

# The new Sit/Stand Desk

Hanging  
weight

Cable too  
close to legs

Rat's nest





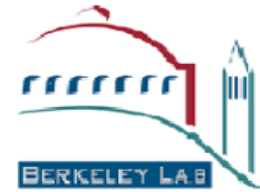


1 Minute



4 Safety

# Safety Tips for Using Sit-Stand Electric Height Adjustable Desks

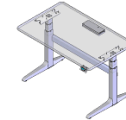


## Electrical Safety

- ⚡ All electrical cords and power strips should lay loosely on the floor, not strung tight, stretched or hanging
- ⚡ Sit/stand desk should not pull on cords
- ⚡ Make sure cords are cleared from any potential pinch points that can cause damage to the cord



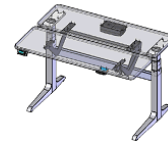
## Adjust Table Properly for You



Adjust table to your proper sitting and/or standing heights



Vary or change your position throughout the day



Ask for assistance if you are unsure how to adjust your table

## Avoid Hand Pinch Points

When making adjustments to your table avoid placing your hand(s) in locations that can get injured from any moving parts



For more information, contact the Ergo Team x6848 or [ergo@lbl.gov](mailto:ergo@lbl.gov)

Visit Berkeley Lab EHS Ergo Website [Table Adjustments](#) and [Tips for Standing and Moving at Work](#)