

# Components of a healthy workstation



WORK TIME IS LIVING TIME

Learn about the 'MUST HAVES' for a Healthy Workstation set-up in your office today!



PLANTS to improve air quality and employee wellbeing and reduce stress and negative feelings

MONITOR ARMS to enable the correct ergonomic position of the monitors and to clear valuable desk space to make smaller workspaces more productive

SLATWALL to provide a convenient mounting system to affix work tools for easy and ergonomic reach

ACCESS to above desk power and data points

TASK LIGHTING to provide the correct amount of light, prevent glare and Computer Vision Syndrome

CPU SUPPORT to bring your drives and ports into easy ergonomic reach and protect valuable hardware from first, dust and other workplace hazards.

FOOTRESTS offer relief from prolonged inactive sitting by increasing circulation and taking pressure off the lower back

HEIGHT ADJUSTABLE DESKING for correct ergonomic workstation setup

ERGONOMIC TASK CHAIR to promote spontaneous movement and easy operation. Look out for chairs with automatic adjustments, armrests and lumbar support.

REQUEST YOUR  
**FREE**  
WORKSTATION  
EVALUATION TODAY!