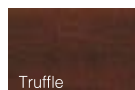
Hutch with doors (Optional)
\$248.00 [WEB ID CAN HUTCH]



Candi Reception L-Shape

L-Shape Reception Workstation with glazed transaction counter introduces you as a savvy business. Plenty of storage in 1 box/1 file drawer pedestal with lock. Constructed of commercial-grade melamine with 1" thick top and end panels. Matching keyboard tray optional. 72" x 72" Footprint. Limited 10 Year Warranty.

\$778.00 [WEB ID BEL CAN-L72-BF/1TC-72G]



BELAIR
OFFICE PRODUCTS

Candi Collection comes in two finishes; Truffle and Caramel Maple.
Get a taste of what beautiful Canadian Made office furniture looks like. Delicious!



Dry-erase topped collaboration stations can lead to some sketchy ideas!

• NEW

atWork's selection of Height Adjustable and Treadmill desks create movement in the workplace - ask about the many options and features available.



Float by Humanscale offers more height adjustability, a greater weight accommodation range, and more work surface options than any other counterbalance table. Ingenious, constant-force spring allows effortless and instant movement between sitting and standing height creating a healthier work environment.

\$1749.99 [HUM FTWM422448]
Desktop and base only

LifeSpan Treadmill Desk with Bluetooth Display

Tired of sitting at a desk all day? The TR1200 DT5 Treadmill Desk from LifeSpan is the perfect option for the single user or small team sharing throughout the day. Stand-alone desk frame is unattached from the treadmill ensuring stability & ample desktop surface easily supports laptop or monitor & printer. Adjustable desk height comfortably fits users between 4'10" and 6'8"

\$1699.99 [LIF TR-1200-DT5]



• NEW



Altitude is our answer

to creating mobility and variety in the office. Various levels of work surface allow a user to walk up and work or sit to ponder.

Paperwork can be collated across large standing surfaces or sit in your favourite chair and meet with clients. It's your choice how and when you use your body - to remain productive and healthy.

Altitude U-Shape Sit/Stand

Includes desk with recessed modesty to accommodate client seating, 42.5" standing height bridge with easy reach storage and combination storage credenza all in a 72" x 102" footprint. Limited 10 Year Warranty.

\$1599.99 [WEB ID BEL A150L/R]



Exclusive to
atWork Office Furniture

A 35-year old family company;
an office furniture idea laboratory;
a group of dedicated craftspeople.



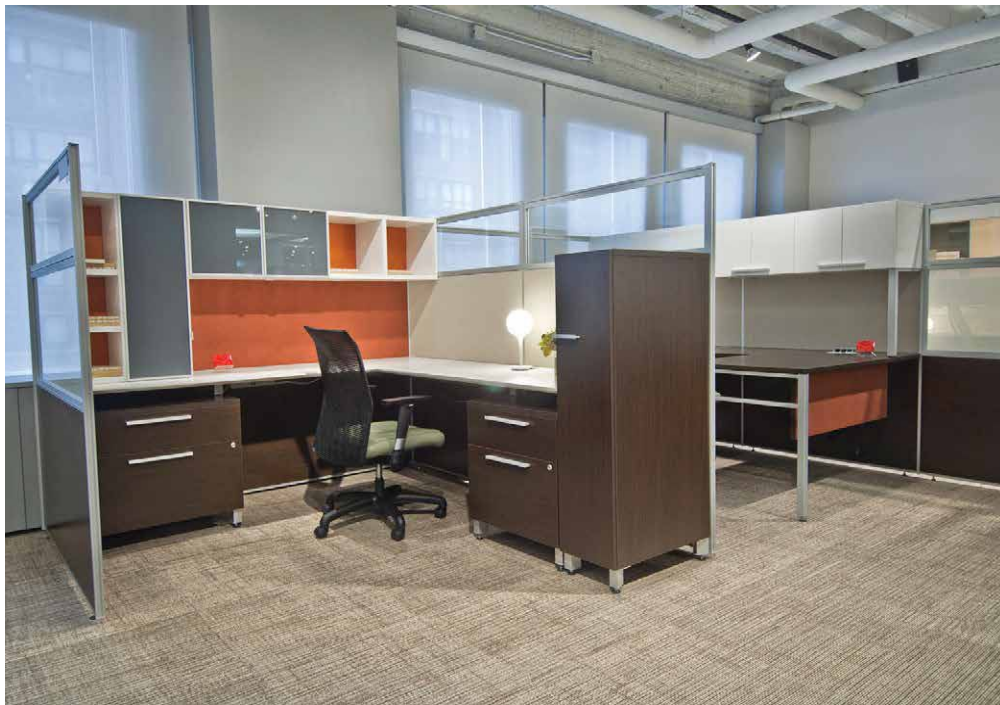
Premiere Series

Ultimate, high-end performance.

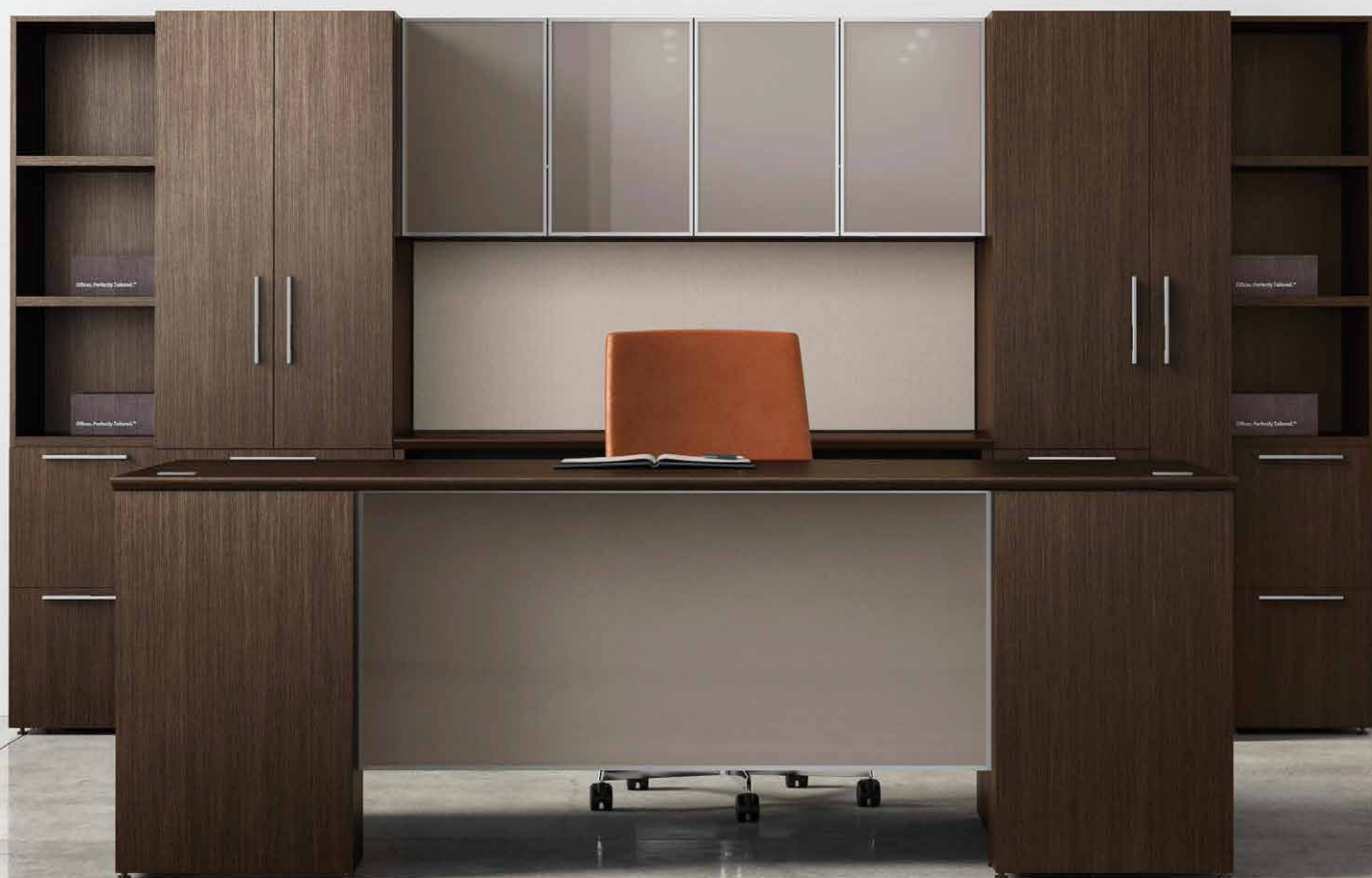
Fresh and stylish has never looked better.
More elegant lines makes a smart appearance,
highlighted by a unique mix of the most
modern and advanced materials.

A great design, with crafted aluminum accents
and painted glass as well as unique textile
components makes this laminate-surface
collection a winner.

Contact us for details on the Premiere Series.



Work like a boss!





Create Studio

Everything you need.

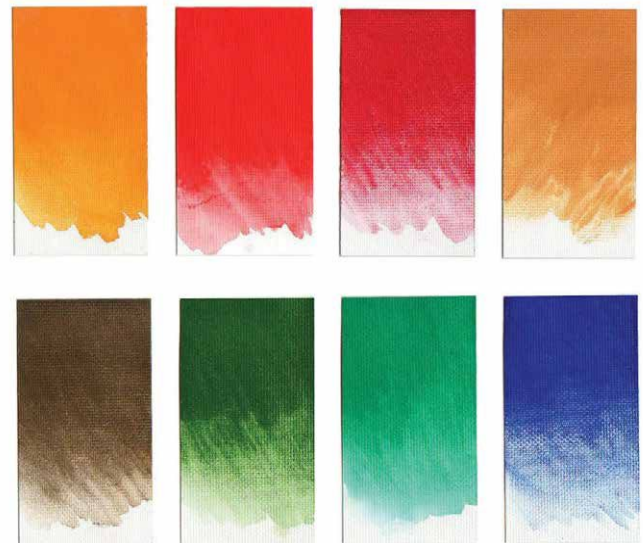
Clean and low in profile, minimal elements and lighter in scale are characteristics of Studio. The aluminum structure ensures long lasting quality while maintaining integrity over many configurations. It gives the impression of a sophisticated and highly innovative new looking office.

Contact us for details on the Create Studio line.
WEB ID HHH 308715

*Add an attitude of cheerfulness
and optimism to your workspace
with coloured glass!!*

Painted Glass Doors

New, slim-line metal-frame cabinet doors frame a striking array of clear, frosted or painted glass. A highly visual manifestation that enhances personalized design. The total effect is empowering. How about painted glass, available in many standard colours (Benjamin Moore) including white, graphite & black on metal or design your suite with classic laminate framed clear glass cabinet doors.



• NEW



Contact us

for an on-site consultation
or visit one of our locations

www.atwork.ca/OfficeFurnitureStores_Locations

Preside by HON

HON's Preside conference series pays special attention to boardrooms. Tables can be specified in lengths from five to 20 feet or more, with options for bases, edges, and materials that express any aesthetic—traditional to contemporary. When access to technology is needed, it's immediately available in the tabletop via optional power and data ports.

Contact us for details on the many options available.



Presentation Cabinet • Hospitality Crendenza • Lecturn • Boardroom Tables • Seating • Wire Management

For more information

Visit our website

www.atwork.ca/BoardroomConferenceTables

Clear Future

Clear Future premium dry erase products bring enhanced sophistication and privacy to modern offices with incredible durability, a non-ghosting surface, available customization and modern designer style.

\$2390.00 [WEB ID CFM PER FLR 4248-L2]




CLEAR FUTURE
MARKERBOARDS

CERES

TOTAL SUPPORT IS A BEAUTIFUL THING

A superior sitting experience with a clean, purposeful design. The distinctive lines echo the motion of your body as you sit back and recline. Upgraded model shown. HON Full Lifetime Warranty Starting at:

\$599.99 [WEB ID HON HCW1.ABLCK.H.IM.SB.T]  **HON**



Office Seating

Go for a spin! Visit your local atWork showroom and choose from a large selection of in-stock office seating.



Volt

A bigger scale. Smarter styling and more ergonomic features than other entry level task chairs. HON Full Lifetime Warranty

\$139.99 [WEB ID HON H5701 + 5795]

\$99.99 without arms [WEB ID HON H5701]



HON.



Volt Mesh

Comfortable large seating with breathable mesh that cradles your back. Available in Navy or Black seat fabric. HON Full Lifetime Warranty

\$159.99 [WEB ID HON H5711]

\$199.99 with arms [WEB ID HON H5711 + 5795]



HON.



Air Grid

The ultimate user-friendly sitting experience.

All-mesh task chair with breathable Dark Air Grid back hugs the body to provide lumbar support while its thick padded mesh seat eliminates contact stress points under the thighs. Limited 15 Year Warranty

\$199.99 [WEB ID OSP 5500]



Purpose

Adaptable like no other chair, Purpose's sleek design works everywhere, and with a versatile selection of fabric and finish options, it also fits anywhere. HON Full Lifetime Warranty

\$399.99 [WEB ID HON HR1W.ABLK.H.ON.CU.T]



HON.

NEW





Mid Back **The price is right.** Mid back executive chair from basyx by HON is an all round good addition to your conference room or office while going easy on the wallet. basyx by HON Limited 5 Year Warranty

\$99.99 [WEB ID HON HVL601]



Managerial **A soft black leather combo** high-back chair and a popular pick. Limited 2 Year Warranty

\$189.99 [WEB ID RTG 18650]



Eco-Leather Tilter

Made with 20% recycled leather this executive chair has built-in lumbar support and padded armrests. Limited 15 Year Warranty

\$199.99 [WEB ID OSP EC6583-EC3]



Ignition

All day support, every day. Nothing about Ignition is one-size-fits-all so you can address the needs of your total office. HON Full Lifetime Warranty

Starting at:
\$329.99 [WEB ID HON HIWM2.A.U GR3]





Pro Grid Manager

Multi-adjustable chair with seat slider feature has a breathable mesh back, contour mesh saddle seat and a heavy duty nylon base. Limited Lifetime Warranty.

\$249.99 [WEB ID OSP 92893]



Ignition

Test drive one today. Ignition recognizes that people come in all shapes and sizes and supports virtually every one of them.

Upgraded model shown. HON Full Warranty. Prices starting at:

\$369.99 [WEB ID HON HIWM2.A.H/S.M GR3]



Nucleus

An advanced suspension material

distributes weight evenly across the seat and molds to your back delivering support precisely where it's needed. Upgraded model shown.

HON Full Lifetime Warranty.

Prices starting at:

\$449.99 [WEB ID HON HN1.A]



Freedom

Work in Comfort. Sit in Style. Freedom is the winner of 10 design awards. Its weight sensitive recline and headrest set new standards for task chair performance while lowering the risk of long term injury. Upgraded model shown. Limited 15 Year Warranty. Prices starting at:

\$999.99 [WEB ID HUM F211 GR1]





Nucleus + Voi

hnp.

Stools, Stackers and Client Seating



Pal Multi-environment Pal Stool seat raises from 16 ½" to 21" in height.
\$99.99 [WEB ID KP 272 GR2]



Saddle Freedom Saddle is sculpted to match body contours reducing pressure points.
\$299.99 [WEB ID HUM F300 GR1]



Volt Generously proportioned Volt stool with footring gives you more for your money.
\$259.99 [WEB ID HON H5705 + H5795 GR2]



Stacker Have versatility and value with the double padded stacking chair from KP.
\$39.99 [WEB ID KP 101DP GR2]



Client Welcoming chair stacks up to 4 high for easy storage. Available in Black only. basyx by HON Limited 5 Year Warranty
\$89.99 [WEB ID HON HVL506]



Molded The most comfortable in its class and available in assorted colours.
\$42.99 [WEB ID ROD FS91]



Sled Base Your guests deserve contoured comfort and reliable support. Limited 15 Year Warranty
\$99.99 [WEB ID KP 1602 GR2]



Guest Lightweight round tube frame provides sturdy support. basyx by HON Limited 5 Year Warranty
\$69.99 [WEB ID HON HVL616]



Padded Leather Demonstrate your style with padded leather seating. basyx by HON. Limited 5 Year Warranty
\$129.99 [WEB ID HON HVL643]



Rectangular Folding Table

Multi-purpose laminate table with flexibility of easy storage. Limited 10 Year Warranty

\$99.99 - 5' table [WEB ID LDF FTM-3060]

\$109.99 - 6' table [WEB ID LDF FTM-3072]

\$119.99 - 8' table [WEB ID LDF FTM-3096]



Round Folding Table

Round laminate table folds away when not in use.

Limited 10 Year Warranty.

\$189.99 - 4' table [WEB LDF FTR-48]

\$199.99 - 5' table [WEB LDF FTR-60]



Reference Table

Versatile 30" deep table available in many laminate colours.

Limited 10 Year Warranty

\$209.99 - 5' table [WEB BEL 3730-3060]

\$254.99 - 6' table [WEB BEL 3730-3072]



Round Resin Table

Round resin tables ready for indoor or outdoor use. Limited 10 Year Warranty

\$75.99 - 4' table [WEB ID OSP BT48Q]

\$109.99 - 5' table [WEB ID OSP BT60Q]



Resin Banquet Table

Hardy Lightweight, 30" deep indoor outdoor resin banquet tables.

Limited 10 Year Warranty.

\$62.99 - 6' table [WEB ID OSP BT06Q]

\$89.99 - 8' table [WEB ID OSP BT08Q]



Resin Chair

Lightweight and durable.

Limited 10 Year Warranty

\$29.99 [WEB ID OSP PC02]



Resin Furniture Caddys

Easy loading OSP resin furniture caddy with locking heavy duty wheels.

Chair Caddy - holds up to 28 chairs

\$159.99 [WEB ID OSP TC 103]

Round Table Caddy - holds 14-17 tables

\$249.99 [WEB ID OSP TC 106]

Rectangular Table Caddy

holds 18-20 tables

\$249.99 [WEB ID OSP TC 102]



HON Motivate

HON Motivate stacking chairs with casters are ideal for collaborative areas that serve multiple functions. Lightweight and agile 1-piece contoured plastic shell can be wiped down with ease and stacks 6-high.

\$179.99 [WEB ID HON HMG1.FA]



HON Olson Stacker Chair

Update your space with these attractive alternatives to plain stacking chairs from HON - ideal for corporate, educational & healthcare environments Olson Stacker Chair has a visually appealing design that molds to fit the body for maximum comfort. Stacks up to 12 high (up to 40 high with optional Chair Cart).

\$84.99 [HON H4041]

*Quantity pricing and
leasing options available.
Contact us for details*

Storage



Heavy Duty Bookcases

Bookcases to suit any environment. Heavy duty 1" thick material, 36" wide with 3mm edging and 5/8" finished back. Limited 10 Year Warranty.

- 4 shelf 48" tall** [WEB ID BEL 3050-3648] **\$279.99**
- 6 shelf 72" tall** [WEB ID BEL 3050-3672] **\$349.99**
- 7 shelf 84" tall** [WEB ID BEL 3050-3684] **\$439.99**

Office Ready Bookcases

Ideal storage solution for your zone, these bookcases are 36" wide with 5/8" finished back. Limited 10 Year Warranty.

- 2 shelf 29" tall** [WEB ID BEL 045-3629] **\$129.99**
- 4 shelf 48" tall** [WEB ID BEL 045-3648] **\$159.99**
- 6 shelf 72" tall** [WEB ID BEL 045-3672] **\$199.99**

MADE IN CANADA

BELAIR
OFFICE PRODUCTS

Add a Lateral top
[WEB ID BEL 3062-1900]
\$89.99



36" wide Lateral Files

Heavy duty, great quality cabinets

Anti-tipping feature, lock, and aluminum drawer pulls. Available in Black Light Grey, Putty or Charcoal.

- 2 Drawer Lateral** [WEB ID HON H682L] **\$259.99**
- 3 Drawer Lateral** [WEB ID HON H683L] **\$359.99**
- 4 Drawer Lateral** [WEB ID HON H684L] **\$449.99**
- 5 Drawer Lateral** [WEB ID HON H685L] **\$589.99**

LIMITED
LIFETIME
WARRANTY

HON.



Belair - The Wall

A wide variety of high quality storage solutions to help you get organized and be more efficient. Featuring 1" thick construction and a 10 year Warranty. Also available in 20" deep models. Locally made in Ontario.

A- Closed Hutch with 2 Shelves 15"D x 36"W x 42"H - **\$429.99**
[WEB ID BEL 3399-4336]

B- 36" Storage Cabinet 24"D x 36"W x 29"H - **\$429.99**
[WEB ID BEL 3067-3629]

C- 72" Storage Cabinet 24"D x 36"W x 72"H - **\$799.99**
[WEB ID BEL 3067-3672]

D - Open Hutch with 3 Shelves 15"D x 36"W x 42"H - **\$329.99**
[WEB ID BEL 3398-4336]

E - 2 Drawer Lateral 24"D x 36"W x 29"H - **\$499.99**
[WEB ID BEL 3061-3602]

F - Lateral Storage Combo 24"D x 36"W x 29"H - **\$699.99**
[WEB ID BEL 3061-3642]



Lockers

Full Door
\$133.33 (Per Door)*
[WEB ID S121872-1]

Half Door
\$76.66 (Per Door)*
[WEB ID D121872-1]

Lockerettes
\$43.88 (Per Door)*
[WEB ID L121872-1]

* Based on bank of 3 price level



Storage Cabinets

Strong, sturdy and secure, these cabinets will store and organize just about anything. Available in Grey, Putty or Black.

Extra Value Lowboy
Available in Grey, Putty or Black - 36" X 18" X 42"
\$199.99
[WEB ID LEE VF42-361842]

Extra Value Highboy
Available in Grey, Putty or Black - 36" X 18" X 72"
\$259.99
[WEB ID LEE VA41-361872]

Heavy Duty Cabinet
Available in Grey, Putty or Black - 36" X 18" X 72"
\$329.99
[WEB ID LEE CA41-361872]

Accessories



Double Monitor Arm

Built-in fine-tune adjuster allows each monitor to be in perfect alignment for easy viewing.

\$429.99

[WEB ID HUM M8BB1C] - Black
[WEB ID HUM M8BW1C] - White
[WEB ID HUM M8BS1C] - Silver



Ergonomic Monitor Arm

A high-performance arm that supports the monitor weight using an innovative mechanical spring within a lightweight ultra-thin design.

\$199.99 [WEB ID HUM M2]



Humanscale CPU Holders

Flexible design accommodates horizontal and vertical CPUs of virtually any size. Can be mounted on 16" track with 360 degree swivel for complete access to cables and ports. Adjusts to fit CPUs 4" to 8" by 11.5" to 20". Rugged steel construction will support CPUs up to 50 lb.

\$119.99 [WEB ID HUM CPU450]



BELAIR
OFFICE PRODUCTS

CPU Skateboard

Off the floor storage.

\$54.99 [WEB ID BEL 026-2000]



Footrest

Tilt and height adjustment.
15"W x 11"D

\$39.99 [WEB ID HOR FR-01]



BELAIR
OFFICE PRODUCTS

Sliding keyboard tray

Many finishes available, 10 Year Warranty.

\$59.99 [WEB ID BEL 3019-1228]



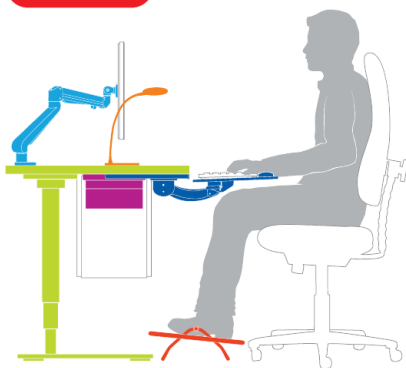
6G Big Board

Intuitive adjustability and unmatched styling with a built-in mousing system.

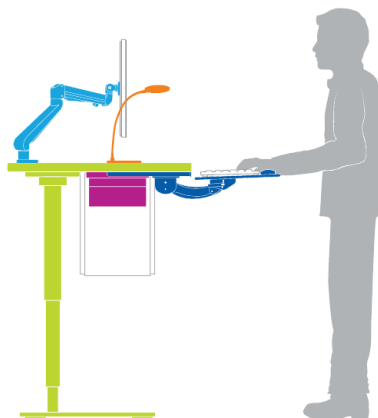
\$259.99 [WEB ID HUM 6G500 F27]



Ergonomics



Adjustable keyboard platforms can help maintain a neutral wrist posture and reduce strain, improper wrist positions and discomfort. Proper keyboard positioning can help eliminate musculoskeletal disorders of the elbows, shoulders, hands and wrists.



Height adjustable workstations give users the flexibility to change positions frequently and easily throughout the day, which can help improve health and productivity.

Adjustable monitor arms can help eliminate the tendency to sit in awkward positions by maintaining the proper viewing distance, height and angle of the monitor. Monitor arms can help keep the neck, shoulders and back in the proper posture to reduce muscle fatigue. They also free up the workspace to reduce clutter and increase efficiency. Using dual monitors can increase productivity over a single monitor by up to 50%.*

*Microsoft Research. Two Screens Are Better Than One.
Suzanne Ross, September 2, 2003.

CPU holders raise the CPU off the floor, making them closer for the user to reach and can help reduce the tendency to stretch into an awkward position. CPU holders also help free up leg room under the user's workstation.

Footrests can help decrease circulation problems that can occur from long periods of sitting or inactivity. By supporting the legs, footrests can relieve pressure on the lower back.



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