kaiserkraft
Mini-Guides

One workstation. Many people. Zero compromises.

Quickly adjustable workstations for shift work and shared work areas.

The workstation stays. The people change.

Whether in shift work, workshops and warehouses or desk sharing, several employees often share the same workstation – but rarely the same body height, working style or task. If the workstation stays fixed, the person has to adapt. Over time, that has consequences. The good news: no complete overhaul is needed. With the right equipment and a few simple adjustments, everyone can work in a body-friendly way – whoever is using the workstation.

01 Equip the workstation for flexibility

Easy to adjust. Easy to keep working.

An ergonomic workstation must adapt to different people without tools, effort or discussion. One rule almost always applies: if it is complicated, it will not be done. If it is easy, it becomes a habit.

What to look out for:

- Design workstations for tool-free adjustment
- Provide height-adjustable work surfaces for different body heights
- Allow monitors to be positioned independently of the desk
- Support standing work with suitable aids
- Keep ergonomic aids within easy reach

Practical tip: If it is easy, it gets done.

- ☑ Choose workstations that can be adjusted without tools
- ☑ Use monitor arms for different users
- ☑ Provide anti-fatigue mats and footrests where they are needed

02 Set up the workstation correctly

Adjust first. Then get started.

With just a few adjustments, you can adapt the working height, viewing direction and reach zones to your height and task. This lets you make the most of the workstation's flexibility.

What to look out for:

- Set the working height to suit your body height
- Position the screen at eye level
- Place work equipment within the optimal reach zone
- Alternate regularly between sitting and standing
- Use a footrest when needed

Practical tip: Every user resets the workstation. Every time.

- ☑ The previous user's settings are not your settings
- ☑ Check working height and screen before the first task
- ☑ Only then start the actual work

Quick check: Is your workstation ergonomically prepared?

	Preparation	Use
Equipment	☐ Height quickly adjustable without tools	☐ I set the working height and monitor to suit me
	☐ Sufficient adjustment range for different body heights	☐ I can reach work equipment without stretching or twisting
	☐ Monitor can be positioned independently of the desk	☐ I regularly alternate between sitting and standing
	☐ Equipment for standing and seated work is available	☐ I use a footrest when needed

Assessment

6–8 ticks: The workstation is well optimised – for you and your colleagues.

4–5 ticks: A few additions will make a clear improvement.

0–3 ticks: It is worth taking another look at equipment and working habits.

Adjustment becomes routine.

- Adjust the workstation before every shift
- Give new colleagues a brief introduction
- Make settings clearly visible

Conclusion

Not every workstation needs to be redesigned. But every one should adapt within seconds to the person currently sitting, standing or working at it. That is the difference between ergonomics on paper and ergonomics in everyday work.

Suitable solutions from kaiserkraft

- **The right height for every shift:** Electrically height-adjustable workbenches and desks
- **The right position for every viewing angle:** Monitor arms
- **For every standing and sitting phase:** Swivel work stools and standing supports
- **For tired feet:** Footrests and anti-fatigue mats
- **For mobile flexibility:** Mobile work and assembly tables

A workstation should give you energy. Not take it away.

Often, small adjustments make all the difference. We plan ergonomic workstations and complete work areas – individually tailored to processes, spaces and the people who work there.

Request advice

01442 238 000
sales@kaiserkraft.co.uk
kaiserkraft.com/ergonomics

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