



SYSTEMATIX



2023 Ergonomics Catalog

Proudly providing Ergonomic Office Products for Over 30 years

Effective January 1, 2023

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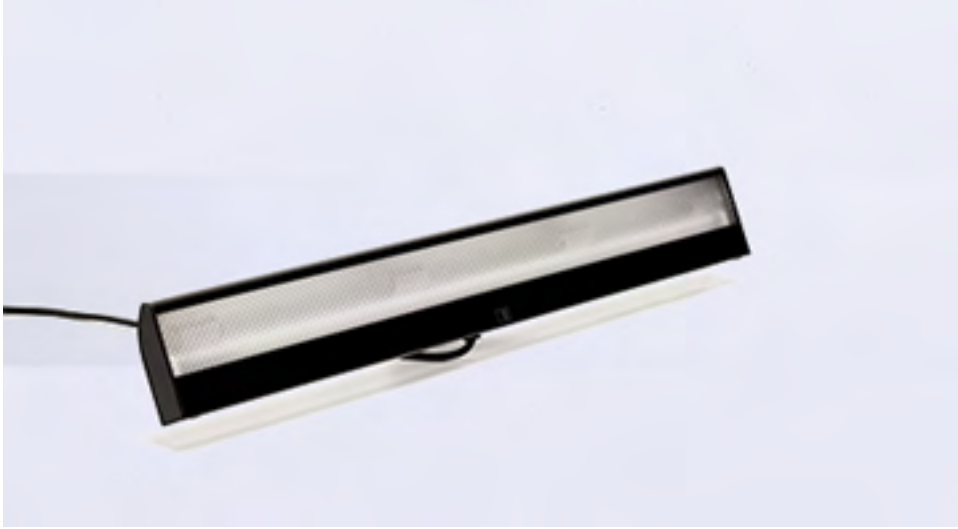


10. Accessories



*In Stock, available for Immediate delivery and always,
Freight Free*

Lighting the Way



Deluxe Task Light

- DST24: for 30" - 36" Shelf List \$210
- DST36: for 42" - 48" Shelf List \$225
- DST48: for 54" - 60" Shelf List \$380

[MORE INFORMATION](#)



Budget LED Task Light

- LEDE12: for 24" Shelf List \$168
- LEDE22: for 30" - 36" Shelf List \$210
- LEDE32: for 42"-48" Shelf List \$260
- LEDE42: for 54"-60" Shelf List \$350

[MORE INFORMATION](#)



Deluxe LED Task Light

- LEDT17: for 24" -36" Shelf List \$248
- LEDT31: for 42" - 48" Shelf List \$372
- LEDT44: for 54"-60" Shelf List \$565
- LEDT58: for 72"+ Shelf List \$640

[MORE INFORMATION](#)

"Bad lighting is associated with a range of ill-health effects, both physical and mental, such as eye strain, headaches, fatigue and also stress and anxiety in more high-pressured work environments." Forbes, December 31, 2018

Deluxe Keyboard Support Systems



All models include Ultra soft co-polymer gel wrist rest with breathable Lycra™ fabric, Lever Free arm, Patented Spring Assist Lift-N-Lock™ counter balance, Soft touch knob for +/-15° tilt adjustment and 7½" Neck with 21" glide storage track for deep workstations and corner applications. Sit-to-stand and shallow-depth track models are also available. Includes free shipping. Also available with 17" tracks for shallower returns.

[MORE INFORMATION](#)



Strat-Plat Trackless Keyboard and Arm

Tilt and height indicators with Lever Free rotating arm mechanism for the Ultimate in shallow work surface and obstructed workstation applications.

The goal of ergonomics (i.e. the scientific study of people at work) is to prevent soft tissue injuries and musculoskeletal disorders (MSDs) caused by sudden or sustained exposure to force, vibration, repetitive motion, and awkward posture." - NIOSH, Feb. 28, 2018

Volante DeskTop Sit-Stand Workstations



Volante DeskTop Workstation

List \$750

[MORE INFORMATION](#)



Volante-HD Heavy Duty Workstation

List \$930

[MORE INFORMATION](#)



Volante-C Corner Sit-Stand Workstation

List \$1,040

[MORE INFORMATION](#)

In Stock and available for Immediate delivery

Altissimo



[MORE INFORMATION](#)

Complete Sit-Stand Workstation

List \$ 1,300 (Single Monitor)

List \$ 1,480 (Double Monitor)

Strat-Mat



[MORE INFORMATION](#)

Anti-Fatigue Floor mat

List \$ 190

"A new study at England's Loughborough University confirms that anti-fatigue mats can have a significant, beneficial impact on the health of workers who must stand for long periods of time." - EHSToday (Environment, Health, and Safety), Oct 04, 2012

Good



7915
Single Monitor Arm
List \$380

[MORE INFORMATION](#)



7920
Dual Monitor Arm
List \$580

[MORE INFORMATION](#)

Better



1INF Pneumatic
Arm List \$480

[MORE INFORMATION](#)



2INF
Pneumatic Dual Arm
List \$560

[MORE INFORMATION](#)

Best



7915H
Deluxe Monitor Arm
List \$450

[MORE INFORMATION](#)



7920H
Deluxe Dual Monitor Arm
List \$688

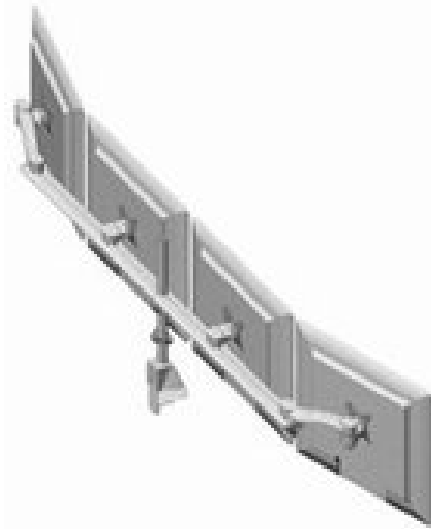
[MORE INFORMATION](#)

Multiple Monitors



7930
Triple Monitor Arm
List \$680

[MORE INFORMATION](#)



7940
Quad Monitor Arm
List \$840

Specialty Arms



7915LT
Laptop Arm
List \$480

[MORE INFORMATION](#)



7915i
Tablet Arm
List \$480

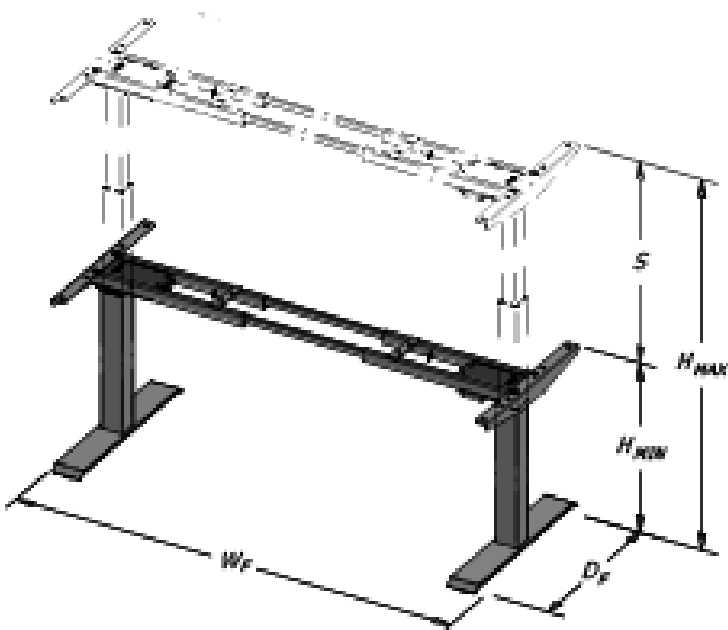
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OSHA states that the safest computer monitor height is at, or slightly below, a level where the very top of the monitor is parallel with your eye level. This puts the center of the monitor at about 15-20 degrees below horizontal eye level. AZCentral.com



[MORE INFORMATION](#)

Quick-Assembly



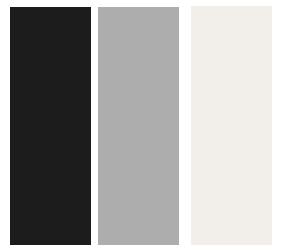
Quickie-2

2-motor, 3-stage

List \$ 1,025

(base only)

Black, Silver or White





[MORE INFORMATION](#)

Quick-Assembly

Quickie-3
3-motor, 3-stage
List \$1,650
(base only)

Black, Silver or White



Build Yours into 180°, 120° or 90° Workstations



Full Size Processor?



CPUR-S

CPU Strap
Holder List
\$190



[MORE INFORMATION](#)



DCPUC

CPU cart with
locking casters
List \$126

[MORE INFORMATION](#)

Dust Bunnies kill Computers

You might wanna get that thing OFF the Floor!



A Brief History of Ergonomics

460 - 370 BC: Hippocrates, "Father of Medicine" writes about proper placement of surgical tools for maximum workplace efficiency. While the science of ergonomics came about in the 20th century, evidence suggests ancient Greeks understood such principles, 25 centuries ago.

1700s: The "Father of Industrial Medicine" Italian physician Bernardino Ramazzini publishes his ground breaking work, *De Morbis Artificum Diatriba*, documenting dozens of professions and the treatment and prevention of occupational diseases, resulting from each.

1890s: Frederick Winslow Taylor's methods of workflow analysis pioneers new developments in workplace efficiency.

1914 - 1918: WWI aircraft design focuses control and display placements for the most efficient use, of the pilot.

1915 The Health of Munitions Workers Committee of the UK formed to address workplace problems, among munitions workers.

1939-1945 WW2 brings human interactions with complex machinery into focus, as never before.

1949: UK meeting of physiologists and psychologists coins the term *ergonomics* from the Greek roots *ergon* (function, task, work) and *nomos* (law, custom). Today, this body is known as the Chartered Institute of Ergonomics and Human Factors.

1957 : The Human Factors and Ergonomics Society was formed in the United States.

1970s: The advancement of computers and software places further emphasis on human-machine interface.

1980s to the Present day: The computer becomes a staple in the modern office bringing with it, a rise in computer-related injury reports and increased public awareness, of ergonomic principles.

Hat tip, Center for Occupational & Environmental Health, U. of California,, Berkeley



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