

ENVIRONMENTAL HEALTH & SAFETY

UNIVERSITY *of* WASHINGTON

UNIVERSITY OF WASHINGTON  
SELECTING OFFICE  
ERGONOMIC FURNITURE AND  
EQUIPMENT

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July 2018



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## Additional Help

If you need additional assistance in identifying ergonomic issues with your workstation, or in selecting ergonomic equipment, contact [ehsergo@uw.edu](mailto:ehsergo@uw.edu) or the EH&S Occupational Safety and Health Office at 206.543.7388.

## INTRODUCTION

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University of Washington employees who work in offices need to have a workstation that allows them to be productive, comfortable and not be susceptible to pain or injury. Slight adjustments may be all that is needed to improve an existing workstation for an individual. Consult the Environmental Health and Safety (EH&S) [ergonomics website](#) and “UW Computer Workstation Adjustment Guidelines” document for help in adjusting chairs and other workstation components, maintaining correct posture, and general workstation use.

If you determine that a different or new chair or component may be needed to correct deficiencies in your workstation, follow these steps:

1. Review the information in this document for guidance and procedures in selecting the proper ergonomic furniture and equipment for your individual needs.
2. Visit the UW Access Technology Center (ATC) on campus to try out and identify a chair or other workstation component. An appointment is not necessary. There will be no one in the ATC to assist you. However, you can log onto computers at the ATC to access vendor/product information and chair adjustment videos (also links in tables below). Items in the ATC should be tagged with names of manufacturer, model and vendor. The ATC should have all of the chairs listed in the tables below. Other furniture and components listed below may not all be available at the ATC to try out.

Mary Gates Hall, Room 064  
Monday – Friday, 8:00 AM – 5:00 PM  
[atcenter@uw.edu](mailto:atcenter@uw.edu) or 206.685.4144

3. For chairs, contact the vendor representative to request a loaner chair to test at your workstation for one week before you and your department decides to make a purchase.
4. After testing, the loaner chair must be returned to the vendor. The vendor will invoice the department, and if the chair is preferred, the department will make payment to purchase the chair. Allow 4 to 6 weeks delivery.
5. If more information is needed or you want to request an ergonomic assessment of your workstation, contact EH&S at [ehsergo@uw.edu](mailto:ehsergo@uw.edu) or 206.543.7388.

## ERGONOMIC OFFICE CHAIRS

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Commonly used ergonomic chairs used at UW are listed in the tables below with descriptions and adjustment options for each chair. Vendor web site links to instructions for adjusting the chair are provided in the table. The links can also be accessed at the ATC computers.

For further information about chairs, contact EH&S [ehsergo@uw.edu](mailto:ehsergo@uw.edu) or at 206.543.7388.

Note: If you have an ergonomic chair that was purchased within the past 5 years and it does not work properly, you may be able to replace the malfunctioning part at no charge. The UW purchasing agreement with ergonomic chair vendors includes a 5-year warranty on parts.

### Chair Adjustment Features

Ideally, individuals should have a chair with sufficient adjustment features so that it can be adjusted for optimum comfort. Chairs may have all or some of the common adjustment features listed below. Adjustment should be made after first selecting a comfortable chair in the proper size. Chair sizes include petite/small, standard/regular, large/plus, and bariatric. The most adjustable chairs listed in the tables below and at the ATC are models manufactured by Neutral Posture, BodyBilt and ErgoCentric.



Some chairs are designed with built-in flexibility that allows for slight rocking back and forth; other chairs are inflexible and do not allow rocking.


Chair adjustment features include:


- Chair height
- Seat pan depth
- Seat pan tilt
- Chair back height
- Chair back tilt
- Lumbar support
- Armrest height
- Armrest inward/outward
- Armrest pivot inward/outward
- Armrest forward/backward
- Armrest pivots 360°



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## Commonly Used Ergonomic Chairs at the UW

Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>Steelcase Amia</b>  	Amia: \$509 to \$521	Open Square Sherry Napier, UW Account Manager <ul style="list-style-type: none"> <li>Cell Phone: 206-972-2919</li> <li>Voicemail: 206-768-7881</li> <li>Email: SNapier@open-sq.com</li> </ul>	<ul style="list-style-type: none"> <li>Fabric covered back and seat</li> <li>Seat cushion with moderate thickness</li> <li>Rocking motion</li> </ul>	<ul style="list-style-type: none"> <li>Standard only</li> </ul>	<a href="http://www.steelcase.com/products/office-chairs/amia/#features_videos">http://www.steelcase.com/products/office-chairs/amia/#features_videos</a>	<ul style="list-style-type: none"> <li>Depth 2" to 3"</li> <li>Flexible front edge</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Inward / outward</li> <li>Pivot inward / outward</li> <li>Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>Rocking motion with back stops to limit rocking distance</li> </ul>	<ul style="list-style-type: none"> <li>Horizontal pad in chair back adjusts up / down to support curve in lower back</li> </ul>
<b>Steelcase Criterion</b>  	Criterion: \$550 to \$922	Open Square Sherry Napier, UW Account Manager <ul style="list-style-type: none"> <li>Cell Phone: 206-972-2919</li> <li>Voicemail: 206-768-7881</li> <li>Email: SNapier@open-sq.com</li> </ul>	<ul style="list-style-type: none"> <li>Older and updated models exist</li> <li>Fabric covered back and seat</li> <li>Seat cushion with moderate thickness</li> </ul>	<ul style="list-style-type: none"> <li>Standard</li> <li>Plus (large)</li> </ul>	Video demonstrates a newer model Criterion chair.  <a href="https://www.youtube.com/watch?v=Yz46lcrobDI">https://www.youtube.com/watch?v=Yz46lcrobDI</a>	<ul style="list-style-type: none"> <li>Depth 2" to 3"</li> <li>Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Inward / outward</li> <li>Pivot inward / outward</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Reclining motion with back stops to limit amount of recline</li> </ul>	<ul style="list-style-type: none"> <li>Provided as back adjusts up / down</li> </ul>


Steelcase Leap		Open Square Sherry Napier, UW Account Manager	<ul style="list-style-type: none"> <li>Fabric covered back and seat</li> <li>Seat cushion with thin amount of cushion</li> </ul>	<ul style="list-style-type: none"> <li>Standard</li> <li>Plus (large)</li> </ul>	<a href="https://www.steelcase.com/products/office-chairs/leap/#features_videos">https://www.steelcase.com/products/office-chairs/leap/#features_videos</a>	<ul style="list-style-type: none"> <li>Depth 2" to 3"</li> <li>Flexible front edge</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Inward / outward</li> <li>Pivot inward / outward</li> <li>Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>Reclining motion with back stops to limit amount of recline</li> <li>Recline motion tension</li> <li>Lower back support tension</li> </ul>	<ul style="list-style-type: none"> <li>Horizontal pad in chair back adjusts up / down to support curve in lower back</li> </ul>
		<ul style="list-style-type: none"> <li>Cell Phone: 206-972-2919</li> <li>Voicemail: 206-768-7881</li> <li>Email: SNapier@open-sq.com</li> </ul>							



Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
Herman Miller Aeron	AE113AWB, B-Size: \$759	Catalyst Workplace Activation (Changed from Business Interiors NW) Claire Sander <ul style="list-style-type: none"> <li>Account Coordinator</li> <li>Phone: 206-615-9276</li> <li>Email: csander@catalystactivation.com</li> </ul>	<ul style="list-style-type: none"> <li>Mesh back and mesh seat pan</li> <li>Rocking motion, with tension and back stop adjustment</li> </ul>	<ul style="list-style-type: none"> <li>Small (A)</li> <li>Regular (B)</li> <li>Large (C)</li> </ul>	Refer to bottom of page: <a href="https://www.hermanmiller.com/products/seating/office-chairs/aeron-chairs/product-details/">https://www.hermanmiller.com/products/seating/office-chairs/aeron-chairs/product-details/</a>	<ul style="list-style-type: none"> <li>No. Depth is fixed.</li> <li>Select seat pan by selecting small, regular, or large chair size</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Pivot inward / outward</li> <li>Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>Reclining motion with back stops to limit amount of recline</li> <li>Forward and back seat rock / recline</li> </ul>	<ul style="list-style-type: none"> <li>Lumbar support added to back of chair</li> <li>Adjust for comfort</li> </ul>
Herman Miller Mirra 2		Catalyst Workplace Activation (Changed from Business Interiors NW) Claire Sander <ul style="list-style-type: none"> <li>Account Coordinator</li> <li>Phone: 206-615-9276</li> <li>Email: csander@catalystactivation.com</li> </ul>	<ul style="list-style-type: none"> <li>"Butterfly" or Triflex ventilated back</li> <li>Rocking motion, with tension and back stop adjustment</li> </ul>	<ul style="list-style-type: none"> <li>One size fits all</li> </ul>	Refer to bottom of page: <a href="https://www.hermanmiller.com/products/seating/office-chairs/mirra-2-chairs/product-details/">https://www.hermanmiller.com/products/seating/office-chairs/mirra-2-chairs/product-details/</a>	<ul style="list-style-type: none"> <li>Front edge fold adjustment to shorten seat</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Inward / outward</li> <li>Pivot inward / outward</li> <li>Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>Reclining motion with back stops to limit amount of recline</li> <li>Forward and back seat rock / recline</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts up / down</li> <li>Adjusts In / out</li> </ul>
									


Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>Knoll Generation</b>  	Generation: \$607	Systems Source Kristy Whitney • Account Sales Manager • Phone: 206-285-2208 X231 • Email: <a href="mailto:uwrequest@systemsource.com">uwrequest@syste msource.com</a>	<ul style="list-style-type: none"> <li>• Plastic mesh back with fabric covered seat pan</li> <li>• Fully flexible back and top to allow for stretching</li> </ul>	<ul style="list-style-type: none"> <li>• One size fits all</li> </ul>	Refer to bottom right of page: <a href="https://www.knoll.com/product/generation-by-knoll%3Fsection=Design?pu=1353011707721">https://www.knoll.com/product/generation-by-knoll%3Fsection=Design?pu=1353011707721</a>	<ul style="list-style-type: none"> <li>• Depth</li> <li>• Flexible seat pan tilts 107°</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Inward / outward</li> <li>• Pivot inward / outward</li> <li>• Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>• Reclining motion with back stops to limit amount of recline</li> </ul>	<ul style="list-style-type: none"> <li>• Horizontal plastic support adjusts up / down</li> </ul>
<b>Knoll ReGeneration</b>  		Systems Source Kristy Whitney • Account Sales Manager • Phone: 206-285-2208 X231 • Email: <a href="mailto:uwrequest@systemsource.com">uwrequest@syste msource.com</a>	<ul style="list-style-type: none"> <li>• Plastic mesh back with fabric covered seat pan</li> <li>• Flex back design</li> </ul>	<ul style="list-style-type: none"> <li>• One size fits all</li> </ul>	Refer to bottom of page: <a href="https://www.knoll.com/product/regeneration-by-knoll?section=design&amp;pu=1353011673417">https://www.knoll.com/product/regeneration-by-knoll?section=design&amp;pu=1353011673417</a>	<ul style="list-style-type: none"> <li>• Depth</li> <li>• Flexible seat pan tilts 107°</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Inward / outward</li> <li>• Pivot inward / outward</li> <li>• Forward / backward</li> </ul>	<ul style="list-style-type: none"> <li>• Reclining motion with back stops to limit amount of recline</li> </ul>	<ul style="list-style-type: none"> <li>• No separate lumbar adjustment</li> </ul>


Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>ErgoCentric AirCentric</b>  		Keeney's Office Supply / Office Interiors Jill Cooper • Program Manager • Phone: 425-285-0549 <a href="mailto:jillc@keeneys.com">jillc@keeneys.com</a>	<ul style="list-style-type: none"> <li>Ventilated back</li> <li>Seat cushion with moderate thickness</li> <li>Standard and tall back</li> </ul>	<ul style="list-style-type: none"> <li>Small</li> <li>Standard / large</li> </ul>	Synchro-Glide mechanism: <a href="http://www.ergo-centric.com/resource/synchro-glide">http://www.ergo-centric.com/resource/synchro-glide</a>  Multi-Tilt mechanism: <a href="http://www.ergo-centric.com/resource/multi-tilt">http://www.ergo-centric.com/resource/multi-tilt</a>	<ul style="list-style-type: none"> <li>Depth</li> <li>Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Rotate in 360°. Equivalent to inward /outward and pivot inward / outward.</li> <li>Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Adjust with glide mechanism</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts with height of back</li> <li>Has inflatable lumbar pillow for further support</li> </ul>
<b>ErgoCentric GeoCentric</b>  	EISGEOMBMT2: \$525	Keeney's Office Supply / Office Interiors Jill Cooper • Program Manager • Phone: 425-285-0549 <a href="mailto:jillc@keeneys.com">jillc@keeneys.com</a>	<ul style="list-style-type: none"> <li>Fabric covered back and seat pan</li> <li>Seat cushion with moderate thickness</li> <li>Contoured seat options</li> </ul>	<ul style="list-style-type: none"> <li>Small</li> <li>Standard / large</li> </ul>	Synchro-Glide mechanism: <a href="http://www.ergo-centric.com/resource/synchro-glide">http://www.ergo-centric.com/resource/synchro-glide</a>  Multi-Tilt mechanism: <a href="http://www.ergo-centric.com/resource/multi-tilt">http://www.ergo-centric.com/resource/multi-tilt</a>	<ul style="list-style-type: none"> <li>Depth</li> <li>Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Rotate in 360°. Equivalent to inward /outward and pivot inward / outward.</li> <li>Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Adjust with ratchet mechanism</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts with height of back</li> </ul>



Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>Neutral Posture 8500</b>  		Ebony Office Interiors Rhonda Weiss <ul style="list-style-type: none"> <li>Customer Service</li> <li>Phone: 206-762-1676</li> <li>Email: <a href="mailto:Ebony50@aol.com">Ebony50@aol.com</a></li> </ul>	<ul style="list-style-type: none"> <li>Fabric covered back and seat pan</li> <li>Seat cushion moderate thickness</li> <li>Contoured seat options</li> </ul>	<ul style="list-style-type: none"> <li>Medium</li> <li>Large</li> </ul>	Chair adjustment for typical chairs: Select "Task Seating" for video.  <a href="http://neutralposture.com/site/guides/">http://neutralposture.com/site/guides/</a>	<ul style="list-style-type: none"> <li>Depth</li> <li>Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Rotate in 360°. Equivalent to inward /outward and pivot inward / outward.</li> <li>Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Adjust with ratchet mechanism</li> <li>Tilt</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts with height of back</li> <li>Has inflatable lumbar pillow for further support</li> </ul>

Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>BodyBilt 2406 (Petite)</b>  		BodyBilt Toni Quande • Territory Sales Manager • Phone: 425-919-3913 • <a href="mailto:TQuande@BodyBilt.com">TQuande@BodyBilt.com</a>	<ul style="list-style-type: none"> <li>• Fabric covered back and seat pan</li> <li>• Seat cushion with moderate thickness</li> </ul>	<ul style="list-style-type: none"> <li>• Petite</li> </ul>	J Style mechanism: <a href="https://www.bodybilt.com/ergonomics/videos-chair-adjustment">https://www.bodybilt.com/ergonomics/videos-chair-adjustment</a> <ul style="list-style-type: none"> <li>• Select J mechanism</li> <li>• Select adjuster for chair part of interest</li> </ul>	<ul style="list-style-type: none"> <li>• Depth</li> <li>• Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Rotate in 360°. Equivalent to inward /outward and pivot inward / outward.</li> <li>• Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Adjust with ratchet mechanism</li> <li>• Tilt</li> </ul>	<ul style="list-style-type: none"> <li>• Adjusts with height of back</li> </ul>
<b>BodyBilt 2507 (Regular / Standard)</b>  		BodyBilt Toni Quande • Territory Sales Manager • Phone: 425-919-3913 • <a href="mailto:TQuande@BodyBilt.com">TQuande@BodyBilt.com</a>	<ul style="list-style-type: none"> <li>• Fabric covered back and seat pan</li> <li>• Seat cushion with moderate thickness</li> <li>• Contoured seat pan</li> </ul>	<ul style="list-style-type: none"> <li>• Standard</li> </ul>	J Style mechanism: <a href="https://www.bodybilt.com/ergonomics/videos-chair-adjustment">https://www.bodybilt.com/ergonomics/videos-chair-adjustment</a> <ul style="list-style-type: none"> <li>• Select J mechanism</li> <li>• Select adjuster for chair part of interest</li> </ul>	<ul style="list-style-type: none"> <li>• Depth</li> <li>• Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Rotate in 360°. Equivalent to inward /outward and pivot inward / outward.</li> <li>• Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>• Height</li> <li>• Adjust with ratchet mechanism</li> <li>• Tilt</li> </ul>	<ul style="list-style-type: none"> <li>• Adjusts with height of back</li> </ul>

Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Seat Pan Adjustment	Armrest Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>BodyBilt AirCelli</b>  		BodyBilt Toni Quande • Territory Sales Manager • Phone: 425-919-3913 • <a href="mailto:TQuande@BodyBilt.com">TQuande@BodyBilt.com</a>	<ul style="list-style-type: none"> <li>Mesh back and fabric covered seat pan</li> <li>Seat cushion with moderate thickness</li> <li>Frame for chair back may force head forward in uncomfortable posture</li> </ul>	<ul style="list-style-type: none"> <li>Standard</li> </ul>	J Style mechanism: <a href="https://www.bodybilt.com/ergonomics/videos-chair-adjustment">https://www.bodybilt.com/ergonomics/videos-chair-adjustment</a> <ul style="list-style-type: none"> <li>Select J mechanism</li> <li>Select adjuster for chair part of interest</li> </ul>	<ul style="list-style-type: none"> <li>Depth</li> <li>Seat pan tilt</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Rotate in 360°. Equivalent to inward/outward and pivot inward/outward.</li> <li>Can rest forearms on armrests with upper arms relaxed</li> </ul>	<ul style="list-style-type: none"> <li>Height</li> <li>Adjust with ratchet mechanism</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts with height of back</li> </ul>

Chair	EProcurement Order Number, Price	UW Preferred Vendor and Contact Information	Description	Sizes	Chair Adjustment Instructions	Height Adjustment	Foot Support Ring	Seat Pan Adjustment	Back Adjustment	Lumbar Support Adjustment
<b>BodyBilt J707 Stool</b>  		BodyBilt Toni Quande • Territory Sales Manager • Phone: 425-919-3913 • <a href="mailto:TQuande@BodyBilt.com">TQuande@BodyBilt.com</a>	<ul style="list-style-type: none"> <li>Good option for a lab and reception desk</li> <li>Cleanable fabric covers back and seat pan</li> <li>Seat cushion with moderate thickness</li> </ul>	<ul style="list-style-type: none"> <li>Standard</li> <li>Can customize seat sizes</li> </ul>	J Style mechanism: <a href="https://www.bodybilt.com/ergonomics/videos-chair-adjustment">https://www.bodybilt.com/ergonomics/videos-chair-adjustment</a> <ul style="list-style-type: none"> <li>Select J mechanism</li> <li>Select adjuster for chair part of interest</li> </ul>	Can adjust height for sitting at: <ul style="list-style-type: none"> <li>Lab bench or reception desk</li> <li>Sitting with feet on the floor</li> </ul>	<ul style="list-style-type: none"> <li>Foot ring has cutout to allow sitting with feet on the floor</li> <li>Option: Wide non-slip foot ring for improved foot support for small users</li> </ul>	<ul style="list-style-type: none"> <li>Depth</li> </ul>	<ul style="list-style-type: none"> <li>Height – Ratchet system</li> </ul>	<ul style="list-style-type: none"> <li>Adjusts with back height</li> </ul>

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## SIT/STAND WORKSTATION OPTIONS

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Adjustable height computer workstation options include adjustable height tables, adjustable height platforms that are placed on top of the table, and adjustable height stations with a keyboard tray that extends below the table top.

### Adjustable Height Tables



Considerations for selecting an adjustable height table are the following:



- A standard computer workstation table has a fixed height of 29" to 30" above floor level and smaller users are provided with an adjustable keyboard tray for using the keyboard and mouse.
- Adjustable height tables are usually used without a keyboard tray when sitting. The lower range for the height adjustment of a table should be sufficiently low to match the height at which the keyboard tray is adjusted and used for comfort. The "sitting elbow height" for small users can be 22" to 24" and the table should be able to accommodate this height.

Note: Less expensive height adjustable tables are typically designed with the lowest height at 28" to 30".


- The depth of the table top should be at least 30" to accommodate the keyboard/mouse at the front edge of the table and the computer monitors toward the back edge of the table. The monitor should be at arm's length distance away from the user for viewing comfort.
- The electric motor option is suggested for ease of adjustment.

## Adjustable Height Tables

Manufacturer / Model	UW Preferred Vendor/ Contact Information	Model/Description	Adjustment Mechanism	Height Adjustment	Table Top Options	Load Capacity
<p><b>Steelcase Details</b> <b>Airtouch</b></p> 	<p><u>TECHNICAL SUPPORT</u> Name: Sherry Napier Title: Phone: 206-768-7881 Email: <a href="mailto:snapier@open-sq.com">snapier@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Ann Rogers Title: Client Service Coordinator Email: <a href="mailto:arogers@open-sq.com">arogers@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Kevin Varney Title: Workspace Consultant Email: <a href="mailto:kvarney@open-sq.com">kvarney@open-sq.com</a></p>	<p>Product Information: <a href="http://www.steelcase.com/products/eight-adjustable-desks/airtouch/">http://www.steelcase.com/products/eight-adjustable-desks/airtouch/</a></p>	<p>Counterbalance mechanism</p>	<p>Minimum to maximum height range: 26" to 43"</p>	<p>Rectangular surface:</p> <ul style="list-style-type: none"> <li>• Depth: 22.25", 28.25"</li> <li>• Width: 40", 46", and 58"</li> </ul> <p>Recommend table depth of at least 28" to 30"</p>	<p>Up to 150 lbs.</p>
<p><b>Steelcase</b> <b>Series 5</b></p> 	<p><u>TECHNICAL SUPPORT</u> Name: Sherry Napier Title: Phone: 206-768-7881 Email: <a href="mailto:snapier@open-sq.com">snapier@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Ann Rogers Title: Client Service Coordinator Email: <a href="mailto:arogers@open-sq.com">arogers@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Kevin Varney Title: Workspace Consultant Email: <a href="mailto:kvarney@open-sq.com">kvarney@open-sq.com</a></p>	<p>Product Information: <a href="https://www.steelcase.com/products/height-adjustable-desks/series-5/">https://www.steelcase.com/products/height-adjustable-desks/series-5/</a></p> <p>Table legs and adjustment mechanism can be purchased separately and installed on an existing table</p>	<p>Electric Motor Control has up and down button Adjustment speed: 1.7" per second</p>	<p>Minimum to maximum height range: 25.5" to 52"</p>	<p>Work surface options:</p> <ul style="list-style-type: none"> <li>• Rectangular</li> <li>• Corner</li> <li>• Corner with left or right extension</li> </ul> <p>Recommend table depth of at least 28" to 30"</p>	<p>Up to 195 lbs.</p>

Manufacturer / Model	UW Preferred Vendor/ Contact Information	Model/Description	Adjustment Mechanism	Height Adjustment	Table Top Options	Load Capacity
<p><b>Steelcase Series 7</b></p> 	<p><u>TECHNICAL SUPPORT</u> Name: Sherry Napier Title: Phone: 206-768-7881 Email: <a href="mailto:snapier@open-sq.com">snapier@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Ann Rogers Title: Client Service Coordinator Email: <a href="mailto:arogers@open-sq.com">arogers@open-sq.com</a></p> <p><u>CUSTOMER SERVICE</u> Name: Kevin Varney Title: Workspace Consultant Email: <a href="mailto:kvarney@open-sq.com">kvarney@open-sq.com</a></p>	<p>Description:</p> <ul style="list-style-type: none"> <li>• Table adjustment by electric motor</li> <li>• Table legs and adjustment mechanism can be purchased separately and installed on an existing table</li> <li>• Table depth sizes: 23" or 29" deep by 34" to 78" wide</li> <li>• Height range 24" to 52"</li> <li>• Weight capacity 295 lbs.</li> </ul> <p>Product Information: <a href="https://www.steelcase.com/products/height-adjustable-desks/series-7/">https://www.steelcase.com/products/height-adjustable-desks/series-7/</a></p>	<p>Electric motor</p> <p>3 options:</p> <ul style="list-style-type: none"> <li>• Up and down button</li> <li>• 3 position heights</li> <li>• 3 position heights with digital display</li> </ul> <p>Adjustment speed: 1.7" per second</p>	<p>Minimum to maximum height range: 24.25" to 52"</p>	<p>Work surface options:</p> <ul style="list-style-type: none"> <li>• Rectangular</li> <li>• Corner</li> <li>• Corner with left or right extension</li> </ul> <p>Recommend table depth of at least 28" to 30"</p>	<p>Up to 295 lbs.</p>
<p><b>ErgoCentric upCentric 2-Leg Height Adjustable Table</b></p> 	<p>Keeney's Office Supply / Office Interiors</p> <p>Jill Cooper</p> <ul style="list-style-type: none"> <li>• <a href="#">Program Manager</a></li> <li>• Phone: 425-285-0549 (Cell)</li> <li>• <a href="mailto:jillc@keeney.com">jillc@keeney.com</a></li> </ul>	<p>Description:</p> <ul style="list-style-type: none"> <li>• Table adjustment by electric motor</li> <li>• Table legs and adjustment mechanism can be purchased separately and installed on an existing table</li> <li>• Table depth sizes: 22" or 30" deep</li> <li>• Height range 21.6" to 47.9"</li> <li>• Weight capacity 300 lbs.</li> </ul> <p>Product Information: <a href="http://www.ergocentric.com/product-category/height-adjustable-tables">http://www.ergocentric.com/product-category/height-adjustable-tables</a></p>	<p>Electric motor</p> <p>4 position heights with digital display</p> <p>Adjustment speed: 1.6" per second</p>	<p>Minimum to maximum height range: 21.6" to 47.9"</p>	<p>Work surface options:</p> <p>Rectangular with range of</p> <ul style="list-style-type: none"> <li>• 24" deep to 46" wide</li> <li>• 42" deep to 96" wide</li> </ul> <p>Recommend table depth of at least 28" to 30"</p>	<p>Up to 300 lbs.</p>

## Accessories

<p><b>Fatigue Mat</b></p> 	<p>Description:</p> <ul style="list-style-type: none"><li>• Provide for comfort when standing at workstation</li><li>• Smart Step Tough Guy Anti-Fatigue Mat, Black, 5/8" Thick, 36" x 24"</li><li>• 5/8" thick mat is preferred for comfort over 3/8" mat</li></ul>	<p>Office Depot Smart Step Tough Guy Anti-Fatigue Mat Item #284290</p>
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## Height Adjustable Platform on Top of a Table

Considerations for selecting an adjustable height platform are the following:

- A standard computer workstation table is 29” to 30” above floor level. Shorter users must be provided with an adjustable keyboard tray when sitting and using the keyboard and mouse. Since an adjustable platform is placed on top of the table, a keyboard and mouse will continue to be needed when sitting.
- The platform will be raised when a user prefers a standing posture.
- Computer monitors with adjustable stands (height and tilt adjustment features) are freely placed on the workstation platform in the preferred locations and adjusted for viewing comfort.
- Adjustable keyboard tilt preferred rather than flat use only.
- If provided with a monitor arm: Monitors can be tilted toward/away from user; two monitors can be placed in a V-pattern; preferable that monitors can be adjusted on the arm in portrait or landscape mode.




Manufacturer / Model	UW Preferred Vendor/ Contact Information	Model/Description	Description	Keyboard Platform	Monitor	Load Capacity
<p>Varidesk Pro Plus 36</p> 	<p>Information and purchase is available directly from Varidesk:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.varidesk.com">https://www.varidesk.com</a></li> <li>• Phone: 800-207-2587 (Option 2: Customer Service)</li> </ul> <p>Varidesk Standing Desk Solution Pro Plus 48: Cost on various websites: \$495 plus shipping</p> <p>Options available for 60" platform and for corner desks.</p>	<p>Product Information: <a href="http://www.steelcase.com/products/height-adjustable-desks/airtouch/">http://www.steelcase.com/products/height-adjustable-desks/airtouch/</a></p> <ul style="list-style-type: none"> <li>• Unit is placed on top of table or desk</li> <li>• Holds two adjustable height computer monitors</li> <li>• Computer monitors (with adjustable height feature are preferred) are placed on upper platform for monitors.</li> <li>• If user needs keyboard height to be below table or desk height while sitting: Need adjustable keyboard tray mounted to table or desk</li> </ul> <p>Options available / Not at the Access Technology Center:</p> <ul style="list-style-type: none"> <li>• ProPlus 48"</li> <li>• Exec 40"</li> </ul> <p>Cube Corner 36" and Cube Corner 48</p>	<ul style="list-style-type: none"> <li>• Stable on table</li> <li>• Platform for documents below monitor</li> <li>• May require leaning and reaching to raise/lower</li> </ul>	<ul style="list-style-type: none"> <li>• Sits flat on top of table when used in sitting position</li> <li>• Keyboard platform height: 1" above table height</li> <li>• Platform holds keyboard and mouse</li> </ul>	<p>Place adjustable monitors on monitor platform</p> <ul style="list-style-type: none"> <li>• Holds dual monitors</li> <li>• Size of dual monitors: No limitation</li> <li>• Adjustable tilt</li> <li>• Can place in V-pattern</li> </ul>	<p>Up to 35 lbs.</p>


Manufacturer / Model	UW Preferred Vendor/ Contact Information	Model/Description	Description	Keyboard Platform	Monitor Use	Load Capacity
<p>iMivr Ziplift Standing Desk Converter plus EverMat standing mat</p> 	<p>Information and purchase is available directly from iMivr:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.imovr.com">https://www.imovr.com</a></li> <li>• Phone: 844-366-8748</li> <li>• Email: <a href="mailto:Bellevue@SitLess.com">Bellevue@SitLess.com</a></li> <li>• Demo Showroom 14100 NE 20<sup>th</sup> St, Suite 203 Bellevue, WA 98007</li> </ul> <p>iMivrZiplift: \$379 plus shipping</p>	<p>Product Information:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.imovr.com/imovr-ziplift-standing-desk-converter.html">http://www.imovr.com/imovr-ziplift-standing-desk-converter.html</a></li> <li>• Unit is placed on top of table or desk</li> <li>• Holds two adjustable height computer monitors</li> <li>• Can hold monitors on monitor arm.</li> <li>• If user needs keyboard height to be below table or desk height while sitting: Need adjustable keyboard tray mounted to table or desk</li> </ul>	<ul style="list-style-type: none"> <li>• Stable on table</li> <li>• Platform for documents below monitor</li> <li>• Has piston assist: Easy to raise/lower height</li> </ul>	<ul style="list-style-type: none"> <li>• Sits flat on top of table when used in sitting position</li> <li>• Keyboard platform height: 1" above table height</li> <li>• Platform has negative tilt: Up to 15°</li> <li>• Platform holds keyboard and mouse</li> </ul>	<p>Place adjustable monitors on monitor platform</p> <ul style="list-style-type: none"> <li>• Holds dual monitors</li> <li>• Size of dual monitors: No limitation</li> <li>• Adjustable tilt</li> </ul> <p>Can place in V-pattern</p>	<p>Up to 35 lbs.</p>

## Adjustable Height Station with Keyboard Tray below Table

Considerations for selecting an adjustable height station with a keyboard tray that extends below the table top are the following:

- The computer monitor(s) are mounted to a post. The mounting mechanism may or may not include adjustment features that allow the monitor to be tilted upward (top edge is pushed away and bottom edge is pulled toward the user) or inward so the monitors can be used in a V-pattern for viewing comfort.
- If the workstation allows for the use of two computer monitors, the mounting mechanism may limit the size of monitors that can be used. If a monitor is upgraded, the new monitor is oftentimes larger and the mounting bracket may not accommodate the larger size.
- A larger computer monitor is usually heavier. The workstation may become top heavy and the workstation may “bounce” rather than remain stable during keyboard use with an increase in monitor weight.







Manufacturer / Model	UW Preferred Vendor/ Contact Information	Model/Description	Description	Keyboard Platform	Monitor	Load Capacity
TaskMate Go Dual Monitor Standing Desk, Model 6300  	Various vendors on web sites.  6350 TaskMate Go with Dual Monitor Arm: Cost on various web sites: \$483 plus shipping	Product Information: <ul style="list-style-type: none"> <li>• <a href="https://healthpostures.com/wp-content/uploads/2013/01/TaskMateGo-Specs.pdf">https://healthpostures.com/wp-content/uploads/2013/01/TaskMateGo-Specs.pdf</a></li> <li>• Unit is clamped to the top of table or desk: Desk must be minimum of 0.875" and maximum of 2" thickness</li> <li>• Holds two computer monitors</li> <li>• Monitors can be mounted vertically on post at 2" increments</li> </ul>	<ul style="list-style-type: none"> <li>• Stable on table</li> <li>• Document platform below monitor and 6.5" above keyboard platform</li> <li>• Easy to adjust between sitting and standing</li> <li>• Height range for monitors: Minimum of 23.5" and maximum of 41.5" above table</li> </ul>	<ul style="list-style-type: none"> <li>• Keyboard platform height adjusts below table for sitting use: Up to 4" below table height</li> <li>• Platform tilt: 0°, 5°, and 10° negative tilt</li> <li>• Keyboard platform 19" wide with separate mouse platform</li> </ul>	Monitors mounted to post. <ul style="list-style-type: none"> <li>• Holds dual monitors</li> <li>• Maximum size of dual monitors: 24"</li> <li>• Adjustable tilt</li> <li>• Mounted in V-pattern</li> </ul>	Up to 35 lbs.

Manufacturer / Model	Model/Description	UW Preferred Vendor/ Contact Information
<p>Ergotron WorkFit S</p> 	<p>Option to hold one or two monitors</p> <p>Description:</p> <ul style="list-style-type: none"> <li>• Unit clamps to desk</li> <li>• Designed for one or two monitors</li> <li>• Monitors are mounted to a post. Monitor tilt is fixed and angle between dual monitors is fixed</li> <li>• Adjusts up/down to stand/sit</li> <li>• Keyboard tray extends below table top when used in sitting position.</li> <li>• Has built-in document holder.</li> <li>• Some report that unit is not stable when typing especially the user is a heavy typists</li> </ul> <p>Option available / Not at the Access Technology Center:</p> <ul style="list-style-type: none"> <li>• WorkFit T, Sit-Stand Desktop Workstation</li> </ul>	<p>Keeney's Office Supply / Office Interiors</p> <p>Jill Cooper</p> <ul style="list-style-type: none"> <li>• <a href="#">Program Manager</a></li> <li>• Phone: 425-285-0549 (Cell)</li> <li>• <a href="mailto:jillc@keeneys.com">jillc@keeneys.com</a></li> </ul> <p>UW EProcurement Price: Item #ERG33350200: \$677</p>

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## KEYBOARD OPTIONS






The keyboard options shown below are alternatives to standard rectangular keyboards.

Item	Model/Description	No Preferred Vendor
<p>Microsoft Natural Ergonomic Keyboard 4000</p> 	<p>Description:</p> <ul style="list-style-type: none"> <li>• Arched and angled ergonomic design promotes more neutral wrist posture</li> <li>• Wide built-in wrist rest at bottom of keyboard</li> <li>• Keyboards require higher amount of finger pressure to press keys compared to other keyboards which may increase stress to smaller users.</li> <li>• Keyboard is wide which contributes to a increased reach during right hand mouse and is better suited for users with wide shoulders</li> </ul>	<p>Online Price: Keyboard: \$35 to \$43</p>
<p>Kinesis Freestyle 2 Keyboard Model:KB8000PBUS</p>  <p>Numeric Pad SKU: AC800HPB-us</p> 	<p>Description</p> <ul style="list-style-type: none"> <li>• Keyboard can be split into two parts and be used side-by-side for a user with wide shoulders.</li> <li>• Keyboard can open to a V pattern for more neutral wrist and hand posture.</li> <li>• Detached numeric pad allows for reduced distance reached to use the mouse</li> <li>• Has optional kit for wrist rest</li> </ul>  <p>Shown with optional VIP3 accessory</p>  <ul style="list-style-type: none"> <li>• Has optional kit to create tilted tent design</li> </ul>	<p>Online Price: Keyboard: \$89 to \$111 VIP3 Accessory Kit: \$40 Numeric Pad: \$36 to \$49</p>
<p>Microsoft® Sculpt Ergonomic Desktop</p> 	<p>Description:</p> <ul style="list-style-type: none"> <li>• Cushioned palm rest provides support and promotes a neutral wrist position</li> <li>• Split keyset design aligns wrists and forearms in a natural, relaxed position</li> <li>• Arched keyboard layout mimics the curved shape of the finger tips</li> <li>• Domed keyboard design aligns wrists at a natural, relaxed angle</li> <li>• Separate numeric pad allows for reduced distance reached to use the mouse</li> </ul>	<p>Online Price: Keyboard, Numeric Pad, and Mouse: \$80 to \$130</p>

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# MOUSE OPTIONS




Item	Model/Description	No Preferred Vendor
<p>Contour RollerMouse Red</p> 	<ul style="list-style-type: none"> <li>• Rollermouse Red is newest model and is preferred by recent users</li> <li>• Contour mouse is placed at the front edge of the keyboard. Eliminates the need to reach for the mouse at the side of the keyboard.</li> <li>• One click function buttons and roller bar (scroll up/down and slide side to side) provide same functions as a standard mouse.</li> <li>• Legs extend under keyboard act as keyboard risers</li> </ul> <p>Other models are available, But Rollermouse Red is newest model and is preferred by recent users</p> <ul style="list-style-type: none"> <li>• RollerMouse Free2</li> <li>• RollerMouse Free3</li> <li>• RollerMouse Pro2</li> </ul>	<p>Online Price: Rollermouse: \$265 to \$334</p>
<p>Kensington Expert Mouse Model #: K64325</p> 	<ul style="list-style-type: none"> <li>• Four clickers, customizable</li> <li>• 55 mm circular ball in middle for precision</li> <li>• Scroll ring for scanning page</li> </ul>	<p>Online Price: Trackball: \$59 to \$89</p>

Item	Model/Description	No Preferred Vendor
<p>Evolution Vertical Mouse 4</p> <p>Model VM4R</p> <ul style="list-style-type: none"> <li>• Right Handed, Regular Size</li> <li>• Fits medium to large hand</li> <li>• Available in right and left handed models</li> </ul>  <p>Model VM4S</p> <ul style="list-style-type: none"> <li>• Right Handed, Small Size</li> <li>• Fit small hand</li> <li>• Available in right and left handed models</li> </ul> 	<p>Description</p> <ul style="list-style-type: none"> <li>• Mouse with three buttons and a scrolling wheel on the right side.</li> <li>• Places hand in vertical handshake posture</li> <li>• Regular size fits medium to large sized hand</li> <li>• Small size fits small to medium sized hand</li> <li>• Left and right handed models</li> </ul>	<p>Online Price: Mouse: \$81 to \$100</p>
<p>Hippus Handshoe, Right Handed</p>  <p>Callouts:          Full support of the hand and wrist          Ergonomic control          Scroll wheel          Support for the thumb          Universal USB connection          Different version for the right and left hand          Optical drive</p>	<p>Description:</p> <ul style="list-style-type: none"> <li>• Unique shape: Supports the hand completely and allows the forearm to relax</li> <li>• Hand rests on mouse: Design allows hand to rest on the mouse without brushing against the desk</li> <li>• Small, medium and large sizes to accommodate all hand sizes</li> <li>• Left and right handed models</li> </ul>	<p>Online Price: Mouse: \$93 to \$133</p>
<p>Logitech M570 Wireless Trackball Mouse Item #989412</p> 	<p>Description:</p> <ul style="list-style-type: none"> <li>• Trackball eliminates the need to move a mouse around.</li> <li>• Thumb-controlled trackball controls cursor.</li> <li>• Sculpted shape to conform and support the hand.</li> <li>• Wireless design, requires (1) AA battery with up to 18 months of battery life.</li> <li>• For Windows PCs and Macs.</li> </ul>	<p>Online Price: Trackball: \$22 to \$24</p>
<p>Logitech Marble Mouse Item #851265</p> 	<p>Description:</p> <ul style="list-style-type: none"> <li>• Trackball eliminates the need to move a mouse around.</li> <li>• Finger tip controlled trackball controls cursor.</li> <li>• Wire and wireless designs.</li> <li>• For Windows PCs and Macs.</li> </ul>	<p>Online Price: Trackball: \$24 to \$30</p>

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# KEYBOARD TRAYS

In general, a keyboard tray that allows the keyboard and mouse to be used at the same level is preferred compared to using the keyboard and mouse at different levels.




Item	Model/Description	UW Preferred Vendor/ Contact Information
<p>Humanscale Keyboard Systems</p> 	<ul style="list-style-type: none"> <li>Separate platform for mouse that can adjust over the keyboard to reduce the distance reached to use the mouse</li> <li>“Dial a tilt” negative tilt adjustment feature with angle measurement.</li> <li>Lift and lock height adjustment mechanism</li> <li>Disadvantage: Using the mouse at a different level compared to the keyboard may contribute to “mousing arm” discomfort.</li> </ul>	<p>Example of Online Price:</p> <ul style="list-style-type: none"> <li>Keyboard Mechanism: \$200</li> <li>Keyboard Platform: \$155</li> </ul>
<p>Body Bilt EF-KT-Fluent ErgoFluent Keyboard Tray</p> 	<ul style="list-style-type: none"> <li>Platform with adjustable slider for left and right handed mouse use</li> <li>Negative tilt adjustment feature</li> <li>Lift and lock height adjustment mechanism</li> </ul>	
<p>Steelcase Details 26” Platform</p>  <p>Radius Platform</p> 	<ul style="list-style-type: none"> <li>Single platform for left and right handed mouse use</li> <li>Lift and lock height adjustment mechanism</li> <li>Separate negative tilt adjustment mechanism</li> <li>Different design options to accommodate different furniture designs</li> </ul> <p>Note: Prefer single level keyboard platform to avoid using the keyboard and mouse at different levels</p>	



## COMPUTER MONITOR RISERS

Risers are available to place under a computer monitor to raise it when it is too low. The space under a riser can be used to store documents and materials so space directly in front of the monitors is free for holding documents in active use.




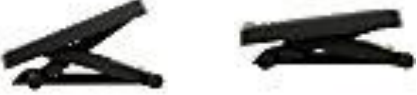
A riser with the computer monitor can be moved to any preferred position on top of the table for viewing comfort. An adjustable articulating monitor arm, if mounted at a fixed location on the desk, may prevent the computer monitor from being placed in the preferred location in front of the user when using an adjustable keyboard tray that is also mounted at a fixed location on the table.

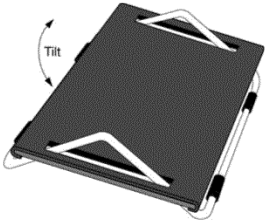
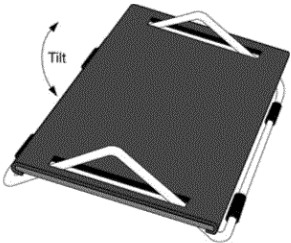

Item	Model/Description	UW Preferred Vendor/ Contact Information
<p>3M Adjustable-Height Monitor Stand</p> 	<ul style="list-style-type: none"> <li>Platform with adjustable height</li> <li>Height is adjusted by selecting the preferred number of extension feet to raise the platform.</li> <li>The space under the platform can be used to store documents and materials.</li> </ul> 	<p>Office Depot: Item #113616: \$32</p>
<p>Fellowes Designer Suites Height-Adjustable Monitor Riser With Storage Tray, 12.5"H x 5.13"W x 15.5"D, Black</p> 	<ul style="list-style-type: none"> <li>Monitor riser with storage tray</li> <li>The space under the platform can be used to store office supplies.</li> </ul>	<p>Office Depot: Item #292910: \$39</p>

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## FOOTRESTS

Footrests are provided when a short user raises the chair to use the computer and cannot support the feet on the floor while sitting. A short user sometimes needs to raise the chair so the arms and elbows are in the proper posture for comfort while using the keyboard and mouse.

Item	Model/Description	UW Preferred Vendor
<p>Humanscale FM300 Foot Rest</p> 	<ul style="list-style-type: none"> <li>Adjustable tilt</li> <li>Metal base with wood platform</li> <li>Platform dimensions: 16" wide by deep 12" by 3-3/4" to 6-3/4" high</li> </ul>	<p>Example of Online Price: \$89 to \$99</p>
<p>Fellowes Professional Series Independent Foot Support Control</p> 	<ul style="list-style-type: none"> <li>Adjustable tilt</li> <li>Independent platforms for left and right foot</li> <li>Sturdy plastic construction</li> <li>Platform dimensions: 16'1/4" wide by 16/1/2" deep by 4-1/2" high</li> </ul>	<p>Office Depot Item #748185: \$74</p>
<p>Fellowes Ultimate Foot Support</p> 	<ul style="list-style-type: none"> <li>Adjustable tilt</li> <li>Sturdy plastic construction</li> <li>Platform dimensions: 17-3/4" wide by 13-1/4" deep by 4" high</li> </ul> 	<p>Office Depot Item #203605: \$60</p>




Item	Model/Description	UW Preferred Vendor
<p>FOX BAY FR19 TarsalRest Foot Rest</p>  <p>The image shows a black, rectangular footrest with a textured top surface. It has a metal base with two adjustable legs. A curved arrow labeled 'Tilt' indicates the adjustable angle of the platform.</p>	<ul style="list-style-type: none"> <li>• Adjustable tilt</li> <li>• Metal base with synthetic platform</li> <li>• Platform dimensions: 19" wide by deep 12" by 3" high</li> </ul>	<p>Example of Online Price: \$48 to \$70</p>
<p>Safco Height Adjustable Footrest, 5" High</p>  <p>The image shows a black, rectangular footrest with a textured top surface. It has a metal base with two adjustable legs. A curved arrow labeled 'Tilt' indicates the adjustable angle of the platform.</p>	<ul style="list-style-type: none"> <li>• Adjustable tilt</li> <li>• Metal base with synthetic platform</li> <li>• Platform dimensions: 18-1/2" wide by 15-3/4" deep by 5" high</li> </ul>	<p>Office Depot Item #784218: \$58</p>
<p>Safco Height Adjustable Footrest</p>  <p>The image shows a black, rectangular footrest with a perforated top surface. It has a metal base with two adjustable legs and a central vertical post.</p>	<ul style="list-style-type: none"> <li>• Adjustable height</li> <li>• Metal base with synthetic platform</li> <li>• Platform dimensions: 21-1/2" high by 20-1/2" wide by 14-1/2" deep</li> <li>• Suitable when working at high tables such as reception desks and laboratory work benches</li> </ul>	<p>Office Depot Item #537447: \$134</p>

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# MONITOR ARMS

Computer monitor arms may be needed under the following conditions:

- The computer workstation consists of a free standing table in an open work area and the monitor could fall if it is not secured.
- The employee works at a tight work surface and computer monitors on adjustable height stands occupy needed space that could be made available if the monitors were mounted on adjustable arms. In tight spaces, the arms should be mounted on moveable pedestals to accommodate the unique characteristics of each work station and the arms should fold against a wall behind the monitor to maintain a comfortable viewing distance.

Item	Model/Description	UW Preferred Vendor
<p>Herman Miller Single Flo Monitor Arm Support</p> 	<ul style="list-style-type: none"> <li>• Mounts with mounting bracket to table</li> <li>• Height adjustment range: 13-1/4"</li> <li>• Extension range: 20-5/8"</li> <li>• Monitor tilt range: Upward 40° to downward 40°</li> <li>• Monitor can rotate 360° between portrait and landscape position</li> <li>• Arm can fold so flat against a wall to create open work space in front of the monitors</li> </ul>	<p>UW EProcurement Price: Item #Y91171.CM: \$166</p>
<p>Herman Miller Dual Flo Monitor Arm Support</p> 	<ul style="list-style-type: none"> <li>• Mounts with mounting bracket to table</li> <li>• Height adjustment range: 13-1/4"</li> <li>• Extension range: 20-5/8"</li> <li>• Monitor tilt range: Upward 40° to downward 40°</li> <li>• Monitors can rotate 360° between portrait and landscape position</li> <li>• Arm can fold so monitor and arm are flat against a wall to create open work space in front of the monitors</li> </ul>	<p>Example of Online Price: Flo Dual Monitor Arm: \$415</p>
<p>ErgoTron MXV Desk Dual Monitor Arm</p> 	<ul style="list-style-type: none"> <li>• Mounts with mounting bracket to table</li> <li>• Height adjustment range: 13"</li> <li>• Extension range: 22"</li> <li>• Monitor tilt: Upward to downward</li> <li>• Monitors can rotate 360° between portrait and landscape position</li> <li>• Arm can fold so monitor and arm are flat against a wall to create open work space in front of the monitors</li> </ul>	<p>Example of Online Price: Dual Monitor Arm: \$259 to \$308</p> <p>UW EProcurement Price: Single Arm Item #ERG45214026: \$190</p>

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