



# ASSISTIVE TECHNOLOGY FOR THE WORKSTATION



## IMAGINE

Do you want to be able to adjust your position regularly while you work at a workstation and use your computer?

Do you want to reduce the risk of long term injury to your upper limbs, neck or back?

A workstation that has been set up correctly with the right equipment can lead to safe and efficient computer use. Deciding on the right equipment or accessories should consider several factors. These include the physical dimensions of the user, pre-existing injuries or medical conditions, the current workstation equipment, and your intended work tasks.

Input from a health professional or occupational therapist is often required to ensure a good fit between the workstation and the person.



## SEEK

To find out more, you can...

Phone **LifeTec** on **1300 543 383** to discuss options and suitability with a health professional

Visit a **LifeTec display centre** to view and trial a selection of products, and obtain professional advice in person

Speak to your occupational therapist or an ergonomist

Search the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on a wide range of medication aids.



Adjustable Workstation



Standing Desk



Headset

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**LifeTec**<sup>TM</sup>  
Live your Potential

[www.lifetec.org.au](http://www.lifetec.org.au)

**CHOOSE****What can I choose from?****Height Adjustable Desks**

Adjustable work desks and stations allow you to adjust the height of desk and enable frequent changes in posture like sitting or standing. Electric or manual desks can be easily adjusted for different users at sitting or standing heights. Preset height settings and anti-collision technology may be available in some electric models. Height-adjustable monitor or keyboard platforms can offer good supports for working in a sitting or standing position.

**Monitor Supports**

Monitor arms can be used to make sure the monitor is optimally placed for use, and may allow height, rotation or tilt adjustment. They allow easy adjustment by different users. Static monitor stands are also available but do not accommodate as many height adjustments, and can be more difficult to adjust.

**Footrests**

Footrests can be used when your desk is not adjustable and is too high to support your feet on the floor when sitting. Footrests may be angle or height adjustable. Some footrests may also encourage you to move actively.

**Document Holders**

Holders can be used to reduce frequent and awkward movements of your head and neck while viewing documents and a computer monitor. The document holder may be placed beside the computer monitor or between the keyboard and monitor to hold heavier documents.

**Forearm Supports**

Moveable supports are designed to give you forearm support during repetitive tasks like keyboard use or tabletop work. They may be useful for people experiencing pain or discomfort in their wrists, upper arms, shoulders or neck, especially where the desktop does not provide sufficient support for your forearms.

**Telephone Headsets**

Headsets are useful for hands-free telephone use and can help to minimise awkward and prolonged positions of the head, neck and shoulder. These may be useful if you are using both hands for writing or keyboard entry.

**LIVE****SET-UP**

- Work with a health professional trained in workstation assessment to ensure an optimal set up.

**REVIEW**

- Review your workstation setup by a professional if any discomfort or pain occurs.

**COST**

- From under \$100 for small workstation accessories to \$1000 to \$2000 for electric desks.

**Contact details**

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