



# LISTA GENERAL WORKBENCH AND WORKSPACE FURNITURE CATALOG



**LISTA**  
making workspace work®

Lista offers a comprehensive array of innovative workspace and accessory systems, all of which are described in this catalog. Within the following pages, you'll find:

- Easy-Order offerings of a broad range of Lista products
- A wide selection of accessories that allow you to create your own custom solutions
- Solutions for almost any workspace need, and much more!

You can use this catalog to order the workspace systems that exactly suit your individual needs.

To help you navigate the catalog, our sections are color coded:

**Arlink® 8000 Workstations**

**Align® Adjustable Height Workstations**

**Technical Electronic Workstations**

**Industrial Workbenches**

**Cabinet Pedestals**

**Nexus System, including Packing Benches, Stands and Trolleys**

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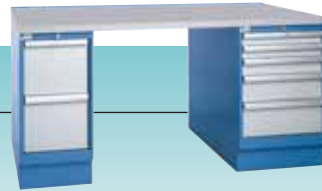
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At Lista, we provide the most complete selection of workbenches, workspace furniture, accessories and more. We help you create work environments that:

- Are high quality
- Improve productivity
- Benefit the user through smart ergonomic design
- Offer unmatched flexibility
- Are attractive and comfortable

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

No other workbench or workspace furniture 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 us to provide:

- 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 a wide range of facilities, including:

- R&D
- Manufacturing
- Assembly
- Quality control
- Maintenance & repair
- Shipping/receiving
- Laboratories
- Warehouse/distribution
- Service & repair
- Test & calibration
- Education
- And more



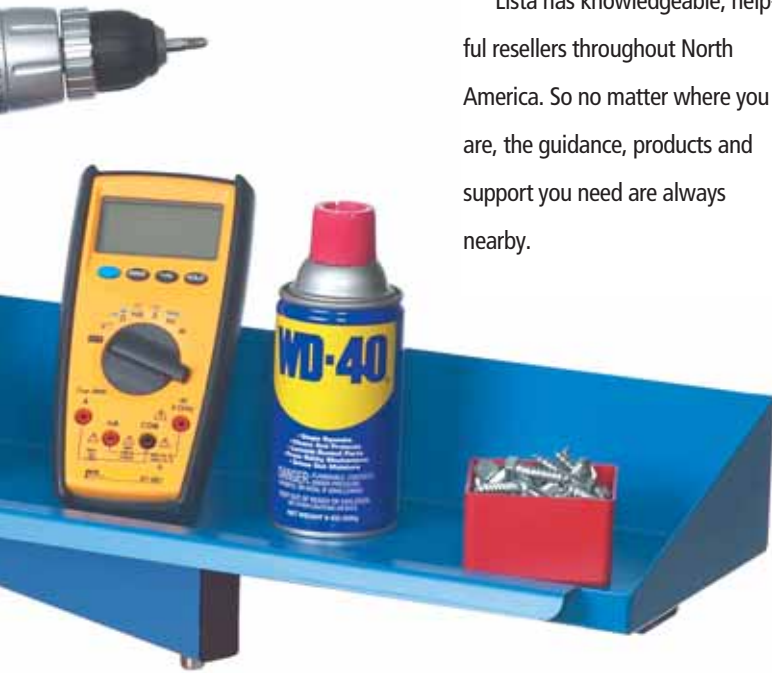
## Built to last.

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

Lista has knowledgeable, helpful resellers 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.**

Lista's engineering and design team is ready to provide you with a detailed plan for your individual workspace and storage needs, free of charge. We offer solutions that are designed for maximum efficiency and future flexibility, optimizing space and profitability.

- **Floorspace utilization analysis:** we can prepare CAD drawings of site plans and elevations for a grouping of products, or entire room-sized solutions.
- **Customized surveys and layouts:** Lista experts will survey your current and future storage and workspace needs, and propose solutions that provide the highest density and greatest productivity.
- **Integration with architectural and construction planning:** rely on our experience with coordinating with architectural and construction professionals at any stage of a project's development.
- **Price quotes:** we are happy to provide free estimates and price quotes for any project, regardless of size.

**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 modify our standard products to meet your special requirements.



# 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 safer, more comfortable, more organized, 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.

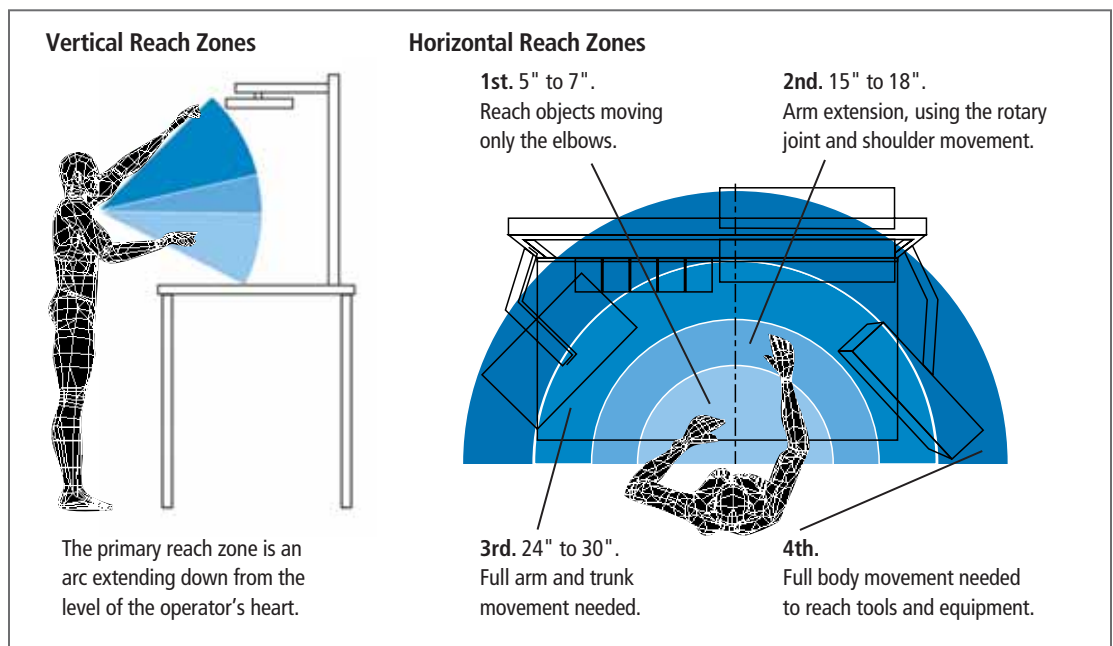
By addressing the differences among tasks and workers, we can develop ergonomic workspaces that fit just about any situation. In this catalog, you'll find:

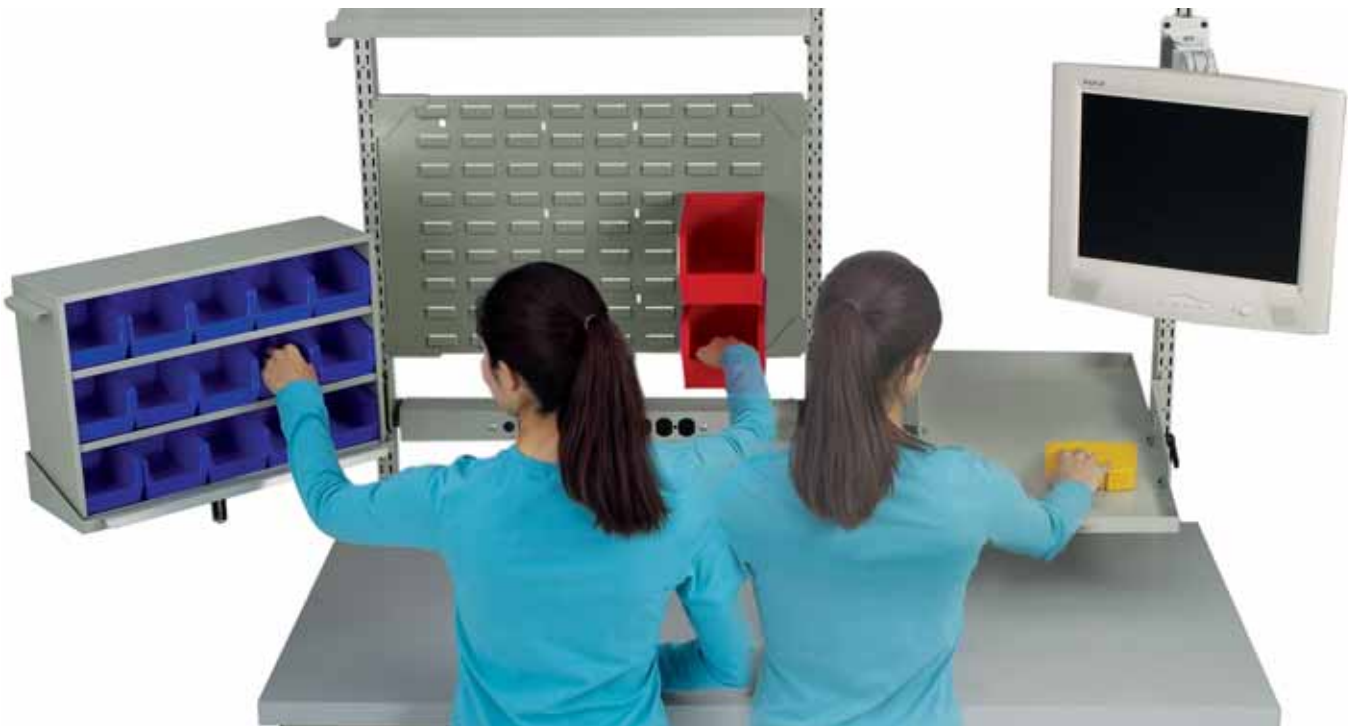
- Height-adjustable worksurfaces that can be raised or lowered



- 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.





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

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

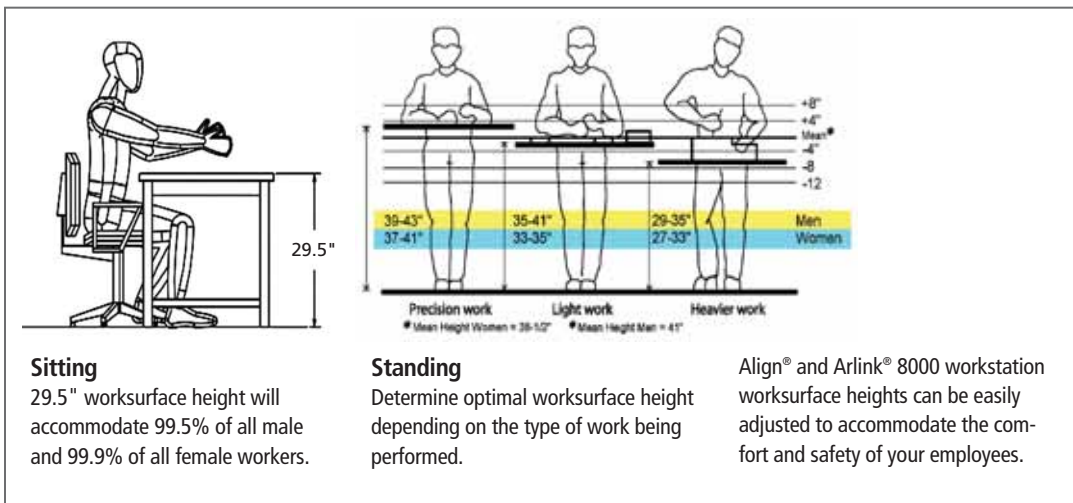
- Does the work process involve handling heavy, bulky or awkward items?
- Is there a high product mix, with many product changeovers every day?

- 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 safe and productive 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 it all together, and the value of an ergonomically designed Lista workspace solution is clear.



**Sitting**  
29.5" worksurface height will accommodate 99.5% of all male and 99.9% of all female workers.

**Standing**  
Determine optimal worksurface height depending on the type of work being performed.

Align® and Arlink® 8000 workstation worksurface heights can be easily adjusted to accommodate the comfort and safety of your employees.