Duke Ergonomics recommends sit/stand workstations for any employee who:
- 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.

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<th>Desk Top Table Mounted Device</th>
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<td>Ergotron WorkFit S</td>
<td>Electric Frame Only (Add your own work surface)</td>
<td>Ergotron Teachwell Mobile Digital Workspace</td>
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- **Ergotron WorkFit S**
  - Keyboard tray adjusts from 26”-44” (on a 29” high desk)

- **Bodybilt Maestro Encore**
  - Keyboard tray adjusts from 24.5”-46”
  - Can pivot to either side
  - Work surface and keyboard tray dimensions 28” W x 9 D

- **LifeDesk**
  - Height adjusts from 22”- 51”
  - Accommodates 30”- 96” wide work surfaces
  - 350 lbs. weight capacity
  - Includes the LifeDesk Smart Legss app

- **ConSet**
  - Height adjusts from 21”-47”
  - Accommodates 44”- 67” wide work surfaces
  - 220 lbs. weight capacity

- **Jarvis Bamboo**
  - Height adjusts from 24.5”-50”
  - Accommodates 30”- 78” wide work surfaces
  - 350 lbs. weight capacity

- **Ergotron Teachwell Mobile Digital Workspace**
  - Keyboard tray adjusts from 25”- 45”
  - 31” W x 24.1” D

- **Ergotron Neoflex Laptop Cart**
  - Height adjusts from 26.5”-46.6”
  - 16.5” W x 17.5” D