



Find your ergonomic zone in Point-of-Care

The right cart or wall mount should adjust to your personal ergonomic zone. Since caregivers are constantly on the move, when they do slow down for extended data-entry work it's important their specific stature is accommodated. Comfortable, healthier and more productive computing begins with attention to each person's physical needs. The right posture for short, tall or bifocal users is the foundation for prolonged health and productivity.

What do you need to do?



Display

Arrange computer display to match your eye height.

Tilt your monitor back 10–20° to keep the same focal length as your eyes scan from the top to bottom of screen. Pan right or left to align with your position. Position your monitor no closer than 50 cm from your eyes. For bifocal users, tilt to 30–45° angle and 35–41 cm distance.

RESULT? Less structural strain, lower energy spend & reduced fatigue.



▲ Many caregivers need computer mounts that accommodate bifocal viewing.

▲ Truly ergonomic workstations allow the caregiver to work while seating or standing. Single-motion fluid adjustment from sit-to-stand use is needed; it frees caregivers from having to take time to adjust multiple components in order to reach their personal zone. ▼

Seated use

Take time off your feet and complete data entry tasks in comfort.

RESULT? Body rejuvenates. Studies show caregivers with more control over their environment experience greater job satisfaction.



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Elbow and wrist

Arrange keyboard to support body's neutral posture, with elbows close to body and wrists flat.

The top of your keyboard should be level with the height of your elbow; tilt your keyboard back slightly so that your wrists are flat; use a wrist rest so your hands and wrists remain relaxed.

RESULT? Improved circulation, less structural strain, lower energy spend & reduced fatigue.

Ergotron products are designed to meet guidelines established by the American National Standards Institute for computer use.

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Literature made in the U.S.A.

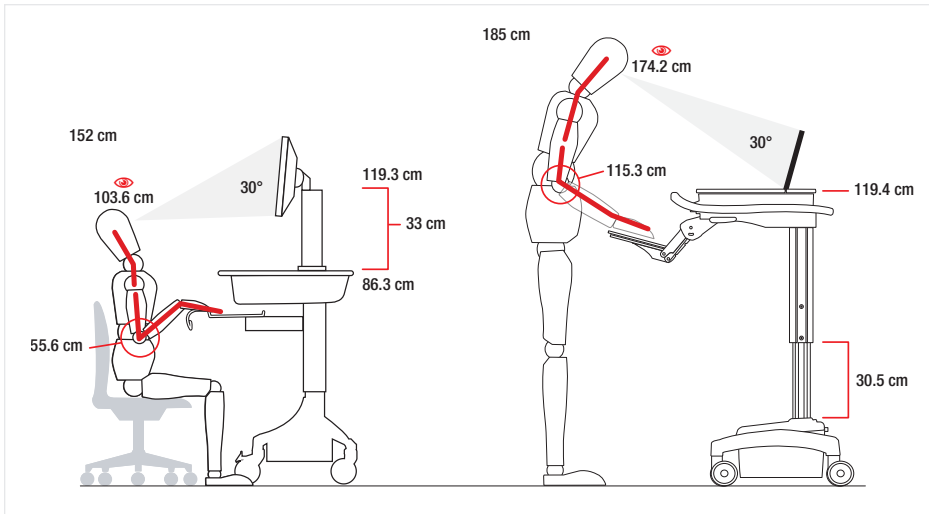
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Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.

Patent information available at www.ergotron.com/patents.

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The wrong cart hurts

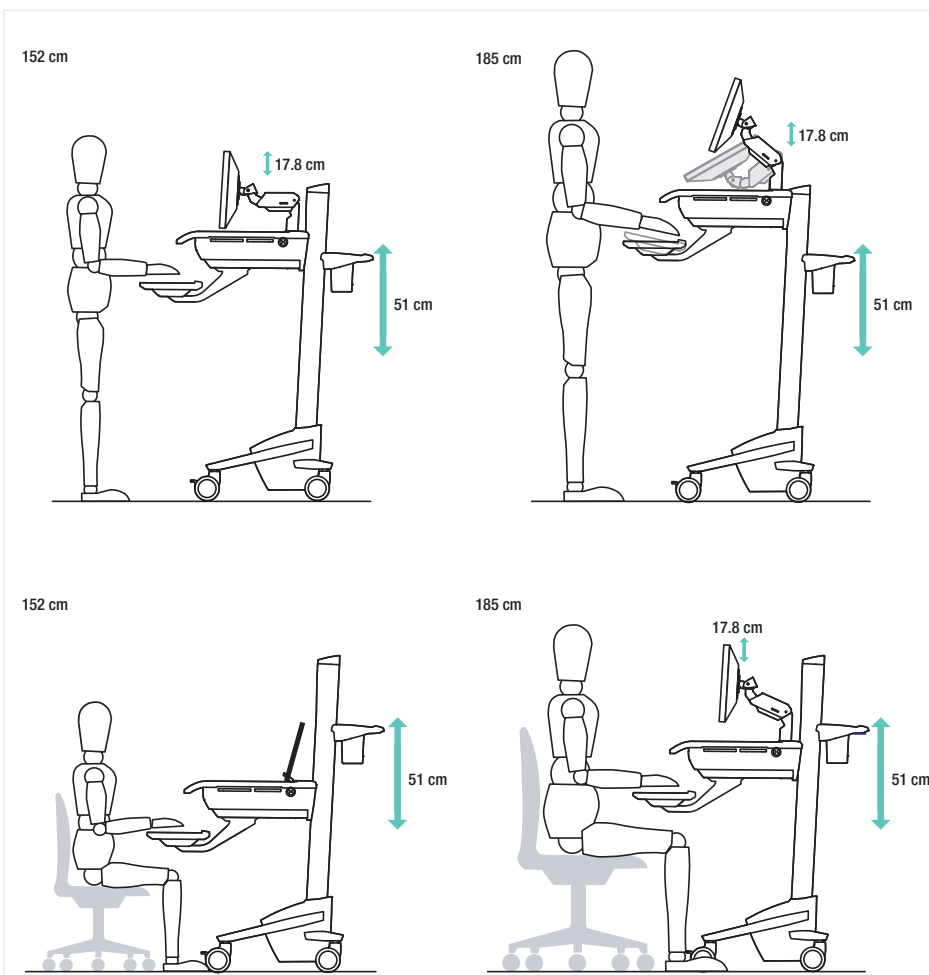
Despite the claims, many other popular carts often cannot ergonomically meet the height needs of smaller caregivers in seated positions. Note the awkward angle of wrist, elbow and neck in the drawing at right.

Additionally, very tall caregivers often strain their necks or slump over to view displays.

Trust our solutions, they're built on real experience

Since the 1980s, Ergotron has been the leader in managing the human interface with computers.

Bust the myths! Select true ergonomics



What are the requirements of a truly ergonomic point-of-care cart?

- ✓ Minimum 51 cm of keyboard height adjustment, with independent LCD tilt, pan and height adjustment, covers the majority of caregivers for seated or standing use, roughly 152 to 185 cm tall
- ✓ Single-motion fluid sit-to-stand adjustment is crucial; it frees caregivers from having to take time to adjust multiple components in order to reach their personal zone
- ✓ Keyboard tray that tilts back keeps wrists in neutral position, even when seated
- ✓ Minimum push/pull and adjustment forces required to move cart or components
- ✓ Intuitive, ample storage spaces/cable management; access to user interfaces
- ✓ Front and back handles for moving cart
- ✓ Adjustable mounts for caregivers with bifocals

Learn more about reaching your personal zone

- ✓ Ergonomics tips and The Ergonomic Equation
- ✓ Workspace Planner tool
- ✓ Payback Calculator for an ergonomic workspace