

# Work.

Make it a moving (and healthy) experience.

## Tips for Using the Walkstation

Standing and walking while you work offers many benefits for your mind and body. These are tips to make sure you work safely and stay a step ahead of discomfort.

### **Your head and eyes have a tendency to focus on the horizon while walking.**

- Just like a seated workstation you'll want to keep the display centered directly in front of your body.
- To help maintain your balance, position the computer display so you can see the entire screen without looking downward. To ensure proper placement, the top of the screen may need to be slightly above eye height. Also keep reference documents at the same height.
- If you wear Progressive Lens glasses try to view the screen through the middle portion of the lens. Position the display at a comfortable distance and height that allows clear viewing of text on the screen without bending your head or neck backward.
- You should be able to experience comfortable viewing when the computer display is positioned between 24 and 36 inches from the eyes.
- While using a notebook computer on Walkstation, plug in a separate keyboard, mouse and flat panel display. This will eliminate the effect of small vibrations that blur images on a notebook screen, and give you full control over positioning the screen and keyboard to meet your needs.
- Eye comfort and the ability to read text on the screen may be improved by increasing character size, try 4 to 5 millimeters or  $\frac{3}{16}$  inch (use a ruler to measure the height of a capital letter on the screen).
- Using a headset (preferably wireless) rather than a handset while on the phone will assist in keeping your head upright and facing forward.

### **Using a keyboard while walking will likely be a new experience for you.**

#### **Placing the keyboard a little further away, compared to sitting, will feel more natural.**

- Set the keyboard height so the forearms are parallel to the floor, or angle slightly downward toward your hands.
- Keying with your elbows slightly forward of your torso may feel most comfortable.
- Find a comfortable location for the keyboard and mouse so that your shoulders are not raised (hunched) or extended forward as you work.
- Using an ergonomic keyboard may improve balance by keeping your hands and arms farther apart; closer to a more traditional walking posture.
- Adjust the keyboard tilt so the slope across the keys is flat.
- Finding the most comfortable height for both the display and keyboard is essential and will require that both of these devices can be positioned independently.

**The best lighting conditions for Walkstation users are consistent with general ergonomic recommendations. Utilizing natural light in office environments is beneficial for worker well-being as well as reducing energy use. Take steps to manage the amount of natural light in workspaces; leveraging the benefits while avoiding glare.**

- Illumination levels of 200 to 500 lux will provide adequate lighting for office tasks and not cast glare or reflection on computer displays. You may find that this is not enough light to complete all tasks. A task lamp will help you direct additional light exactly where it is needed.
- Try to position the Walkstation so light comes in windows perpendicular to your line of sight.
- Eye discomfort can result if your display is positioned in front of a window. The view surrounding a display should be of interior space or a partition, not direct sunlight.
- Glare on the screen may be difficult to eliminate if a window is casting strong light from behind you.
- If the number, or position, of windows in the work environment make it difficult to follow these recommendations, ask if blinds can be installed to control sunlight during certain times of the day. A mobile partition could also be used to block troublesome sunshine.

**The learning curve for mastering the Walkstation is short. You'll quickly move from being a novice to feeling at ease as you walk and work. You are likely to expend more energy as you complete office work on the Walkstation. Be sure to consume fluids to maintain your hydration. Here are a few tips to get you going.**

- Wear shoes that are designed for walking or running.
- Get on the Walkstation while the belt is turned off.
- Be sure to attach the safety clip to your body.
- Adjust the position of the computer display while the belt is turned off.
- Place items you anticipate using during your walk session so they can be grasped without extended reaches. If you discover that an item is not close enough, turn off the belt before retrieving it.
- The very first time you begin using the Walkstation we recommend that you focus on selecting and then fine tuning a comfortable walking speed prior to completing any tasks on the computer. Most people find that 0.7 to 1.0 mile per hour is comfortable. During your first session of walking try to complete tasks that do not require your full concentration. Try finding a website or deleting old email.
- You may choose to adjust the height of the keyboard and mouse while walking.
- Limit walking time during your first sessions. Find out how your body reacts to working on the Walkstation before increasing session length.
- When you have completed initial walking sessions, turn off the belt and remain standing on the Walkstation until you can determine how your body adjusts to stopping. Because you are walking in place your body may feel as though you are still moving for a very brief amount of time.
- Hold onto the edge of the worksurface while speaking to a visitor or communicating on the phone.
- Try to orient your Walkstation (or the entrance to the work area) so that coworkers approach you from the front. Turning your head too far to the left or right may compromise your balance.
- If you drop something while using the Walkstation, turn off the belt prior to retrieving the item.

Call Details Customer Alliance for support — 800.833.0411

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