

**[ergonomicshub.com](http://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](http://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.

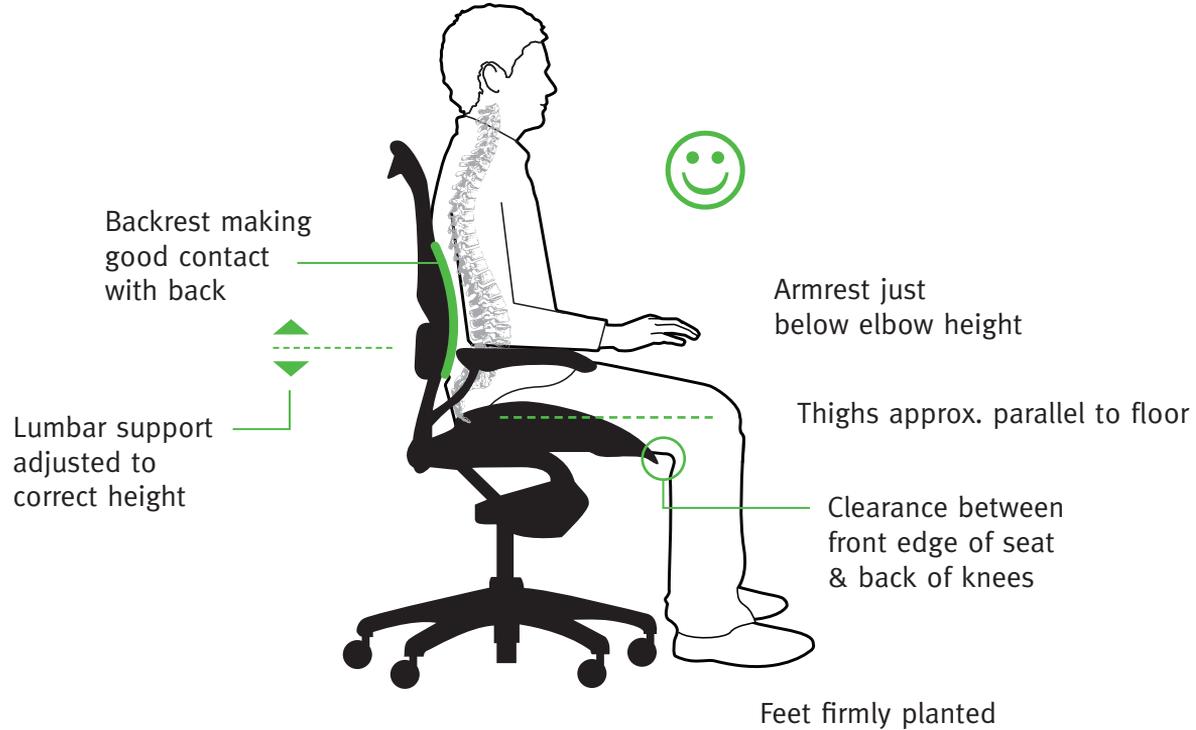
This booklet provides you with an overview of the main sections as a quick reference.



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# The Chair

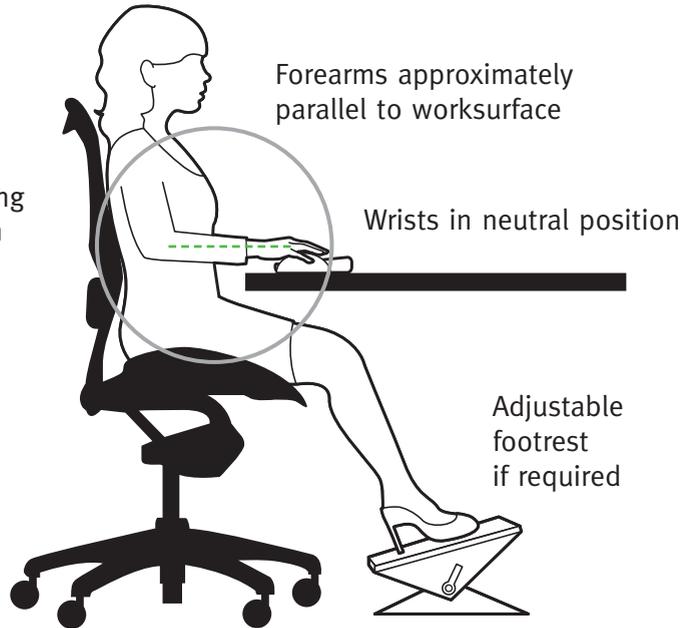
## Summary of Key Adjustments



# The Worksurface

## Summary of Key Adjustments

Upper arms hanging  
in neutral position  
from shoulders



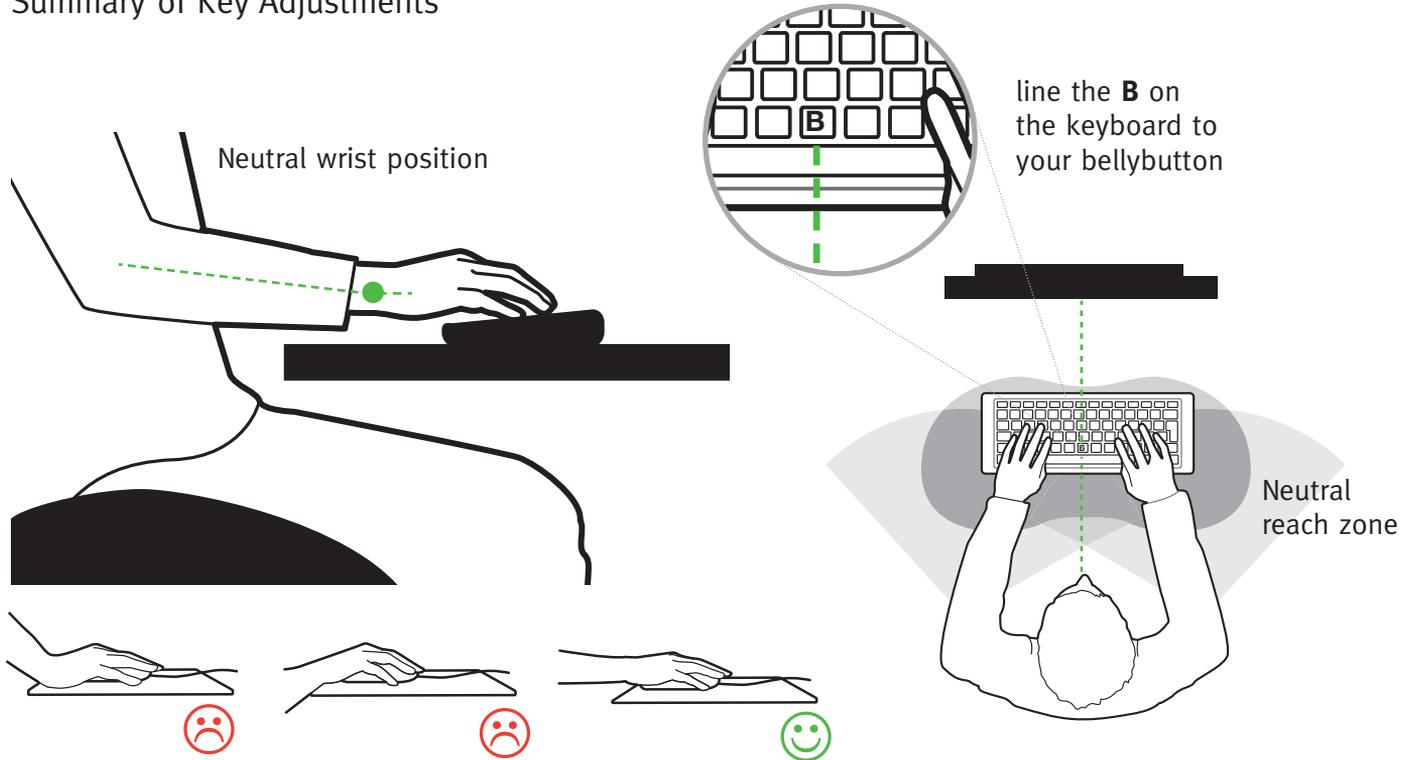
740mm +/- 20mm  
industry standard  
desk height

Height adjustable  
work surfaces  
shall have the  
minimum range of  
adjustment from  
650mm to 850mm



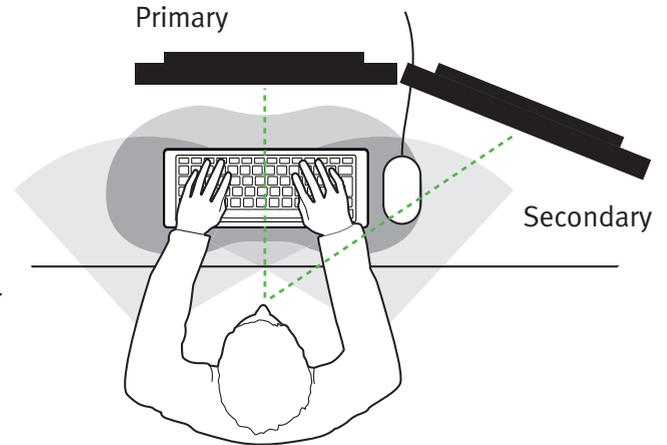
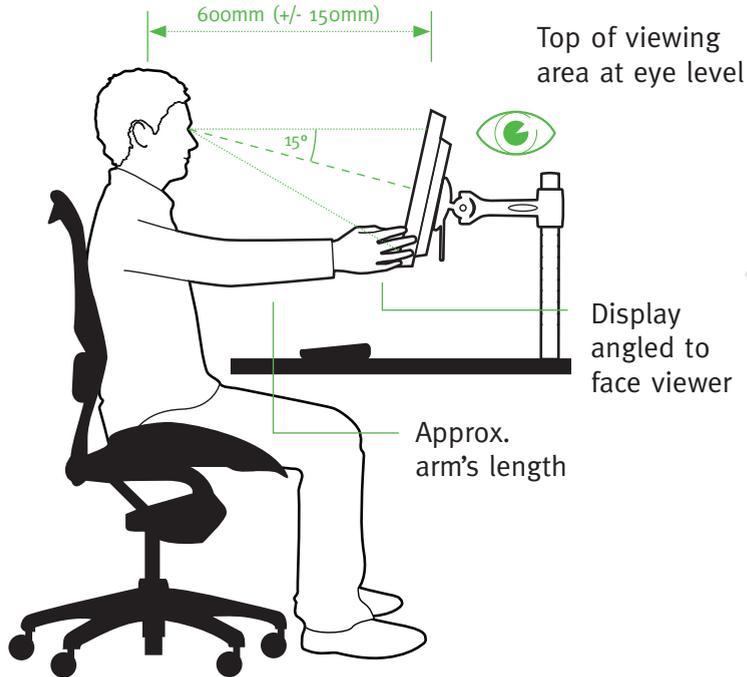
# The Keyboard

## Summary of Key Adjustments



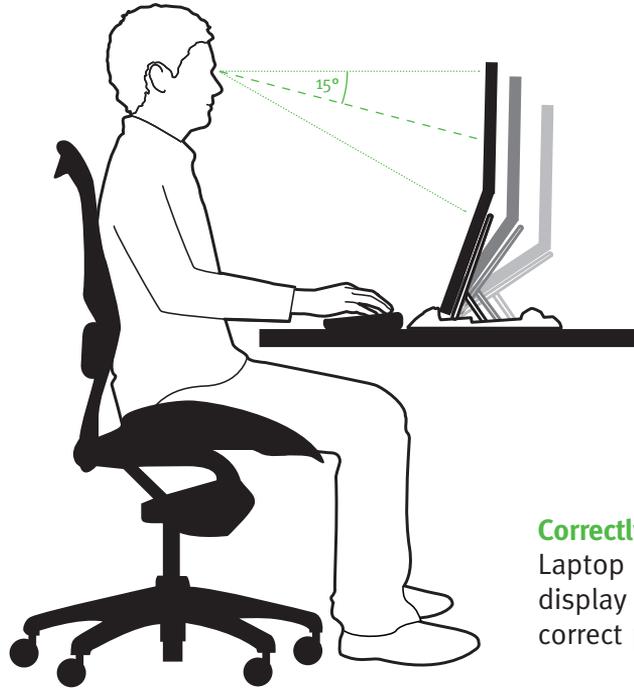
# The Visual Display

## 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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