Enjoy standing or sitting as you work, switching positions whenever you choose. This work style encourages healthy movement throughout the day.

Ideal for corner workstations, the WorkFit-A clamps to the rear or side of most surfaces. Grommet mount available as optional accessory.

WorkFit Convert-to-LCD & Laptop Kit from Single HD 97-605
This kit converts a WorkFit-C or WorkFit-A Single HD Workstation into a WorkFit LCD & Laptop Workstation

WorkFit Convert-to-LCD & Laptop Kit from Dual Displays 97-617
This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation

Average hours of seated commute
+ average hours of seated homelife = too much sitting!

A 2008 Vanderbilt University study of 6,300 people published in the American Journal of Epidemiology estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.
Ergotron’s WorkFit desks enable an effortless sit-and-stand work style, creating a truly ergonomic platform for prolonged computing. Research shows sitting too much isn’t healthy, and standing all day is challenging, but freely moving between these positions throughout the day is best. Choose WorkFit and sit and stand throughout your day!

Ergotron has over 15 years experience in making sit-stand height-adjustable computer systems, and our effortless, tool-free and non-motorized, patented CF height adjustment technology leads the industry.

① Patented Constant Force (CF) technology provides easy lift
② WorkFit-D accepts optional accessory Underdesk Keyboard Arm (97-582-009)
③ Features a spacious worksurface. Add Ergotron LCD and laptop display mounts as needed to accommodate individual workflows
④ Listed weight capacity represents total load applied to worksurface. When calculating load, include weights of accessory mounts for keyboard, display(s).
⑤ Four leveling glides establish a firm footing and adjust to uneven floors

WorkFit-C: 24” W x 22.8” H (60.6 x 58 cm)
WorkFit-D: 47.6” W x 23.5” H (121 x 60 cm)
WorkFit-PD: 31.5” W x 23.5” H (80 x 59.5 cm)
- Easily and simultaneously lift keyboard and LCD screen to proper height for unsurpassed ergonomic comfort
- Patented Constant Force lift technology provides fluid, one-touch adjustments of the keyboard and monitor positions for personalized computing
- Mobile configuration brings flexibility into the workspace. Easily moves through small doorways and over thresholds for collaborative meetings
- Telescoping lift engine provides height adjustability without blocking the line of sight
- IT deployment friendly—set aside several fully equipped WorkFits for temporary workers, unassigned workstations or telecommuter work pods; roll to the place of need (easily stored and ready to roll)

A recent study published by the CDC (Centers for Disease Control) indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting. Sit or stand, instantly, while remaining effectively engaged with your computer.

An American Cancer Society study of 120,000 adults, published in the July 2010 American Journal of Epidemiology, suggests that the more people sit, the shorter their average life span. What’s more, the findings were independent of physical activity level such as people who exercise outside of work.

A 2010 University of Queensland, Australia study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.
The benefits of reducing sedentary behavior:

For Computer Users
- Promotes healthy movement throughout your day
- Instantaneous, tool-free positioning
- Personalized computing; unsurpassed ergonomic comfort

For HR/Risk Management and Company Cost Savings
- Reallocation of wellness dollars—take control
- Keep employees happy and healthy
- Influence productivity increases

For IT and Facilities Staff
- IT deployment friendly
- Facilities friendly
- Safe and neat routing of cables
- Flexible, open-architecture design

The term “Sitting Disease” has been coined by the scientific community and is commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle. However, The Centers for Disease Control (CDC), American Medical Association (AMA) and general medical community do not recognize the term “sitting disease” as a diagnosable disease at this time.

Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.