## Which Sit/Stand Device is Best?

Comparison of Device Features

	Tabletop Device	Table Front-Mounted Device
Tabletop vs. Table Front- Mounted Device Features		
Placement of	Rear squeeze release – two hands	Front handle – one hand required and
Controls	required and awkward back posture	straight back posture
Keyboard Height	32" – note arms and shoulders are too	26" – note relaxed arms and shoulders and
Minimum (While Seated)	high and back not supported	back fully supported
Keyboard Height Maximum (While Standing)	43"	44"

Monitor Height	Non-adjustable without monitor arm	4" vertical range of adjustability (dual monitor model has extender available for additional 4" to 6" height)
Document Holder	Space available for one, but none included	Includes 23"x 15" read/write surface
Force required to raise	16 pounds	11 pounds
Force required to lower	19 pounds	11 pounds
Additional Accessories Required	Works best with added document holder, keyboard tray, and monitor arm	None
Approximate Total Cost	\$650 (\$375 for device plus \$275 for document holder, keyboard tray, and monitor arm)	\$470

Note: All heights assume the device is mounted on a 29" desk