



# Create a Healthy, Productive Home Office

A personal workspace with all the perks



Work Better, Feel Better™





Remote work is quickly becoming the new norm. That means your home office needs to be just as productive as the corporate office. With the right tools, you can create a comfortable, healthy and productive workspace... with a shorter commute.



# Configure for Comfort

Your monitor position matters. Set the top of the monitor frame at eyebrow level. The monitor should be about an arm's length away, or approximately 20" to 35" away. If using a dual monitor arm, the monitors should be next to each other and angled in a slight outward "V" shape. This positioning helps prevent eye strain and neck strain.

The location where monitors meet should be directly in front of the user. Use monitors that are the same size and height. Select a monitor stand for your home office to keep an exact monitor height that fits your personal comfort. Go with a monitor arm for more flexibility in screen positioning.



## I-SPIRE SERIES™ Laptop Lift

- Elevates laptop for enhanced viewing comfort at your desk
  - Built-in curved design helps keep laptop cool
- 9472401 – Black and Gray**  
**9311201 – White and Gray**



## I-SPIRE SERIES™ Monitor Lift

- Elevates monitor to help reduce neck strain and shoulder tension
- 9472301 – Black and Gray**  
**9311101 – White and Gray**



## PROFESSIONAL SERIES Freestanding Monitor Arm

- Create a productive workspace and position your monitors to reduce eye, neck and shoulder strain
  - Freestanding design allows monitors to be used in spaces that do not allow a clamp or grommet mount
- 8049601 – Single Monitor**





# Hands-On Productivity

When you're more comfortable, you're more productive, especially when it comes typing and mousing. Positioning the keyboard and mouse closer and lower to your body allows your shoulders to relax. The keyboard should be flat or tilted away at a negative slope. Keep your forearms approximately parallel to the floor with elbows at a 90-110° angle.

Your wrists should be straight with hands positioned level or below your elbow. Select an adjustable keyboard tray that accurately positions your keyboard for maximum comfort. Choose a mouse pad with wrist support to cushion your wrist and hand as you mouse and prevent wrist strain.



## DESIGNER SUITES™ DeskReady™ Keyboard Drawer

- Easily attaches to most workstations without tools or complex instructions
- Offers 3 height positions below desktop to ensure personal comfort
- Soothing memory foam wrist rests with Microban® antimicrobial protection to keep product cleaner

8038302

## I-SPIRE SERIES™ Wrist Rocker™ and Keyboard Wrist Rocker™

- Elliptical design offers a smooth, effortless rocking motion for enhanced mousing and typing comfort
- Easy to clean with a damp cloth

- 9472901 - Mouse Pad / Wrist Rocker™
- 9311801 - Mouse Pad / Wrist Rocker™

- 9473001 - Keyboard Wrist Rocker™
- 9314601 - Keyboard Wrist Rocker™



# The Active Home Office

Just as you incorporate movement into the corporate office, you need to stay active in your home office. Sitting for hours may feel productive but limited physical activity during the workday can drain your energy, morale and your performance. Go for a short walk or stretch. You can also use a standing desk in your home office to keep you moving.

Begin by standing for 15 minutes, followed by 45 minutes of sitting. Gradually increase the time standing. Alternate between sitting and standing throughout the day, but don't sit or stand for more than 60 minutes at a time.



LOTUS™ DX  
**Sit-Stand Workstation**

- Stay connected without wires using the convenient wireless charging pad for Qi-enabled devices
- Enjoy a cleaner workspace through built-in Microban® antimicrobial protection that fights the growth of bacteria on surfaces
- Arrives fully assembled—no complicated instructions, no mounting; just unpack and get started

○ 8080201 – White

● 8080301 – Black



LOTUS™ VE  
**Sit-Stand Workstation**

- Smooth Lift Technology™ allows you to effortlessly transition from sitting to standing
- Depth adjustable for desks 24", 28" and 32" deep
- Compact design for smaller workstations, 28¾" wide

8080101 - Single Monitor





# Maintain a Healthy Personal Workspace

It's important to keep your home office clean especially during flu outbreaks. Use a HEPA air purifier to consistently and effectively clean the air the air of viruses, germs, bacteria and other airborne pollutants. Be sure to choose your air purifier based on the square footage of your home office for the best results.

As a final step to keep your home office clean, look for products with the Microban seal. Microban antimicrobial provides continuous protection against bacteria for products such as wrist supports, mouse pads and mice.



## AERAMAX® Air Purifiers

- 4-stage hospital-type filtration
- AeraSmart™ Sensor monitors the air quality and automatically adjusts the fan speed to keep your air purified
- True HEPA filter with AeraSafe™ antimicrobial treatment safely removes 99.97% of airborne particles as small as 0.3 microns, including pollen, ragweed and other allergens, viruses, germs, dust mites, mold spores and cigarette smoke
- Extremely effective at capturing influenza virus from indoor air (based on independent testing)

- 9320601 – DX5
- 9320701 – DX55
- 9320801 – DX95
- 9286001 – 90
- 9286101 – 190
- 9286201 – 290