








**Duke Ergonomics recommends** sit/stand workstations for any employee who meets any of the following criteria:

- Sits for more than 4 hours per day (in lieu of a keyboard tray and monitor arm);
- Has chronic back pain/discomfort or medical conditions which affect his/her ability to sit for long periods;
- Has a recommendation from their medical provider for a sit/stand.

**Departments must make the determination** as to whether or not they want to fund sit/stand workstations for employees in any of these categories. Duke Ergonomics does not evaluate workstations to make this determination. However, we will consult with employees to determine the best make/model, layout, and work heights for using a sit/stand workstation, once it has been approved. Sit/stand information and recommended models are below. Click on the individual links for vendor information. A comparison of model types is indicated [here](#).

<u><a href="#">Desk Top Table Mounted Device</a></u>		<u><a href="#">Sit Stand Electric Workstations</a></u>			<u><a href="#">Sit Stand Carts</a></u>	
		<b>Electric Frame Only (Add your own work surface)</b>		<b>Frame With/Without Work Surface</b>	<b>Ergotron Teachwell Mobile Digital Workspace</b>	<b>Ergotron CareFit Slim Laptop Cart</b>
<b>Ergotron WorkFit S</b>	<b>Bodybilt Maestro Encore</b>	<b>LifeDesk</b>	<b>ConSet</b>	<b>Jarvis Laminate</b>		
						
<ul style="list-style-type: none"> <li>• Keyboard tray adjusts from 26"-44" (on a 29" high desk)</li> </ul>	<ul style="list-style-type: none"> <li>• Keyboard tray adjusts from 24.5"-46"</li> <li>• Can pivot to either side</li> <li>• Work surface and keyboard tray dimensions 28" W x 9 D</li> </ul>	<ul style="list-style-type: none"> <li>• Height adjusts from 22"- 51"</li> <li>• Accommodates 30"- 96" wide work surfaces</li> <li>• 350 lbs. weight capacity</li> <li>• Includes the LifeDesk Smart Legss app</li> </ul>	<ul style="list-style-type: none"> <li>• Height adjusts from 21"-47"</li> <li>• Accommodates 44"- 67"wide work surfaces</li> <li>• 220 lbs. weight capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Height adjusts from 24.5"-50"</li> <li>• Accommodates 30"- 78" wide work surfaces</li> <li>• 350 lbs. weight capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Keyboard tray adjusts from 25"- 45"</li> <li>• 31" W x 24.1" D</li> </ul>	<ul style="list-style-type: none"> <li>• Height adjusts from 24.5"-49.1"</li> <li>• 21" W x 13.9" D</li> <li>• Small footprint</li> </ul>