



## Highlights

### For Computer Users

- Enjoy standing or sitting as you work, switching positions whenever you choose. This work style encourages healthy movement throughout the day
- Easily and simultaneously lift LCD screens to proper height for unsurpassed ergonomic comfort

### For IT and Facilities Staff

- IT deployment friendly—convert most work areas into a productive and complete computer workstation in minutes
- Modify existing office spaces or cubes by simply clamping a WorkFit-S on an existing worksurface, without the cost of expensive professional installers
- Safe and neat routing of cables
- Flexible, open-architecture design is scalable for future computer equipment

### For HR and Company Cost Savings

- Promote wellness in the daily work routine
- Provide standing work platforms for employees without having to buy expensive height-adjustable chairs

## WorkFit-S Sit-Stand Workstation



## Sit-stand for wellness and productivity

Sitting for long hours in front of a computer at work? Presenting WorkFit-S, the first-of-its-kind desktop workstation that promotes proper ergonomic positioning and inspires an on demand sit-stand work routine. This height-adjustable unit offers 18 inches (46 cm) base height adjustment, five inches (13 cm) individual display adjustment and a back-tilt keyboard tray. Designed to help workers counteract the harmful effects of increasingly sedentary life and work styles, the WorkFit-S encourages healthier movement throughout the day.

- ① VESA® compliant
- ② Lift range: LCD/keyboard tray adjust 18" (46 cm) in tandem; LCD adjusts 5" (13 cm) independently; maximum LCD height adjustment = 23" (58 cm)
- ③ Designed for use with a separate, external keyboard for proper ergonomics. Keyboard adjusts 18" (46 cm). Optional Tablet/Document Holder (97-558-200) includes lift handle
- ④ Ergonomic back-tilt keyboard tray with left or right mouse tray ensures wrists remain in a neutral position during data entry—avoid repetitive-stress injuries while increasing comfort and productivity. Wrist rest not included, order separately
- ⑤ Desk clamp attaches to surface edge .4–2.4" (10–60 mm) thick



**WorkFit-S, LCD LD**

**WorkFit-S, LCD HD**

**WorkFit-S, Dual**

Part # (color)	Light Duty 33-342-200 (black and polished aluminum)	Heavy Duty 33-344-200 (black and polished aluminum)	33-341-200 (black and polished aluminum)
	With Worksurface+ 33-350-200 (black and polished aluminum)	With Worksurface+ 33-351-200 (black and polished aluminum)	With Worksurface+ 33-349-200 (black and polished aluminum)
Includes	33-342-200: Height-adjustment column, desk clamp, LCD pivot, keyboard tray with left/right mouse tray 33-350-200: Height-adjustment column, desk clamp, LCD pivot, worksurface, large keyboard tray	33-344-200: Height-adjustment column, desk clamp, LCD pivot, keyboard tray with left/right mouse tray 33-351-200: Height-adjustment column, desk clamp, LCD pivot, worksurface, large keyboard tray	33-341-200: Height-adjustment column, desk clamp, crossbar, two (2) LCD pivots, keyboard tray with left/right mouse tray 33-349-200: Height-adjustment column, desk clamp, crossbar, two (2) LCD pivots, worksurface, large keyboard tray
Typical LCD Size	≤ 24"	≤ 30"	≤ 24" Maximum LCD outside width: 24.5" (62 cm) See website for details
LCD SIZE IS APPROXIMATION. DIMENSION IS DIAGONAL MEASUREMENT OF SCREEN. LCD SIZE MAY BE EXCEEDED AS LONG AS SCREEN WEIGHT DOES NOT EXCEED MAXIMUM WEIGHT CAPACITY OF THE MOUNT.			
Weight Capacity	33-342-200: LCD Pivot capacity 6–16 lbs (2.7–7.3 kg) Maximum load on height-adjustment assembly 24 lbs (11 kg). Includes weight of display in addition to contents on Keyboard Tray 33-350-200: Maximum load on height-adjustment assembly 18 lbs (8.2 kg). LCD pivot capacity 6–16 lbs (2.3–7.3 kg), worksurface ≤ 5 lbs (2.3 kg), keyboard tray ≤ 5 lbs (2.3 kg). For proper operation the total weight of components when added together should not exceed 18 lbs (8.2 kg)	33-344-200: LCD Pivot capacity 16–28 lbs (7.3–12.7 kg) Maximum load on height-adjustment assembly 35 lbs (16 kg). Includes weight of display in addition to contents on Keyboard Tray 33-351-200: Maximum load on height-adjustment assembly 29 lbs (13.2 kg). LCD pivot capacity 16–28 lbs (7.3–12.7 kg), worksurface ≤ 5 lbs (2.3 kg), keyboard tray ≤ 5 lbs (2.3 kg). For proper operation the total weight of components when added together should not exceed 29 lbs (13.2 kg)	33-341-200: LCD weight 6–14 lbs (2.7–6.3 kg) each, 12–28 lbs (5.5–12.7 kg) combined. Maximum load on height-adjustment assembly 31 lbs (14 kg). Includes weight of display in addition to contents on Keyboard Tray 33-349-200: Maximum load on height-adjustment assembly 25 lbs (11.4 kg). LCD weight 6–14 lbs (2.7–6.3 kg) each, worksurface ≤ 5 lbs (2.3 kg), keyboard tray ≤ 5 lbs (2.3 kg). For proper operation the total weight of components when added together should not exceed 25 lbs (11.4 kg)
Lift	33-342-200, 33-344-200, 33-341-200: LCD/keyboard adjust 18" (46 cm) in tandem; LCD adjusts 5" (13 cm) independently; maximum LCD height adjustment 23" (58 cm) 33-350-200, 33-351-200, 33-349-200: LCD/keyboard adjust 18" (46 cm) in tandem; LCD adjusts 4.8" (12.2 cm) independently; maximum LCD height adjustment 22.8" (58 cm). The worksurface restricts the vertical travel range of the LCD lift pivot; height adjustment of LCD without worksurface is 5" (13 cm)		
Tilt	30°	30°	—
Pan	—	—	—
Rotation	360° Portrait to landscape screen rotation	90° Portrait to landscape screen rotation	360° Portrait to landscape screen rotation
VESA	MIS-D See website for details	MIS-D/E/F See website for details	MIS-D See website for details
Warranty	5 years		
Shipping Dimensions	8"H x 23"W x 44"D (20 x 58 x 115 cm)		
Shipping Weight	33-342-200: 38.5 lbs (17.5 kg) 33-350-200: 44 lbs (20 kg)	33-344-200: 38.5 lbs (17.5 kg) 33-351-200: 44 lbs (20 kg)	33-341-200: 40 lbs (18 kg) 33-349-200: 45.5 lbs (20.7 kg)



**WorkFit Convert-to-LCD & Laptop Kit from Single HD 97-605**

This kit converts a WorkFit-C or WorkFit-A Single HD Workstation into a WorkFit LCD & Laptop Workstation

**WorkFit Convert-to-LCD & Laptop Kit from Dual Displays 97-617**

This kit converts a WorkFit-S, WorkFit-C or WorkFit-A Dual Workstation into a WorkFit LCD & Laptop Workstation



**Worksurface for WorkFit-S 97-581-019 (black)**



**Tablet/Document Holder for WorkFit-S 97-558-200 (black)**  
Includes lift handle



**Large Keyboard Tray for WorkFit-S 97-653 (black)**

**Deep Keyboard Tray for WorkFit-S 97-651 (black)**



**Hinged Bow for WorkFit-S 97-583-009 (black)**

**Grommet Mount for WorkFit-S 97-649-085**