

**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.

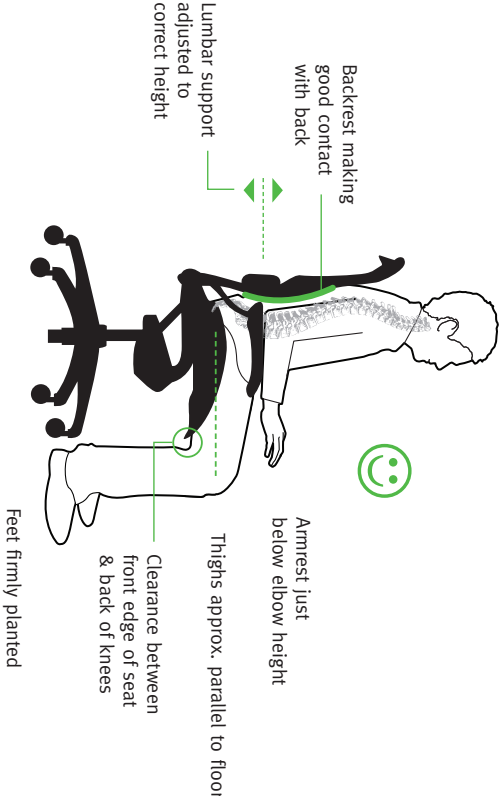


**Herman Miller**



# The Chair

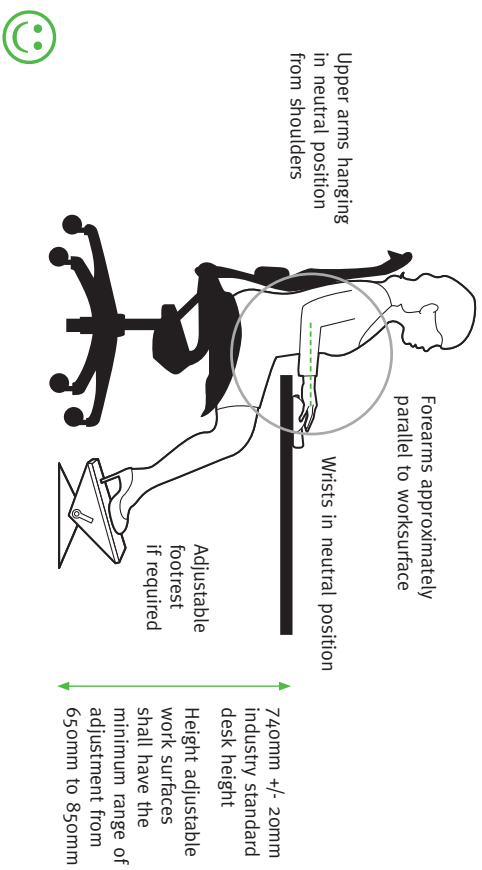
Summary of Key Adjustments





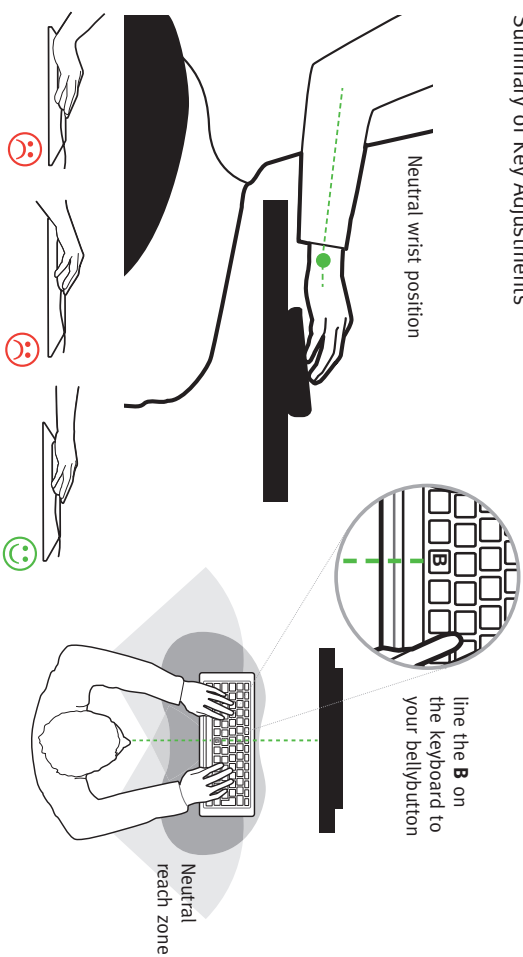
## The Worksurface

Summary of Key Adjustments



## The Keyboard

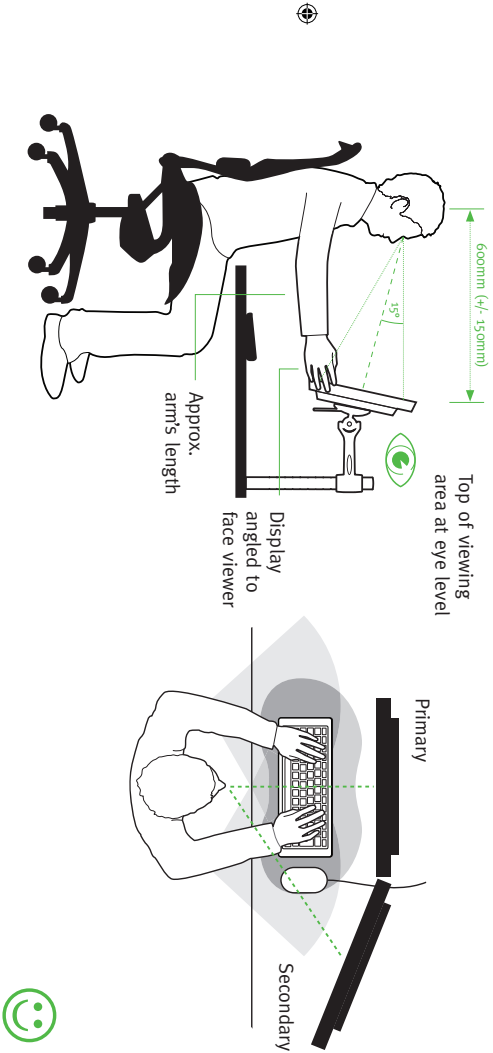
Summary of Key Adjustments





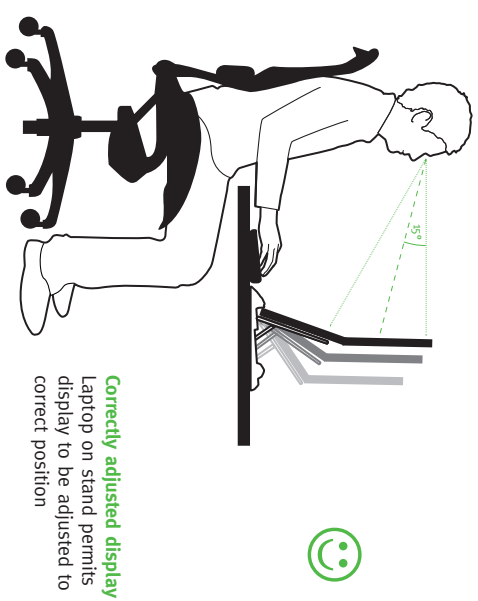
## The Visual Display

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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