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](#).

<table>
<thead>
<tr>
<th>Desk Top Table Mounted Device</th>
<th>Sit Stand Electric Workstations</th>
<th>Sit Stand Carts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Electric Frame Only</strong> (Add your own work surface)</td>
<td><strong>Frame With/Without Work Surface</strong></td>
<td></td>
</tr>
<tr>
<td>Ergotron WorkFit S</td>
<td>LifeDesk</td>
<td>Jarvis Laminate</td>
</tr>
<tr>
<td>Bodybilt Maestro Encore</td>
<td>ConSet</td>
<td></td>
</tr>
</tbody>
</table>

- Keyboard tray adjusts from 26”-44” (on a 29” high desk)
- Keyboard tray adjusts from 24.5”-46”
- Can pivot to either side
- Work surface and keyboard tray dimensions 28” W x 9 D
- Height adjusts from 22”- 51”
- Accommodates 30”- 96” wide work surfaces
- 350 lbs. weight capacity
- Includes the LifeDesk Smart Legss app
- Height adjusts from 21”-47”
- Accommodates 44”- 67” wide work surfaces
- 220 lbs. weight capacity
- Height adjusts from 24.5”-50”
- Accommodates 30”- 78” wide work surfaces
- 350 lbs. weight capacity
- Keyboard tray adjusts from 25”- 45”
- 31” W x 24.1” D
- Height adjusts from 24.5”-49.1”
- 21” W x 13.9” D
- Small footprint