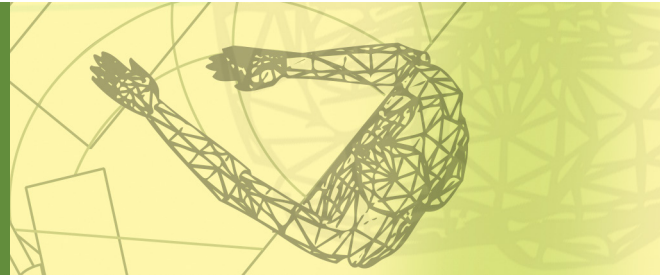


Ergonomics At Work



BOSTONtec was founded on a commitment to providing ergonomic workstations that improve the quality of life and increase productivity. This is achieved through a full line of height adjustable workstations and a wide range of accessories that lift, tilt, rotate and slide for optimal flexibility.

ANSI/HSF 100-1988

BOSTONtec follows ANSI/HSF 100-1988 guidelines to ensure proper leg clearance and adjustability for seated operators. Our workstations are designed to support ADA compliance.

By utilizing a range of adjustable components, workstations can be configured to meet the needs of 90 percent of operators or what ergonomists refer to as the 5th to 95th percentile.

PRODUCTIVITY

While automation has improved quality and productivity, many of the tasks that remain are repetitive and can be detrimental to the human body. Proper workstation solutions allow users to focus strength and energy on the tasks at hand while avoiding harmful effects.

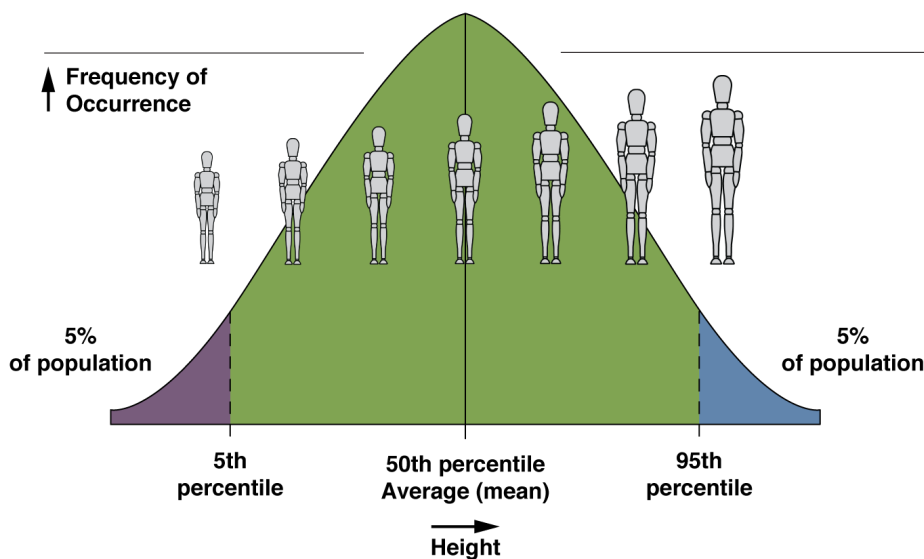
Properly designed workstations can increase productivity up to 25% over traditional fixed workstations by reducing unnecessary motion and subsequently increasing ROI.

MSDs

Musculoskeletal disorders (MSDs) are injuries and disorders of soft tissues such as muscles, tendons, ligaments, joints and the nervous system caused by repetitive motions. MSDs frequently involve the arms, wrists, hands and back.

MSDs account for 34% of all lost workday injuries and illnesses.

Each year employers report nearly 600,000 MSDs requiring time away from work. BOSTONtec ergonomic workstations and accessories assist in preventing strain with convenient workstation height adjustability and by placing tools and other items within reach of the operator.



Workforce diversity has made designing for the "average" worker obsolete. BOSTONtec workstations are designed for 5th to 95th percentile users.

For more information go to www.bostontec.com/ergonomics

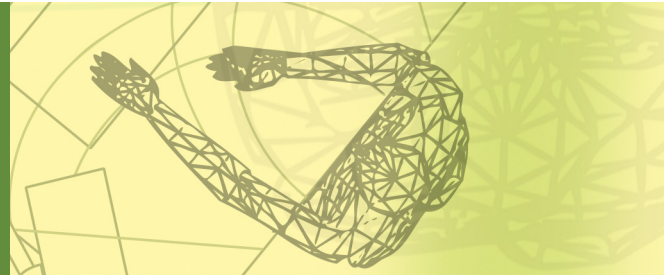
ERGONOMIC SOURCES

- www.bls.gov
- www.cdc.gov
- www.danmacleod.com
- www.ergo-plus.com
- www.ergonomics4schools.com
- www.ergoweb.com
- www.osha.com

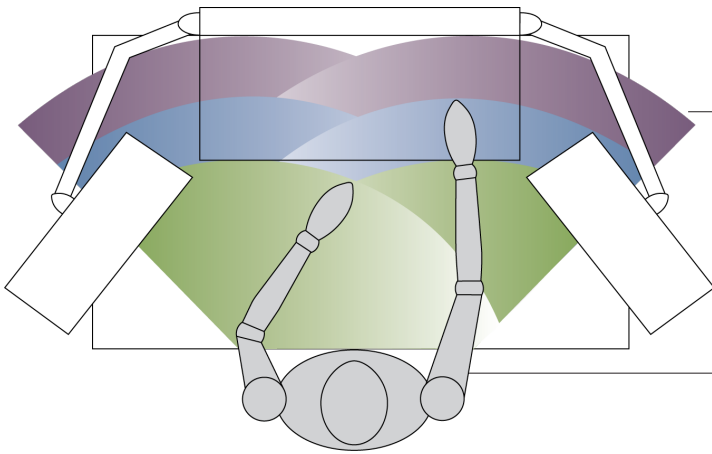
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Ergonomics At Work



Comfort and productivity can be significantly improved if the ergonomic reach of the operator is considered when designing a workstation. BOSTONtec has a wide variety of accessories to help place needed items according to the recommended zone.



Let **BOSTONtec** Get You In The Green Zone

Horizontal Reach Zones

1st Zone

- High use items
- Least stress, most comfort
- Easiest access to items with minimal movement required

2nd Zone

- Medium use items
- Operator can comfortably reach by extending arm and rotating shoulder
- Requires little time to access items but extensive time in this position can cause fatigue and skeletal stress

3rd Zone

- Low use items
- Involves operator moving core body while in sitting position
- Substantial reduction in efficiency from first two zones

4th Zone

- Storage only- Located outside of all three reach zones.

Vertical Seated Reach Zones

1st Zone

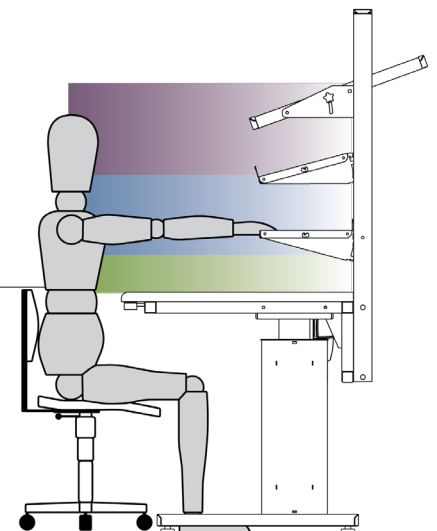
- High use items
- Offers most operator comfort and fastest access to items

2nd Zone

- Medium use items
- Requires little time to access items but extensive time in this position can cause fatigue and skeletal stress

3rd Zone

- Low use items and storage
- Involves operator trunk movement representing significant efficiency reduction



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