Adjustable Workstations

Sit to stand units, such as those listed below, have adjustable work surface heights that allow work to be performed while sitting or standing at the work station. Models are available for office and clinic settings.

I - Desk Top: Sit-Stand Unit (When the main work task is computer use)

**Ergotron WorkFit S**

Height adjustable workstation moves the keyboard tray and monitor in one simple motion, allowing for changes in position between sitting and standing.

[Video Demo Link](#)

---

**Item Numbers for Ergotron Units.**
All model numbers below come with a work surface and large keyboard tray. Approximate prices through the Duke Computer Store, Staples Advantage and Amazon are indicated below, as well as links for specifications.

WorkFit S (single monitor) 33-350-200, LCD weight capacity: 6-16 lbs.

WorkFit S (single monitor, heavy duty) 33-351-200, LCD weight capacity: 16-28 lbs.

WorkFit S (dual monitor) 33-349-200, LCD weight capacity: 6-12 lbs.

WorkFit S (LCD & Laptop) 33-349-200 and 97-617 (must order both)
<table>
<thead>
<tr>
<th>Item #</th>
<th>Approximate Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>33-350-200</td>
<td>$540</td>
</tr>
<tr>
<td>33-351-200</td>
<td>$450</td>
</tr>
<tr>
<td>33-349-200</td>
<td>$500</td>
</tr>
<tr>
<td>33-349-200 + 97-617</td>
<td>$550-$676</td>
</tr>
</tbody>
</table>

**Local Purchases of Ergotron WorkFit Sit/Stand Units**  
**Duke Computer Store:** contact Clarence Morgan (919) 684-8956, camorgan@duke.edu  
**Staples Advantage and Duke@Work:** contact Brian Long (919) 459-8225, brian.long@staples.com. (Will take a p-card or fund code.)

If installing yourself, instructions are located here:  
[https://www.safety.duke.edu/sites/default/files/WorkFit_S_installation.pdf](https://www.safety.duke.edu/sites/default/files/WorkFit_S_installation.pdf)

**Note:**
- Units should not be placed in the corner or where there are overhead shelves above the units. (Note: If placed on the corner, both sides of the desk will limit keyboard tray movement).
- As the keyboard tray is 27” wide, ensure there is adequate clearance on either side of the tray.
- For employees over 6’2” refer to the sit stand desk or cart options in the subsequent pages.
- For Mac and Lenovo All in One users refer to the following link to explore Ergotron sit stand options, based on monitor type or model  
- When ordering:
  - Consult with your IT department to verify the monitor model, model number and dimensions to assist with determining which WorkFit S model or adapter is appropriate.
  - Contact the above representatives for questions on the product.
**WorkFit-S accessories**

**Tall User Kit for single display 97-845**
Convert WorkFit Single-Display Workstations or other VESA mounts to reach the height requirements of taller users. Increases the distance between the keyboard and monitor to place the screen in a more comfortable position.

Note: The Tall User Kit is only compatible with mounts where portrait/landscape adjustment is locked or is not present. Raises the monitor by 4” or 6”.

**Tall-User Kit for WorkFit Dual 97-615**
Raises the monitors between 1.75” -5”

II Sit to Stand Desk (If a larger work surface is needed for multiple work tasks, including computer use)

**The ConSet**
ConSet America has height adjustable bases which can be used with existing desk tops or with desk tops purchased from them.

For more information, contact:
Kay Davis (919) 906-6603, kdavis@edgeoffice.com
Heather Sevier (919) 278-6734, Heather@pmccommercialinteriors.com
David Pruitt (336) 263-1098, dpruitt@alfredwilliams.com

**Jarvis Bamboo Adjustable Standing Desk**

Bamboo Top Specs
- Rounded edge detail
- Thickness:
  - 30, 36, and 42" non-grommeted tops: 3/4” thick (20mm)
  - 30, 36, and 42" grommeted tops: 3/4” thick (20mm)
  - 48, 60, 72, and 78” tops: 3/4” thick (20mm)

Bamboo Top Options:
- Contour is available on 48", 60", 72", and 78" tops
- Rectangle style is available in all sizes.

For more information:

Free shipping, arrives in 2-3 days
Note: Assembly required
III Sit-Stand Carts (For mobile computers)

**The Humanscale T7 Healthcare Cart**

The T7 Auto Fit™ technology instantly adjusts to each caregiver’s entered height, while its Power Track steering allows for virtually effortless maneuvering and complete user control. The keyboard tray adjusts from 24”-44” (Note: May not fully accommodate standing heights of taller individuals).

Available from Humanscale
For more information contact:
Hilary Billings (615) 306-2122, hbillings@humanscale.com

**Ergotron Teachwell Mobile Digital Workspace**

The Teachwell cart work surface height adjustment range is from 31.8” to 51.8” (keyboard tray adjusts from 25”-45”). It measures 31” wide and 24.1” deep, with weight capacity of <38.5 lbs. (Note: Height adjustable monitor arm recommended to promote neutral neck postures).

Available from Duke Computer Bookstore (919) 684-8956, Staples Advantage and Buy@Duke, Model # 24-220-055
For product information contact:
Steve Meyers (651) 681-7653, smeyer@ergotron.com

**The Ergotron Neoflex laptop cart**

The Ergotron Neoflex cart has a sliding mouse tray, and adjusts in height from 26.5”- 46.6”. It measures 16.5” wide and 17.5” deep.

Available from Staples Advantage Item # IM1DJ9405 or Duke Computer Store #24-205-214
For product information contact:
Steve Meyers (651) 681-7653, smeyer@ergotron.com

(Note: Vertical laptop kit recommended to elevate monitor closer to eye height, item # 97-546).
Sit Stand Mats

Ergomat Optimal Smooth Chair Mat

- Maintains a comfortable exchange of working position between standing and sitting
- Works on carpeted surfaces and hard flooring.
- Durable 1/8” thick vinyl surface protects resilient ¼” thick foam base
- Top surface provides a solid foundation for rolling casters and chair glides
- Foam layer provides continuous comfort under foot while standing
- All edges beveled for safety

41” x 49”
CHAIRMAT 4149
$141.00 / per mat
For product information, contact:
Megan Hurrell
ERGOMAT, INC – North America
(877) 374-6628 Ext. 108
Megan@ergomat.com

Sit-Stand Smart Mat

- Foot activated, which allows the mat to "move like magic".
- Easily moved back and forth under the desk without bending or lifting.
- Proven to increase standing times.
- Also the most comfortable mat on the market for sock, stocking or bare feet as the soft, breathable, support isn't sticky or hot.

22” x 32”
$99/mat
Choice of 3 colors: black, grey, brown
Specify if for hard floor or carpeted floor
For product information contact:
Heather Sevier
PMC Commercial Interiors
(919) 278.6734
Heather@pmccommercialinteriors.com