

*At Lista, we provide more than the most complete selection of workbenches and workspace products. We help you create work environments that*

- *improve productivity*
- *benefit the user through smart ergonomic design*
- *offer unmatched flexibility*
- *are attractive and comfortable*

### ***Built to last.***

*The result of high-quality, all-steel construction and innovative engineering and design, Lista products are built to provide decades of functionality and ease of use in the most demanding working environments. Each solution we offer features superior stability and durability, the hallmarks of all Lista products.*

*Our products feature a durable, high-quality powder coat finish.*

*An investment in a Lista modular workspace system will still be paying dividends years from now.*



### ***The workbench you want, the way you want it.***

*No other workbench supplier offers you such a comprehensive collection of solutions. And we're always exploring and developing new ways to make your workspace work even better. That's why you can count on*

- *the flexibility to interchange accessories across our product line, for a custom solution without a custom price*

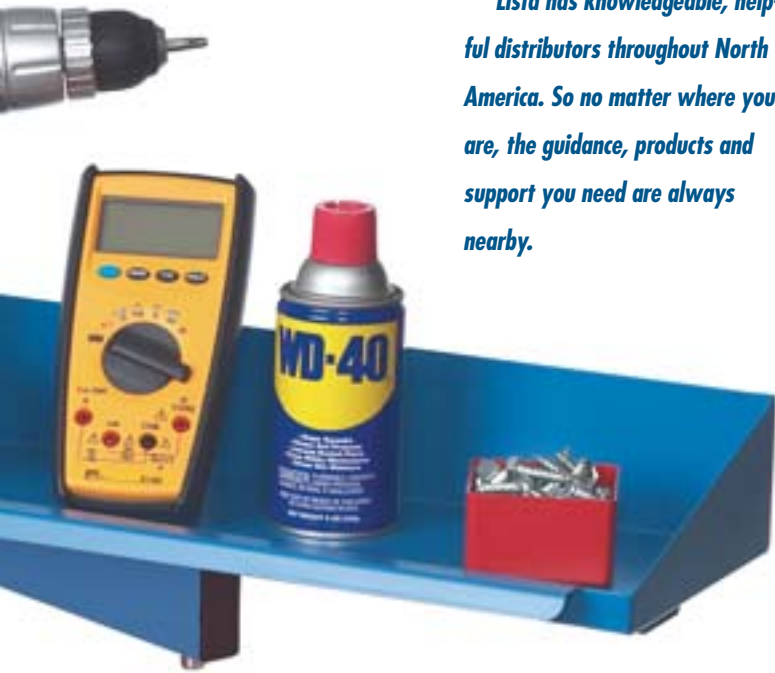
- *the freedom to reconfigure components and accessories to exactly suit the needs of different applications and users, no matter how often they change*

*We can provide workspace solutions that will fit the needs of every department in your facility, including*

- *R&D*
- *manufacturing*
- *assembly*
- *quality control*
- *maintenance*
- *shipping*

***The industry's best products  
deserve the best support.***

*Lista has knowledgeable, helpful distributors throughout North America. So no matter where you are, the guidance, products and support you need are always nearby.*



***Our free design services are  
actually priceless.***

*Our technical support and design professionals will draw on their vast experience to provide a detailed plan for your workspace solution – free of charge. Their plan will efficiently meet your immediate needs, and will be flexible enough to handle whatever the future brings.*

***Custom applications that think  
outside the box.***

*Custom applications are never a problem at Lista. Our engineering and manufacturing teams will work closely with you to analyze your needs, and will then modify our standard products to meet your special requirements.*



***Lista's custom solution for this manufacturer of silver giftware included workbenches with cut-outs for particle recovery systems and specially-configured companion drawer cabinets.***

# Lista – Putting Ergonomics in Their Place

**No matter what kind of job is performed at a Lista workstation, your workers benefit from the most advanced application of ergonomic science. They'll be more comfortable, more organized, safer, and ultimately, more productive.**

## Why are ergonomics important?

Twisting, lifting, bending, reaching – these movements can waste time and put unnecessary stress on your workers. Repetitive motion injuries and other work-related musculoskeletal conditions increase both downtime and workers' compensation costs. The application of ergonomic principles can

- improve productivity by eliminating wasted motion
- minimize the risk of work injuries
- reduce workers' compensation cases

## Get in the zone.

Work is most efficient when it's kept within areas defined as "primary reach zones" – the horizontal and vertical areas a worker can reach with minimal arm, head or trunk movement (see illustrations below). Work outside the primary reach zones adds movement, wastes time and erodes productivity.

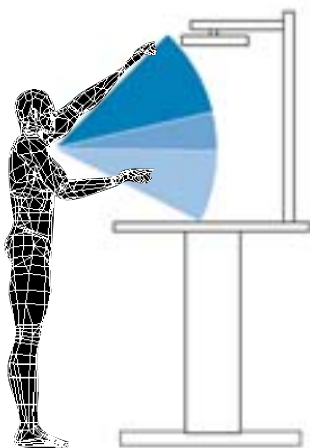
By addressing the differences among tasks and workers, we can develop ergonomic workspaces that fit just about any situation. In this catalog, you'll find

- height-adjustable workstations that can be raised or lowered between shifts or tasks
- articulating arms that position components and tools within easy reach
- other above-the-worksurface accessories that minimize worker strain



Our solutions keep workflow compact, organized and as close as possible to the primary reach zones, for less stress on your workers and more efficiency and productivity for your business.

## Vertical Reach Zones

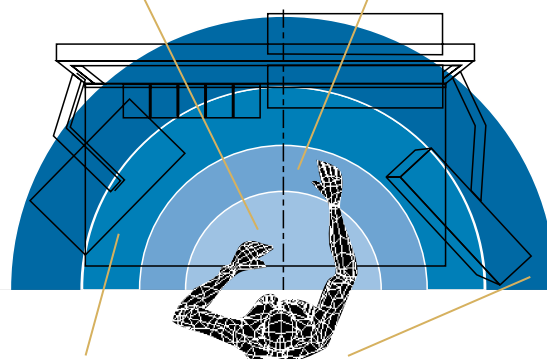


The primary reach zone is an arc extending down from the level of the operator's heart.

## Horizontal Reach Zones

**1st. 5" to 7".**  
Reach objects moving only the elbows.

**2nd. 15" to 18".**  
Arm extension, using the rotary joint and shoulder movement.



**3rd. 24" to 30".**  
Full arm and trunk movement needed.

**4th.**  
Full body movement needed to reach tools and equipment.



### **How do we make workspace work so well?**

To create your optimal Lista workspace, we ask a lot of questions.

- Does the work process involve handling heavy, bulky or awkward product?
- Is there a high product mix, with many product changeovers every day?
- Will workstations be integrated with material flow (racks or conveyors, for example)?
- Is there frequent job rotation? Do workers from different shifts or departments share a station?

- Will employees work alone, back-to-back or in teams?
- Does the workstation require power tools, computer equipment, supplemental lighting or storage space?

Based on your answers, our workspace designers and engineers develop comprehensive technical and design plans that illustrate the workspace solutions and accessories that will help your operation become as productive and safe as possible.

### **The economics of ergonomics.**

Immediate increases in productivity mean greater profitability and a quick return on your investment. Long-term cost efficiency is delivered through reconfigurable components that keep pace with changes in your work processes. The safer work environment provided through ergonomic design helps minimize the risk of work-related injuries, so you also minimize workers' compensation claims and lost days. Add that all together, and the value of an ergonomically designed Lista workspace solution is clear.