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If you are working with computers for long hours, then it is crucial that you take good care of your body positioning. Office ergonomics is a vital thing for todayâ€™s working individuals. If your work is related to the IT industry, or you are required to sit for long hours in front of the computer, then it is vital that you know how to position your body.

Body positioning is very important here since you are sitting for more than 8 hours per day. Your sitting posture and height of your hands on the keyboard is crucial to ensure that you donâ€™t get unwanted physical problems in few years time. To solve these problems you might want to make use of Ergotron mounts.

These mounts are ideal for increasing the heights of monitors that are placed side by side and are located in a cramped room. The mounts come with a notebook tray that are optional and provides excellent durability. It can withstand more than 40 pounds which is sufficient for carrying dual monitors.

Since these mounts can hold accessories that include wall mounts and keyboard mounts, they are quite useful for holding dual monitors and accessories. A 20 inch monitor can be lifted to as much as eight inches, which gives you better visibility. If you spend lots of time with the computer, then it makes sense to get yourself with Ergotron mounts as they are quite sturdy and firm.

You need an efficient monitor stand that is well designed. The Ergotron mounts are competitively priced at $325. You can however get them at a lower rate if you go through reviews on the internet. However, it would be advisable to purchase mounts that are sturdy and useful.

You donâ€™t want to get yourself cheap quality mounts that canâ€™t stand the tests. It is good to beware about Ergotron mounts as they are so many of them which are available in the market. Only when you go through the reviews, you will get an idea about the product and the type which will suit your requirements.

Some Ergotron mounts are designed for industrial purposes while some come with caps that are finished and polished. Few mounts also come with multiple pivoting points that allow you to move the equipment according to the position that you are comfortable with. As you can see Ergotron mounts are very useful, whether you are working in offices or at homes.

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