



Intuitive worktools for every body

We believe that every body has a right to work comfortably and safely — in harmony with their environment and their own natural preferences — for maximum productivity.

Workrite Ergonomics offers a complete line of ergonomic workstation tools and accessories to increase employee comfort and safety.

www.workriteergo.com | **800.959.9675**

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Sierra

User Guide

Workrite
ergonomics[®]

Intuitive work tools for every body.™

Workrite's Sierra moves to your comfort zone

Change from seated to standing position — in seconds

Congratulations, you now have the most advanced workstation, one that allows you to quickly and comfortably change the height of your worksurface as you move throughout the day.

Our bodies weren't designed to sit or stand for hours at a time. Now, when you feel the need to move to a more comfortable working position the Sierra moves with you. So, rather than squirming in your seat late in the day, give your back a rest by standing for a short time. Or, increase your alertness by alternating between a standing and seated position during the day.

If you're often on the phone, consider making calls while standing — you might be surprised at how energetic and confident your voice will sound. If you want to make your meetings move more quickly, try conducting them in a standing position — you will be pleased at the prompt pace when people are thinking on their feet.

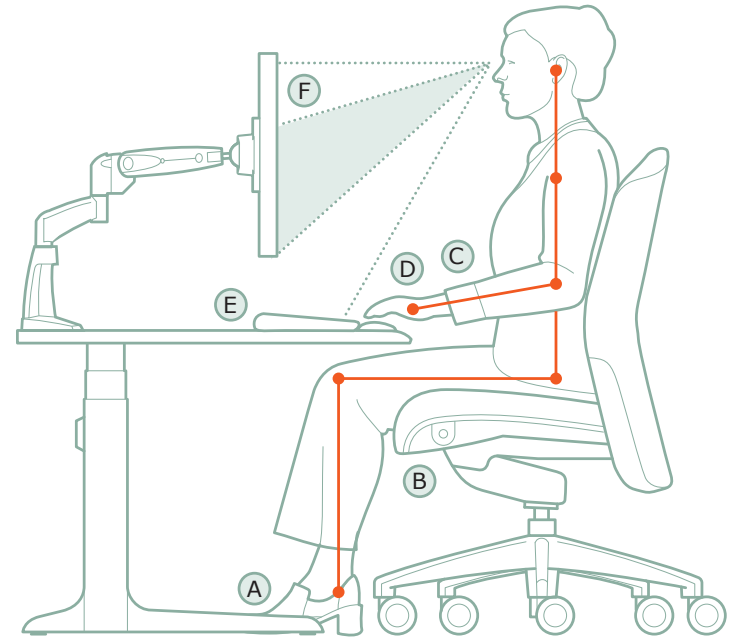
Now, with Workrite Sierra™, the choice is yours to work at whatever level is most comfortable for you.



Guidelines for an ergonomic workstation

Every workstation has its unique characteristics. To increase your comfort, follow these guidelines when setting up and using your workstation.

- A. Adjust the height of your seat so that your feet are resting firmly on the floor. Use a footrest if you feel that your feet are not supported properly.
- B. The depth of your seat should allow the back of your knees to extend beyond the edge of your seat. Thighs should be approximately parallel to the floor.
- C. Your forearm should be open at least 90°-100° to your upper arm.
- D. Your wrists should not be angled up or down.
- E. Set the height of the worksurface so that you can work without straining or bending. Arrange commonly used items (stapler, phone etc.) so that they are within easy reach.
- F. The top one-third of your computer screen should be at or below eye-level; the distance between your eyes and the monitor should be 18" or more — typically arm's length.



Operating Sierra

The Sierra can be easily programmed to adjust to 3 height levels at the push of a button. Here's how:

Create a preset height

1. Using up or down controls (C) move desk to the height you want to store
2. Press and release the small black button (B) with a pen
3. Press button 1, 2 or 3 (A) to register height setting
4. You will hear a double-click sound; your height setting has been recorded
5. Repeat to preset up to two other settings using the remaining memory locations 1, 2 or 3

Go to a preset height

Press and continue to hold button 1, 2 or 3 (A) until desk moves to preset position. *If you release the button before reaching the preset position, the desk will stop and the memorized position will not be reached.*

Changing a preset height

To change any preset height simply repeat the steps in "Create a preset height" above. Doing so will override the original setting.

Sleep mode

After 20 seconds of non-use, display goes into sleep mode. Touch any button to awaken display.

For instructions on advanced functions such as locking height, setting custom height ranges or changing to metric display, call Workrite Technical Support at 800.959.9675 or visit www.workriteergo.com/sierra.



Special codes:

Infrequently, one of the following codes may be displayed.

0 RESET A cable is not connected to the control box. First, remove any objects under your desk that are more than 20" high as you will be lowering your desk to its lowest possible setting. Next, hold the down arrow button until table reaches lowest height and moves upward slightly. The height will be displayed and the table will now work properly.

hot System needs to cool down. Wait 10 minutes before adjusting height.

E16 One or more cables may be loose. Unplug power cord then check that all cable connections are secure. Plug in power cord. The **0 RESET** code will appear. Then hold the down arrow button until table reaches lowest height and moves upward slightly. The height will be displayed and the table will now work properly.

E31 This indicates that table has been reset; simply press the up arrow button.

E44 Table is overloaded on one leg. To balance the load across all legs, redistribute any heavy objects on your worksurface.

E45
E46



If any other code is displayed or for other service questions, call Workrite Technical Support at 800.959.9675 or visit www.workriteergo.com/sierra.