



ergonomicshub.com

Your training guide

HermanMiller



For Herman Miller, design starts with the person. Not just the physical attributes of people, but their behaviour as well. We study intently the purpose behind people's work and their postures and movements. We look at what they need to produce their work and then we set about making the products. This approach is often referred to as human centred ergonomics.

The ergonomicshub.com has been designed to explain the basics of setting up a workstation in an ergonomic way. The free on-line training takes you through the key adjustments that you are likely to find at your desk. You can do the training in your own time.

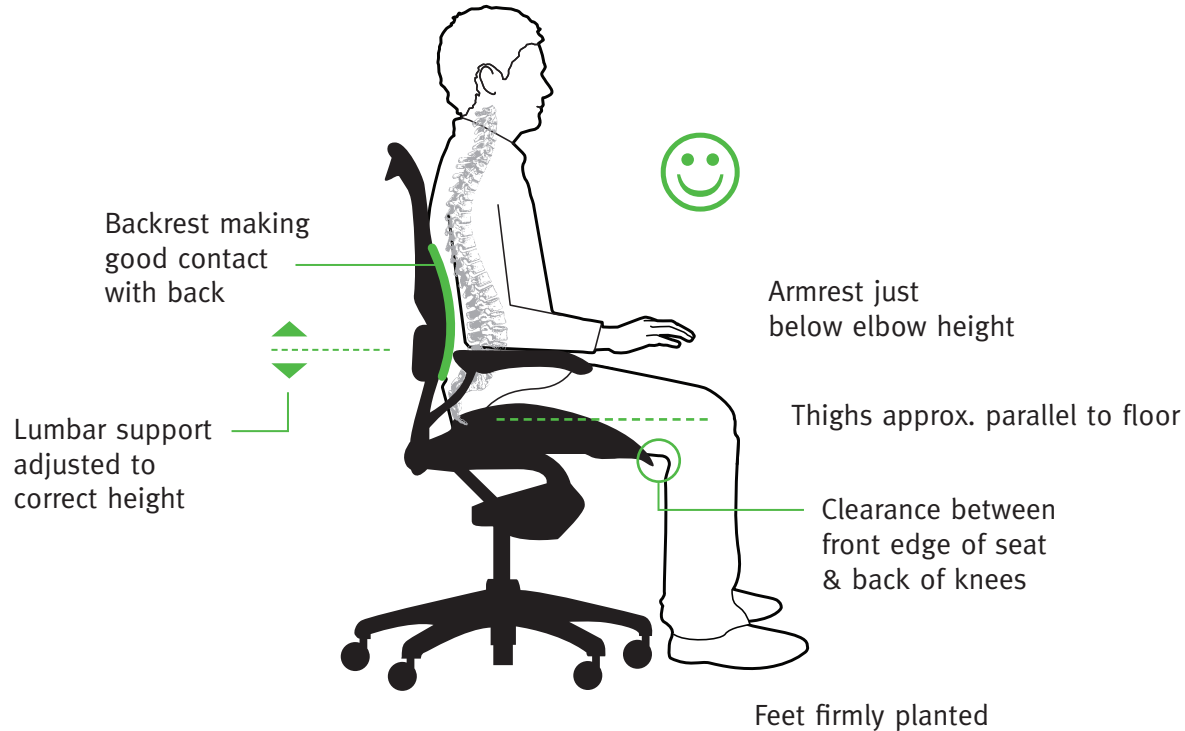
This booklet provides you with an overview of the main sections as a quick reference.



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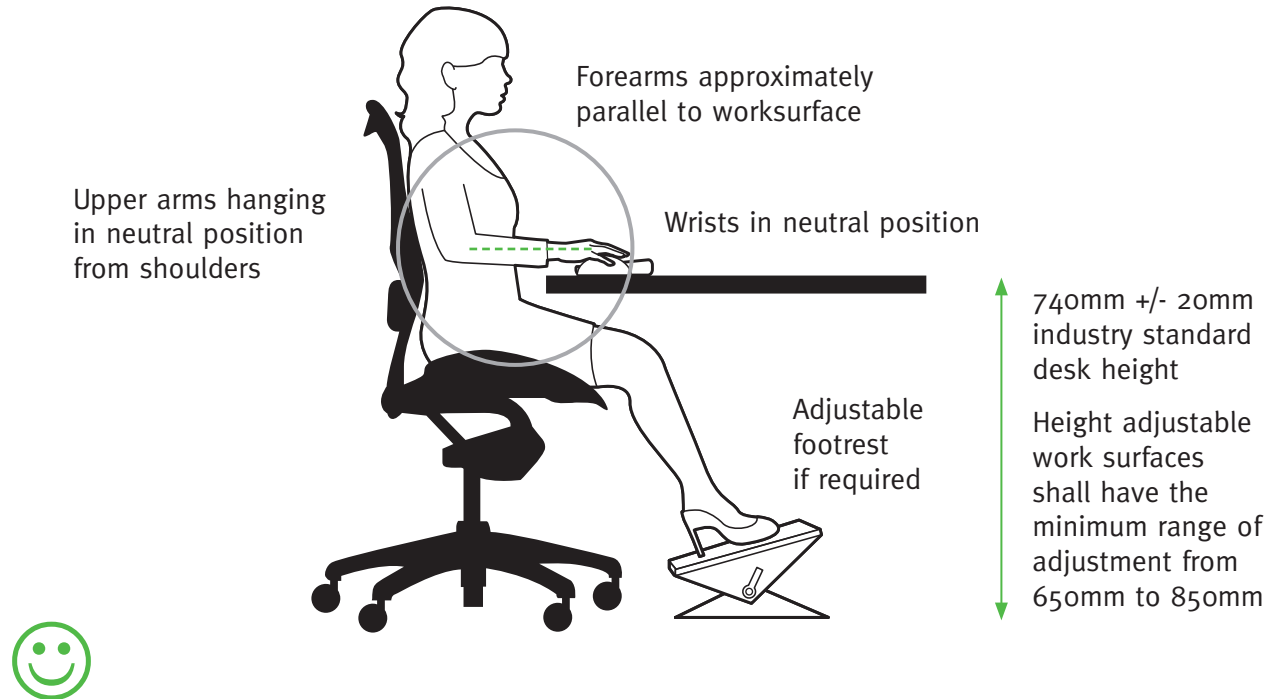
The Chair

Summary of Key Adjustments



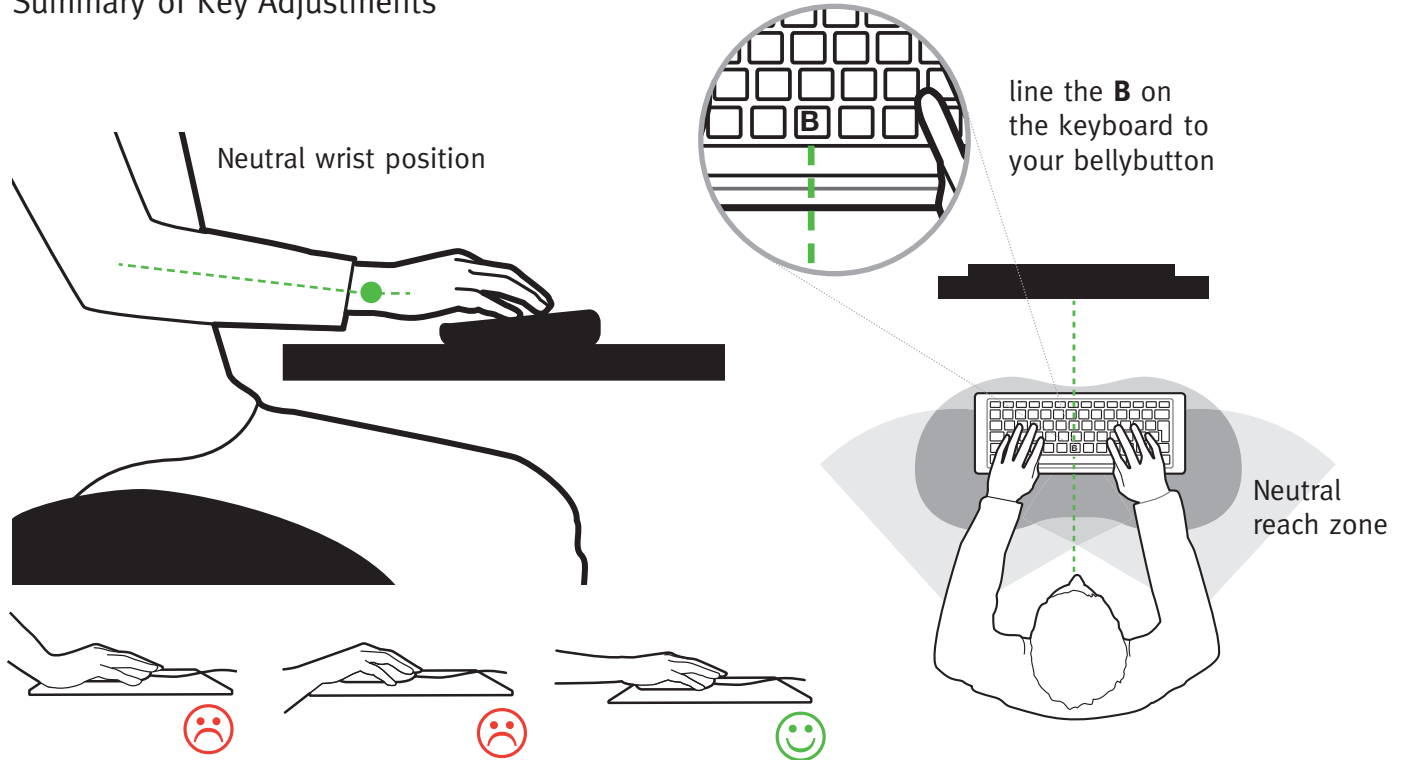
The Worksurface

Summary of Key Adjustments



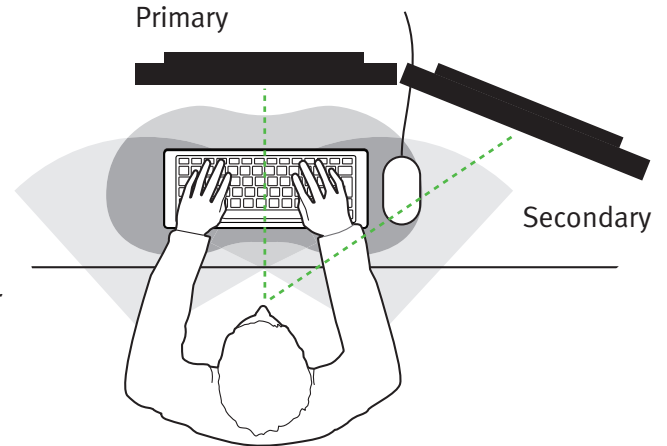
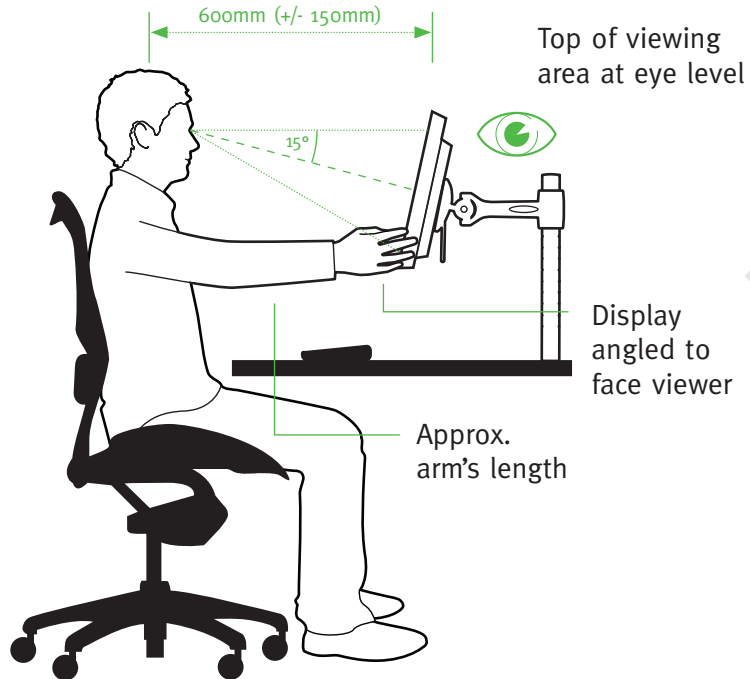
The Keyboard

Summary of Key Adjustments



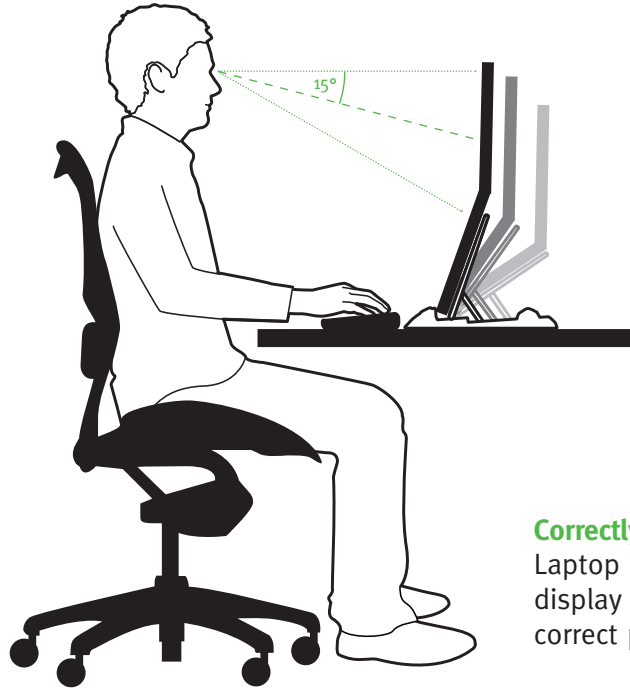
The Visual Display

Summary of Key Adjustments



Laptop Computers

Summary of Key Adjustments



Correctly adjusted display

Laptop on stand permits display to be adjusted to correct position

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