

Stand up for your Health

Could you benefit from a Sit/Stand Workstation?

If you've ever experienced pain or discomfort sitting for 30 minutes or less at your office workspace, a Sit/Stand Workstation may help you. A Sit/Stand Workstation is a height adjustable desk that allows the user to adjust their working height quickly and easily to suit their current task. In an ergonomic, well designed workspace, adjustability is necessary so that the worker has the opportunity to choose from a variety of working positions, and to change them frequently, allowing for freedom and flexibility to move around, and rest working muscles.

Best practice in setting the height of your Sit/Stand Workstation.



Top of Monitor at or just below eye level.

Monitor at arm's length away.



Upper arms close to body.

Keyboard and mouse on same surface.



Wrists straight and hands at or below elbow level.

Table height should be at or slightly below elbow height.



Head, neck, torso and legs are in line.



Stand up for Productivity



Adjustability is a necessity in today's working environment, and the Kensington SmartFit™ Sit/Stand Workstation allows you to convert your traditional office or home desk to a stand-up workstation for greater comfort & productivity. At the touch of a button, the Sit/Stand Workstation allows you to smoothly transition from seated to standing positions. The sturdy, adjustable column-mounted design, clamps securely to desks 19.05mm - 63.5mm to free up desktop space. Simply raise the Sit/Stand Workstation using the convenient handle, and once standing, use your computer as normal. To return to a seated position, simply reverse the process! The patented SmartFit™ swivel arm moves in multiple directions, to suit work styles or move the unit out of the way for easy storage. Make computing comfortable when working for prolonged periods because... Work Shouldn't Hurt!



SmartFit™ Sit/Stand Workstation

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- Height adjustable monitor mount & keyboard tray to achieve ergonomic arm position.
- Extra work surface saves space and moves with the workstation.
- Pneumatic lift smoothly transitions from sitting to standing with the touch of a button.
- Four pivot points allow for full articulation of arm.
- Cable management channel for a clean look and uncluttered space.
- Reinforced clamp and base securely attaches to desks 19.05 mm - 63.5mm thick.

