

# VariDesk® Tall 40

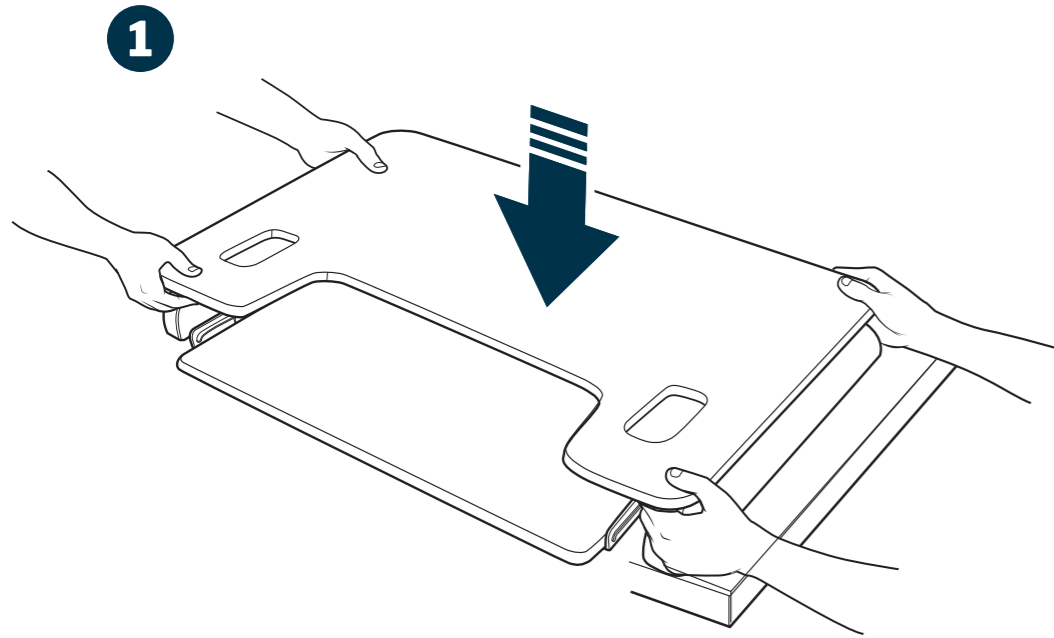


No Tools  
Required

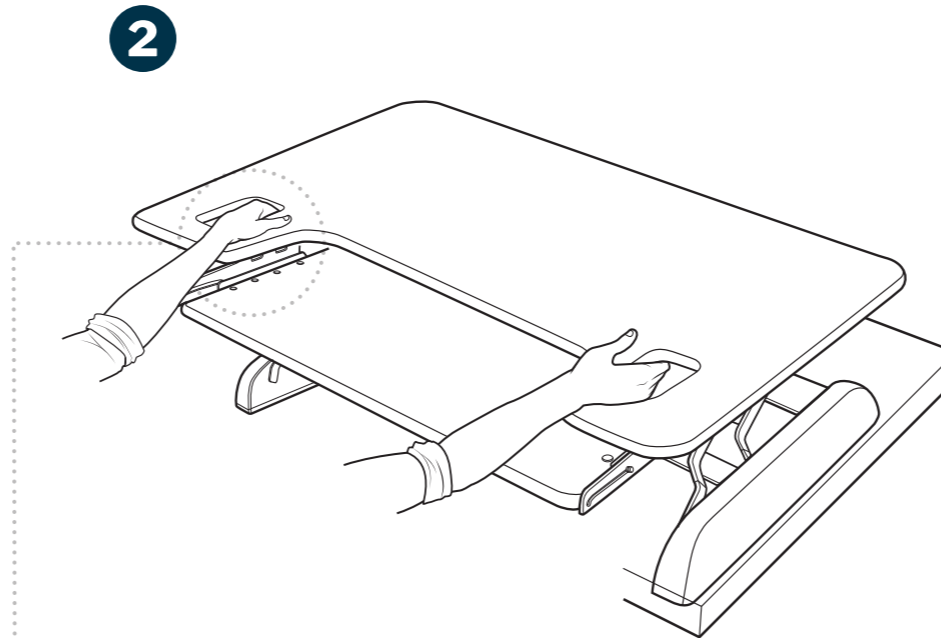


Holds up to  
35 lb (15.8 kg)

# vari®

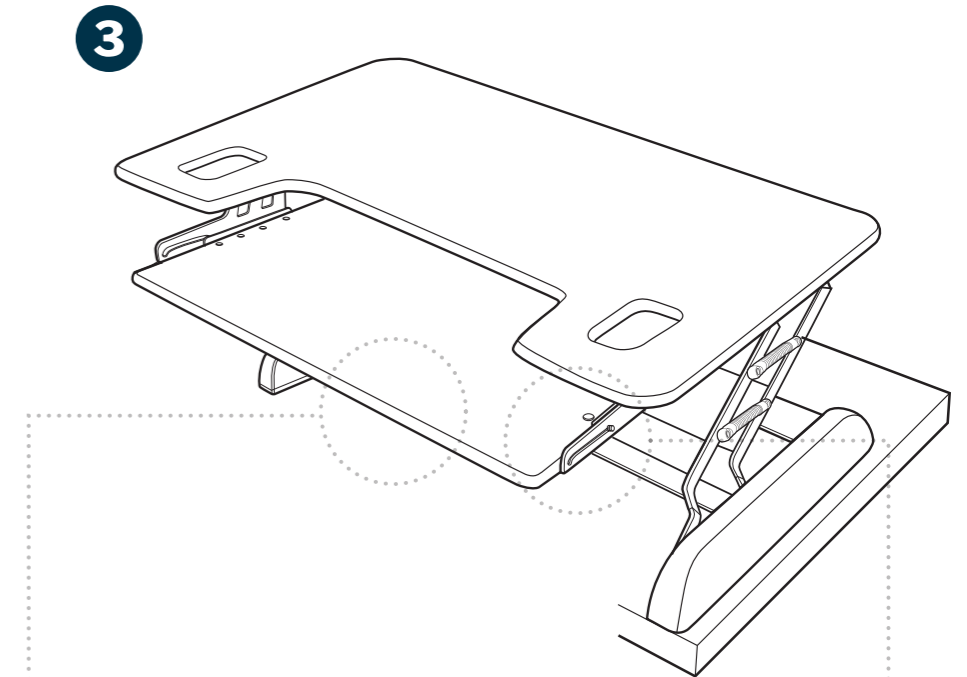


1 With another person's assistance, place your VariDesk® converter on top of your existing desk with the lower keyboard tray flush with the edge of your desk.

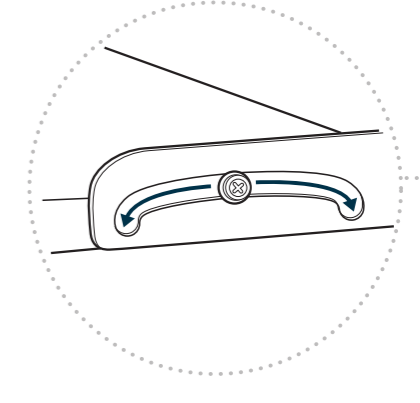
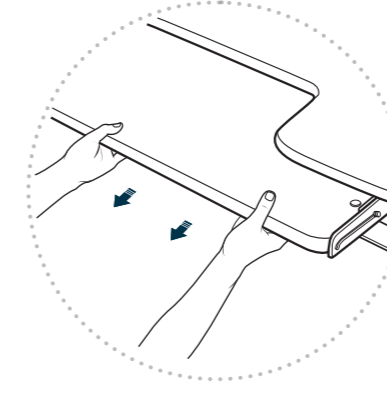
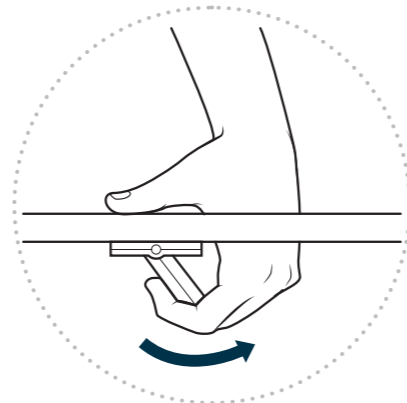


2 To raise, stand with one foot in front of the other with feet about shoulder width apart, knees slightly bent and weight on your front leg, then reach down and grab both handles.

Squeeze the handles, and while keeping your back and spine straight, lift and pull upward toward your torso. As you do, shift your weight to your back leg and take a step back.



3 When standing at your converter, elbows should be bent 90 degrees with wrists in a neutral position.



You can use the lower keyboard tray for more comfortable working positions. Simply lift, then slide the tray toward you to lock it in place.