











Do you feel discomfort while working?

If so, your workstation setup could be the issue.

We have listed some key areas around the workstation where improper adjustments can be causing discomfort.

We also provide you with solutions that help place you in a more comfortable position while working.

Product Solution Guide

SYMPTOM	POSSIBLE CAUSE	PRODUCT SOLUTION	PAGE NO.	
Headaches	Improper Monitor Position Poor Lighting Screen Glare Incorrect Document Placement	Monitor Support	498-502	 Fellowes Document Holder . . . pg. 503
		Task Lighting	786-790	
		Glare Filter	480-482	
		Document Holder	503-505	
Muscle Stiffness	Improper Keyboard or Mouse Positioning Lack of Movement	Keyboard Manager	461-467	 3M Keyboard Manager . . . pg. 464
		External Keyboard Seating	454-458 106	
Neck & Shoulder Strain	Improper Keyboard or Mouse Positioning	Keyboard Manager	461-467	 Kantek Notebook Stand . . . pg. 499
		Wrist Support	483-486	
		External Keyboard Seating	454-458 106	
	Improper Monitor Position	Monitor Support	498-502	
Back Pain	Slouching Seat Too Low / Knees Above Hips Lack of Movement	Seating	106	 Fellowes Backrest . . . pg. 645
		Back Support	645	
		Seating	106	
Eye Fatigue	Improper Monitor Position Screen Glare Poor Lighting Incorrect Document Placement	Monitor Supports	498-502	 Kantek Privacy Screens . . . pg. 482
		Glare Filter	480-482	
		Task Lighting	786-790	
		Document Holder	503-505	
Arm, Hand & Wrist Pain	Improper Keyboard or Mouse Positioning	Keyboard Manager	461-467	 Compucessory Gel Mousepads . . . pg. 483
		Wrist Support	483-486	
	Improper Work Surface Height	External Keyboard Seating Keyboard Manager	454-458 106 461-467	
Poor Circulation	Improper Keyboard or Mouse Positioning	Keyboard Manager	461-467	 3M Wrist Rest Platforms . . . pg. 484
		Wrist Support	483-486	
	Legs Dangling / Tucked	External Keyboard Seating	454-458 106	
		Foot Support	646-647 106	
Leg Discomfort	Legs Dangling Seat Too Low / Knees Above Hips Lack of Movement	Foot Support	646-647	 Kensington Footrest With SmartFit System . . . pg. 647
		Seating	106	
		Seating	106	

‡Cannot be shipped UPS.
‡‡Cannot be shipped UPS Air. LA