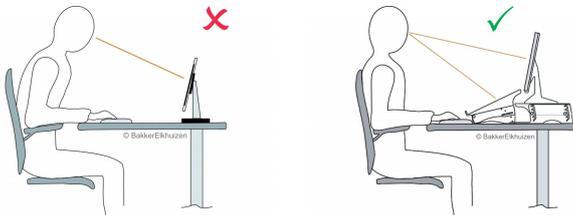


height adjustable monitor stand

## Q-riser 130



### Research

An optimum monitor position leads to lesser discomfort and complaints to the neck (Kumar 1994 McKinnon 1994, Marcus 2002). Positioning the monitor to low can lead to strong bending of the neck and therefore higher muscle tension of the neck muscles. But a position which is too high (higher than eye level) can also lead to problems. The optimum position increases the productivity by 10% (Sommerich et al, 1998).

1



1. 'in-line' working
2. 'Ergo Desktop cockpit'

2



**Five possible height settings:** optimal viewing angle (6-8-10-12-14 cm)

**Smart:** storage facility underneath the monitor

**Cable management:** integrated cable holder

Complies with legal requirements for healthy desktop computing

**Suitable:** for flatscreen monitors

**Material:** clear acrylic

**Maximum weight:** 25 kg.

### Specifications

Dimensions:	310 x 60 x 265 mm (W x D x H)
Weight:	1050 g
Product code:	BNEQR130



### Health & Safety Regulations

Council Directive 90/270/E the minimum safety and health requirements for work with display screen equipment. The screen must swivel and tilt easily and freely to suit the needs of the operator.