

move

Workstation system



Flexible.
Ergonomic.

LISTA

THE WORKSTATION FOR EVERY NEED



ORGANISED

p. 3

Easy organization according to the 5-step-method.



ESD PROTECTED

p. 5

Workstations for electronic components.



ERGONOMIC

p. 7

The height-adjustable table for your employees and co-workers.



Setting up a workstation sounds simple, but it is a very complex challenge of modern workspace design. Our working environment is constantly changing, and this places many requirements on the design, arrangement and overall flexibility of the workspace. **LISTA move** workstation system is a solution you can rely on to meet every requirement needed: It has a modular structure and can therefore be flexibly adapted to your individual requirements. At the same time, its ergonomic functionalities make the workstations particularly neat and efficient. **LISTA move** provides a smooth workflow, and a highly efficient and productive workspace even in special environments such as lean production and ESD areas.



FLEXIBLE

p. 9

Adaptable and expandable with extensive accessories.



VERSATILE

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Can be used in a wide range of working environments.



WORLDWIDE SERVICE

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Always there for you.

ORGANISATION AND CLARITY IN 5 STEPS

Organisation and clarity are fundamental to success in modern manufacturing. Implementing the 5-step-method in production not only contributes to increasing efficiency, but also to employee safety and, consequently, to improving the quality of the manufactured products. All features of the **LISTA move** workstation system are designed for performing these five steps, bringing success to any production process.





1 SORT

Workstation organisation is made easy with the flexible arrangement of container strips, adjustable shelves with dividers, or swivel arm accessories.

2 SET IN ORDER

The modular **LISTA move** system enables flexibility and convenience in storing materials in the right place for daily work.

3 SHINE

The neat and tidy design brings clarity to everyday work, contributes to a positive impression, and makes the workstation easy to clean and tidy.

4 STANDARDISE

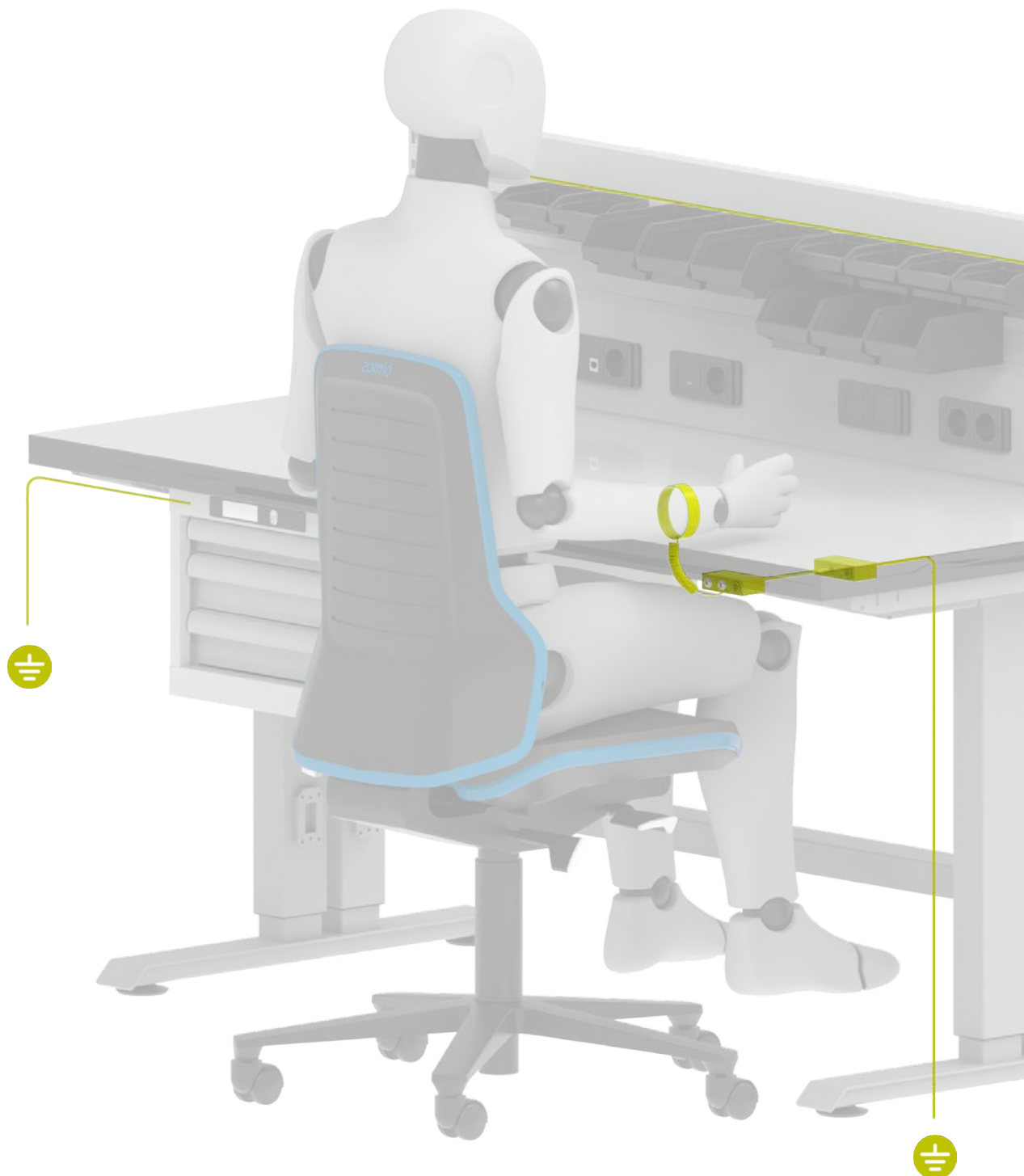
The variety of labels and colours combined with the modular system support the implementation of a standard layout.

5 SUSTAIN AND SELF-DISCIPLINE

Our flexible organisation and modular system makes self-discipline easy and can be quickly adapted for improvements.

ESD SOLUTIONS

ESD stands for electrostatic discharge. These discharges can damage electronic components and lead to their immediate or eventual failure. ESD-protected workstations help to prevent this damage. LISTA has combined years of experience in workstation development with a sound knowledge of ESD problems by developing a comprehensive range of ESD workstations. All surfaces have a colour coating developed by LISTA which dissipates charges in a controlled manner preventing electrostatic discharge.



WORKSTATIONS

In an ESD protective zone, every workstation should be equipped with ESD protection. Electrostatic charges are dissipated in a controlled manner via the working surface, and **one** grounding cable so that the workstation stays charge-neutral. The flooring should also be dissipative or equipped with ESD floor mats.

PERSONNEL GROUNDING

People are a primary source of electrostatic charges. As such, it is necessary that employees working in electronics manufacturing wear both a wrist strap with a grounding cable, and antistatic shoes. The grounding cable can easily be connected to the conductive worktop on **LISTA move** workstations. In areas with particularly sensitive components, special ESD clothing may also be recommended. Desk chairs and standing aids should also have ESD protection.

STORAGE

Electronic components must also be stored protected from ESD. LISTA has special storage containers available for this purpose, which can be hung at the workstation. LISTA also offers special cabinets and shelves with a dissipative coating for storing components that are vulnerable to ESD.

ESD SYMBOL MEANING



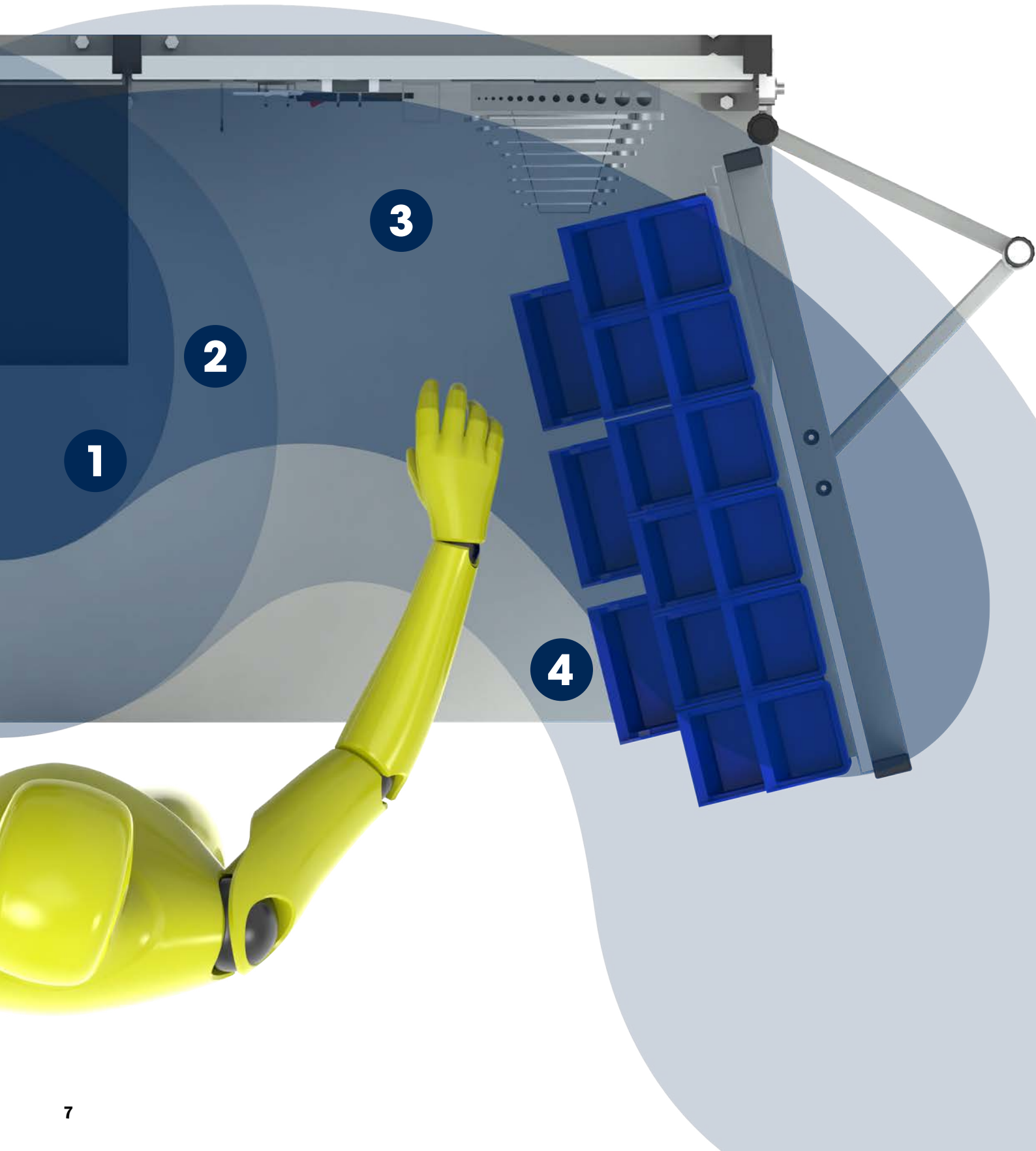
Warning symbols for ESD-sensitive components.



ESD protection components.



ERGONOMIC WORK WITH LISTA



The **LISTA move** workstation system is consistently geared towards ergonomic work and thereby demonstrably contributes to improving the workflow, reducing error rate, and increasing productivity. Thanks to its numerous configuration options, the workstations can be flexibly adapted to individual requirements. It takes into account the criteria of a clear and efficient workstation design in accordance with the 5-step-method.

HANDLING AREA

Based on the average human body dimensions, there are four access zones on the table top of the workstation, each with different priorities:

- 1 **Work centre:** Both hands work in the direct field of vision.
- 2 **Extended work centre:** Both hands reach all areas of this zone.
- 3 **One-hand zone:** Parts and tools are within easy reach of one hand.
- 4 **Extended one-hand zone:** Outermost usable zone.

WORKING HEIGHT

In our modern working world, ergonomics at the workplace is crucial. An important element of ergonomics is adapting the height of the workstation to the anthropometric values of each employee. This is why the **LISTA move** workstation system allows the individual adjustment of the working height to ensure that every employee can work ergonomically in a comfortable position, either sitting or standing.

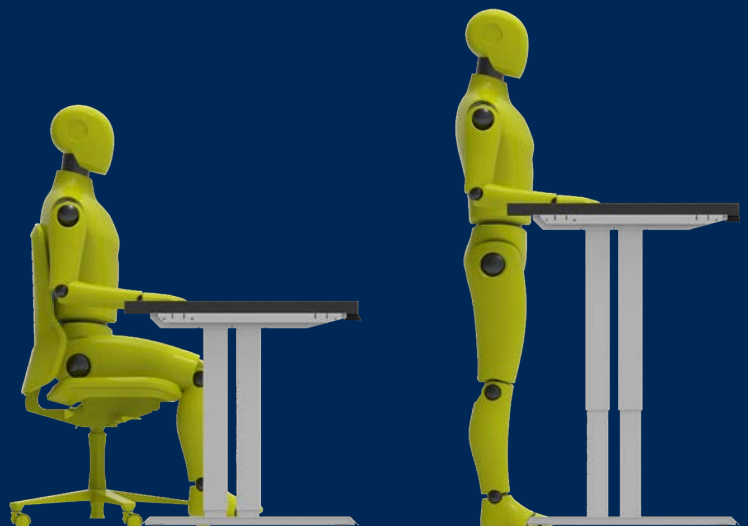
SITTING OR STANDING POSITION?

THIS IS CONSIDERED OPTIMAL:

- Sitting phases not longer than 30 minutes.
- Standing phases not longer than 20 minutes.

THIS IS CONSIDERED THE MAXIMUM:

- 2 continuous hours in a sitting position.
- 1 continuous hour in a standing position.



FLEXIBLY COMBINABLE



UNIVERSAL SUPERSTRUCTURES

Combine substructures and countertops freely and flexibly with the universal superstructures of the LISTA system. Numerous modules and accessories are available: from the rear panel to the monitor holder.

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COUNTERTOPS

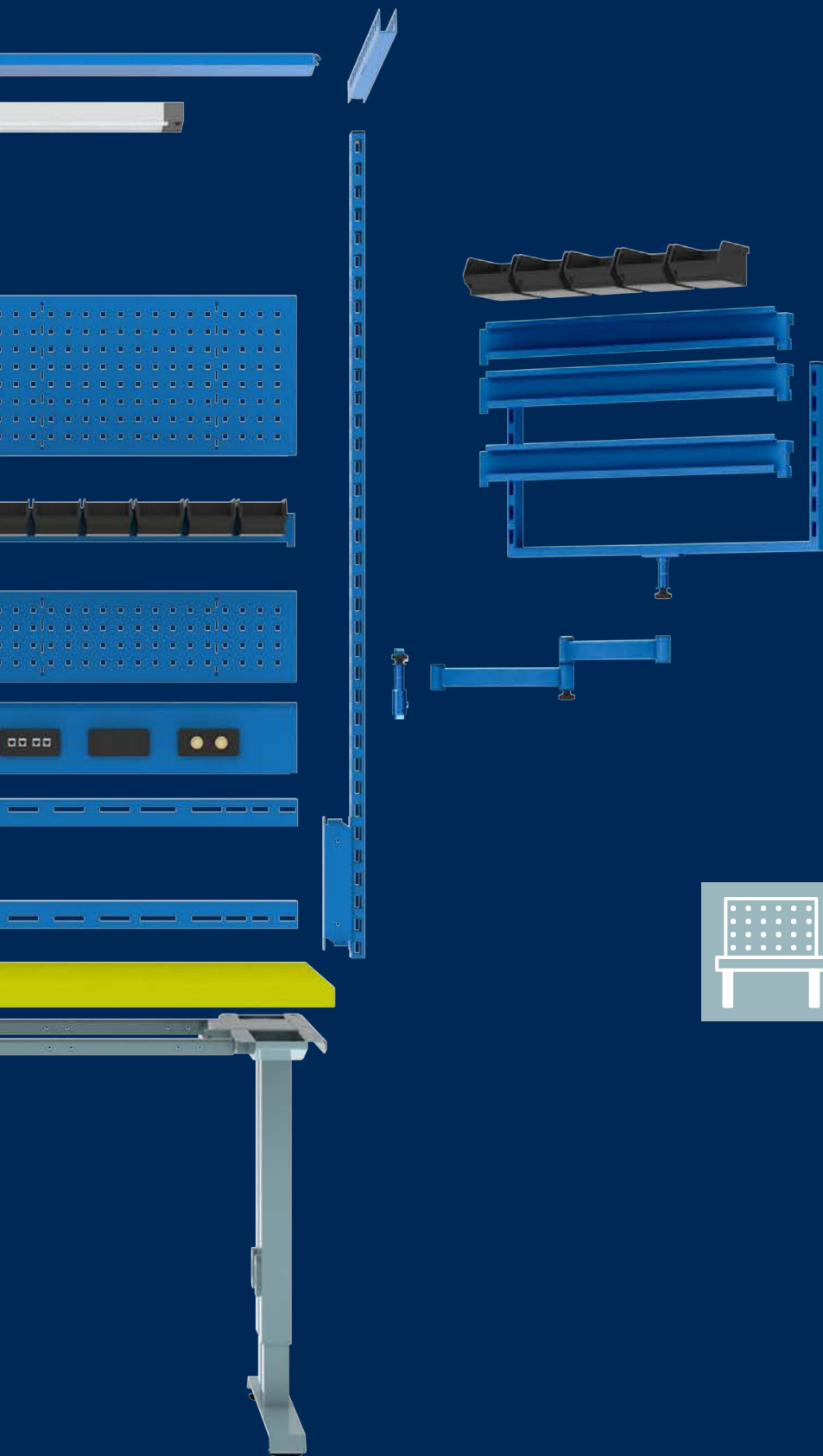
The LISTA workstation system offers you a wide range of high-quality countertops:

- 10 standard materials for every purpose.
- Four standard widths and four standard depths.

Further worktop types and dimensions are available on request.

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Whether heavy duty or the assembly area - with the **LISTA move** workstation system you can configure the solution that suits all your tasks and requirements. This works according to a very simple principle. Each workstation is comprised of three main elements: substructure, universal substructures and countertops. These can be individually equipped and expanded to provide total flexibility.



SUBSTRUCTURES

Depending on the application and area of application, you can choose between substructures in three variants.

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SUBSTRUCTURES

Does your workstation require a particularly stable and robust substructure, and must it be accessible or easily height-adjustable? LISTA has the right table frame for every requirement. **LISTA move** offers a wide range of substructures that perfectly suits different requirements. From office rooms to assembly workspaces, we have a solution for every requirement.

LISTA SOLO

With the LISTA Solo, you get the perfect all-round table for lighter tasks in a wide range of industries and sectors: from electrical engineering to healthcare, assembly, laboratories or offices. The model can be expanded into a complete workstation system with accessories and add-on components, making it flexibly adaptable to individual needs.



DIMENSIONS AND PERFORMANCE DATA

	Solo	Duo
Load capacity	200 kg	400 kg
Lift range*	710 - 1210 mm	
Stroke	500 mm	
Lift speed	30 mm/s	
Module depth	625 / 675 / 725 mm	
Recommended top depth	700 / 750 / 800 mm	
Top width**	1530 / 2030 mm	

ADD-ON COMPONENTS



Crossbar
For additional rigidity and stability.

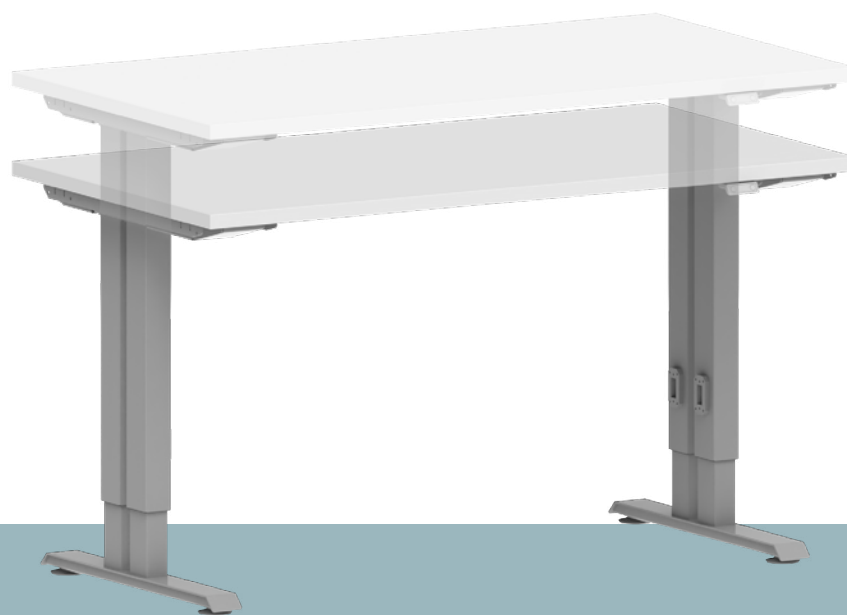
* Up to the lower edge of the top.

** Variable sizes available taking into account maximum top load capacity.

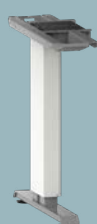


LISTA DUO

The LISTA Duo is the ideal base for a wide range of applications in assembly and laboratories. With its contemporary yet robust design, it is ideal for the most varied of tasks. Highly stable, and versatile, it can be flexibly expanded into a complete workstation system with a wide range of accessories and add-on components for maximum ergonomics and productivity even during challenging tasks.



Access protection
Personal protection when worktables are next to each other.



Leg panels
Available in individual colours and easy to replace with one click.



Castor set
Foldable bogie for increased legroom and mobility (LISTA Duo).



ESD model
For safe work with electronically sensitive components.

LISTA QUATTRO

With the LISTA Quattro, you can flexibly create workstations keeping future changes in mind. The electrically height-adjustable and individually configurable solution ensures the greatest possible ergonomics, enabling efficient work either in the workshop, assembly or production. The system expands according to your needs: everything is possible, from a single workbench to a fully equipped workstation. LISTA Quattro can be expanded in a variety of ways and adapted to new requirements at any time.



- The linking of up to four legs (eight lifting columns) is possible for team workstations.
- High stability thanks to robust design and workmanship.
- Optimal ergonomics thanks to electric height adjustment and individual equipments.
- Flexibly expandable with add-on components.

PERFORMANCE DATA AND DIMENSIONS

	Quattro
Load capacity	400kg
Lift range*	680 - 1180 mm
Stroke	500 mm
Lift speed	30 mm/s
Module depth	675 / 725 / 925 mm
Recommended top depth	750 / 800 / 1000 mm
Top width**	1500 / 2000 mm

* Up to the lower edge of the top.

** Variable sizes available taking into account maximum top load capacity.

ADD-ON COMPONENTS

With the LISTA Quattro, you remain flexible if requirements change or grow. A wide range of add-on components enables customisation to meet individual needs, now and in the future. That's because your solution can be quickly and easily supplemented with covers, castors and much more.



Side panel
Optical privacy screen integrated to the table's design.



Additional stabilisation
When using shelves and / or castor sets.



Frame crossbar
For using thinner tops or scales.



Leg panel
Available in individual colours and easy to replace with one click.



Rail adapter for universal superstructure
Required for installing the vertical support pillar behind the worktop.



Support base
Additional stabilisation, especially when installing the universal superstructure.



Access protection
Personal protection when worktables are next to each other.



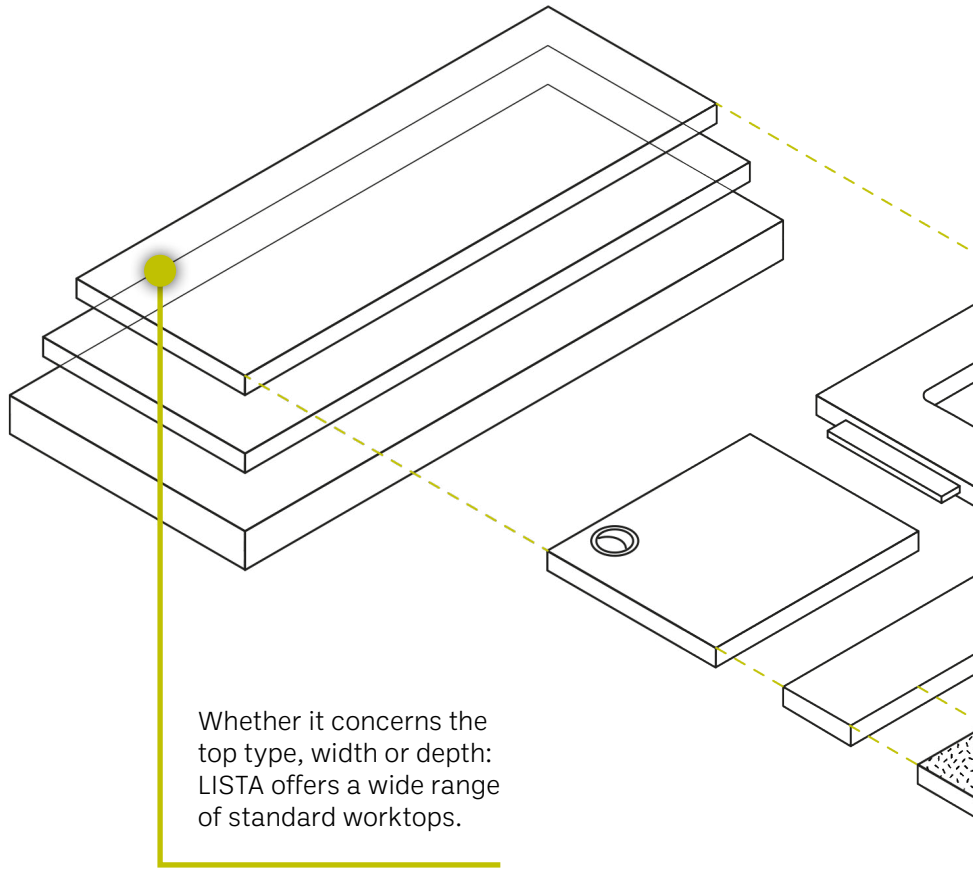
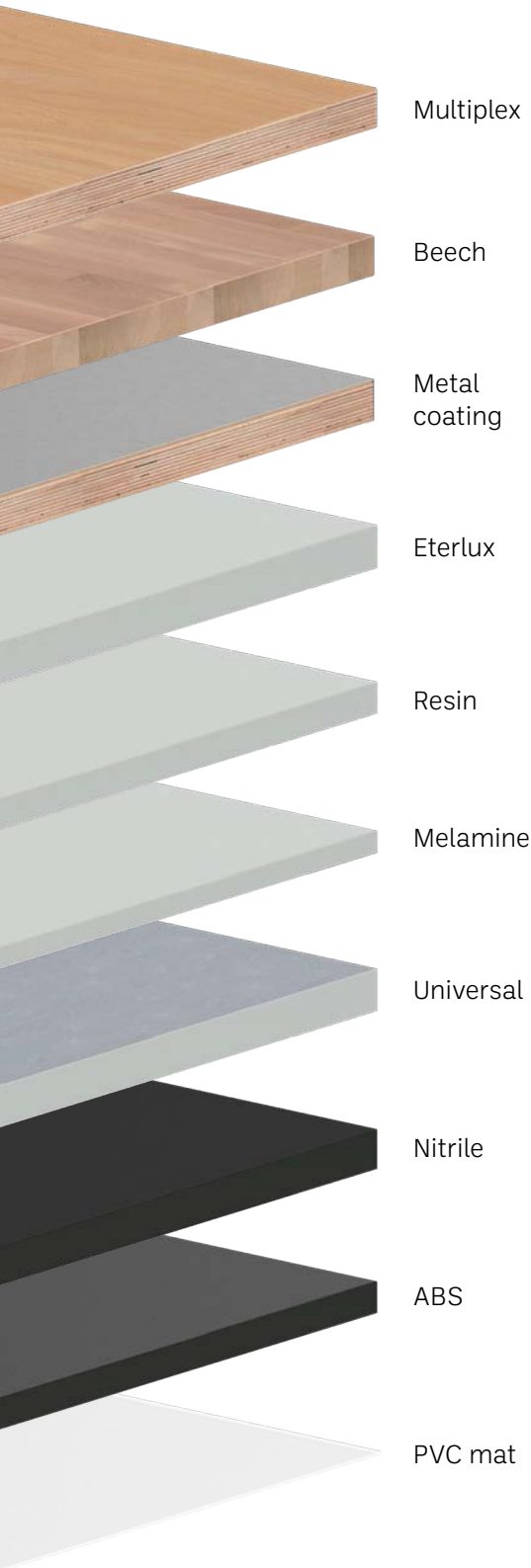
Castor set
With castors that can be lowered for optimum mobility, e.g. in production.



ESD model
For safe work with electronically sensitive components.

COUNTERTOPS

The right worktop for every application down-the-line. Whether for heavy-duty use with a highly durable metal coated top, for working on a typical workbench top made of multiplex, or for laboratory or office use with worktops made of Eterlux, resin or melamine.



Multiplex

Beech

Metal coating

Eterlux

Resin

Melamine

Universal

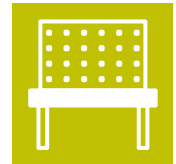
Nitrile

ABS

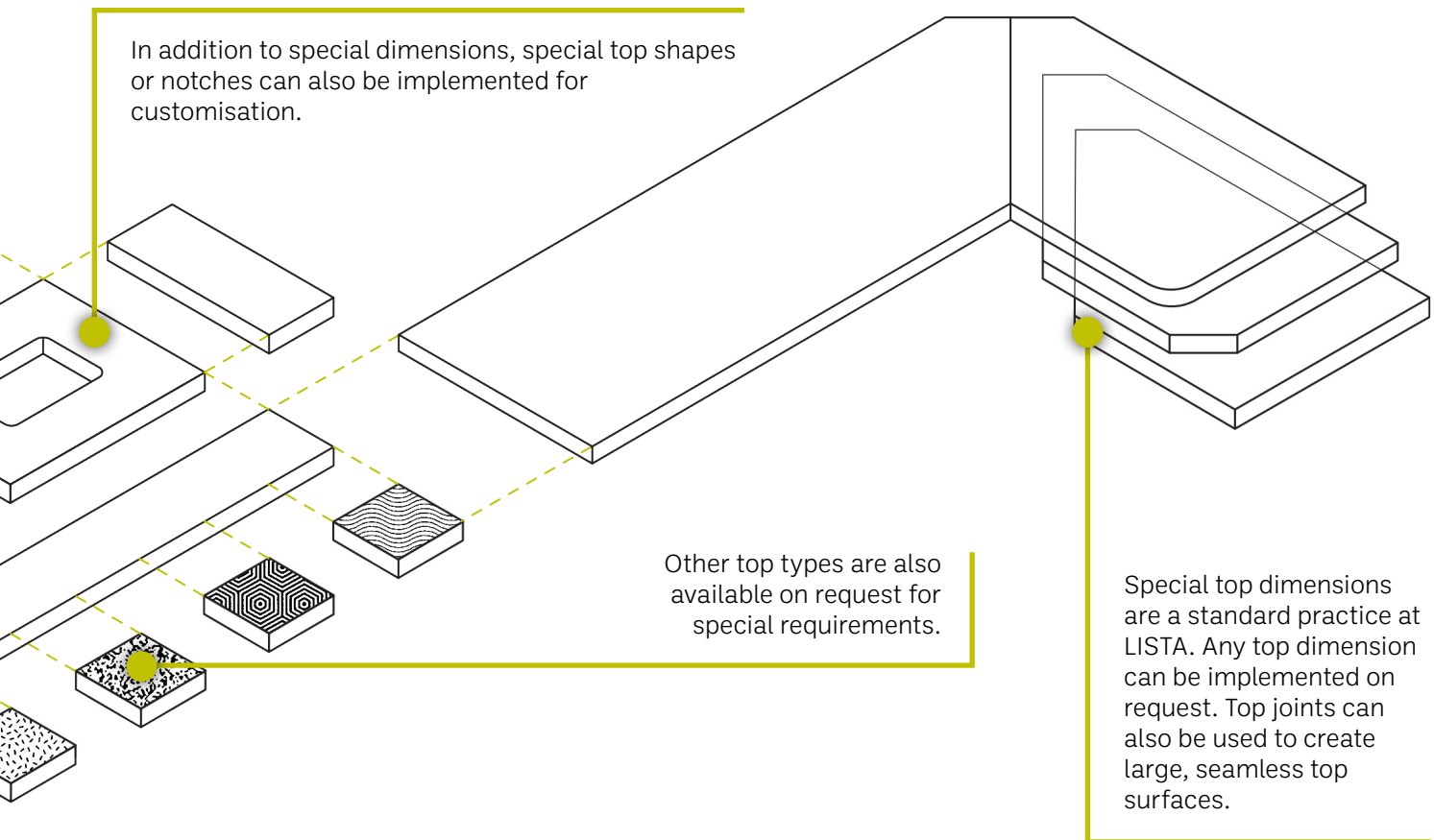
PVC mat

Features	Multiplex	Beech	Metal coating
Impact / shock resistance	●	●	●
Scratch resistance			■
Dampening			
Cleaning / hygiene			■
Heat resistance (soldering)			■
Chemical resistance*			■
Acid resistance*			■
Alkali resistance*			■
Resistance to oil and grease*			■

* Values are meant only as guidelines and must be verified in the specific case.



In addition to special dimensions, special top shapes or notches can also be implemented for customisation.



Other top types are also available on request for special requirements.

Special top dimensions are a standard practice at LISTA. Any top dimension can be implemented on request. Top joints can also be used to create large, seamless top surfaces.

Eterlux	Resin	Melamine	Universal	Nitrile	ABS	PVC mat
○			●	■	●	●
■	■	●	●	○	■	
			○	■		■
■	■	■	○		●	●
●	○		○			
●	●	●	○	○	○	○
●	●	●	○	○	●	○
●	●	●	○	○	●	○
●	●	●	●	○	●	●

■ applies above average ● generally applies ○ partially applies

UNIVERSAL SUPERSTRUCTURES

With our universal superstructures, you can design each workstation ergonomically, neatly and individually. The consistent and form-fitting design ensures a clean and tidy appearance and enables virtually invisible cable routing. All superstructures are easy to install and also available as an ESD model.

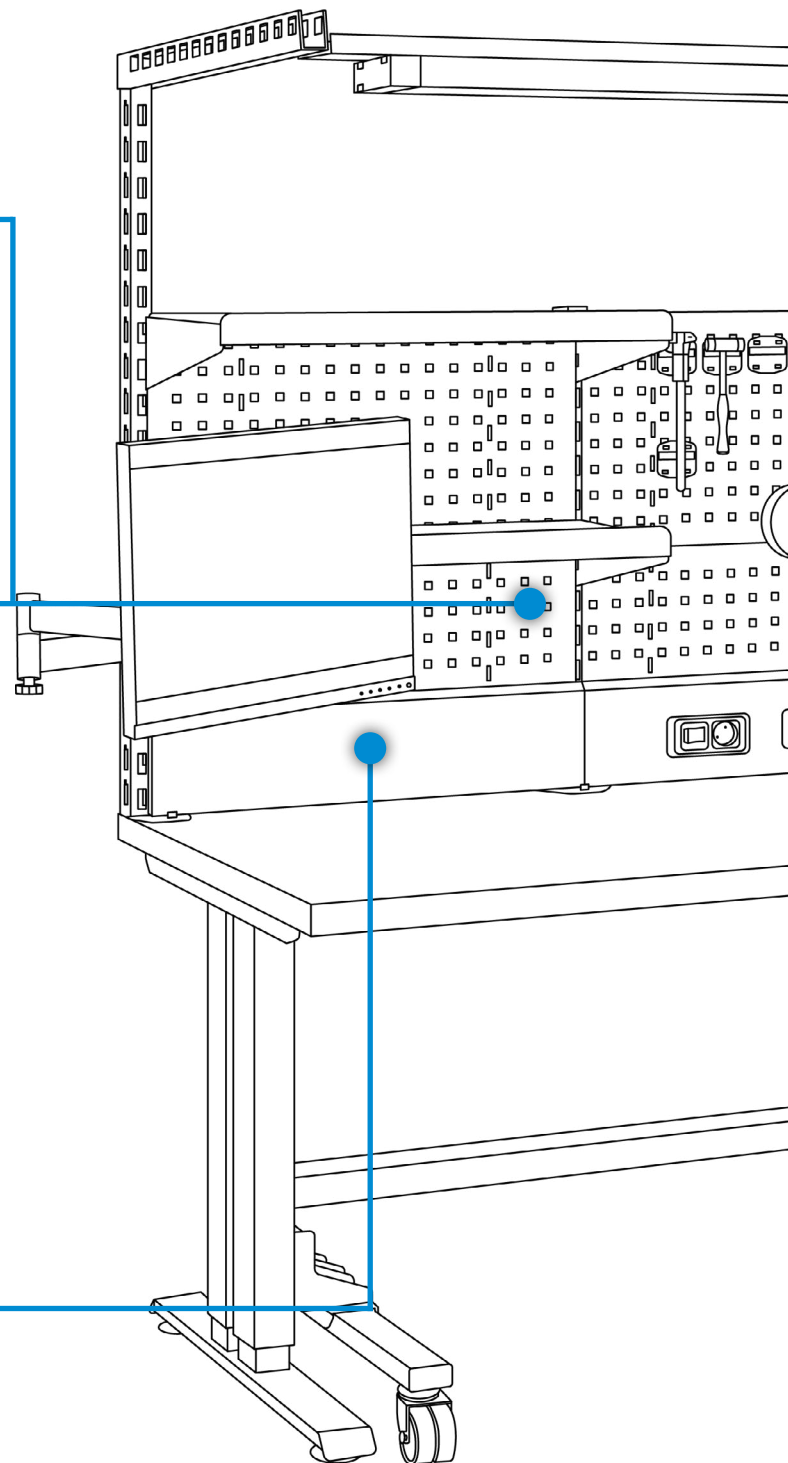
REAR PANELS

The rear panel as a design element: not only functional at the front, but also a creative room divider at the rear.



POWER MODULES

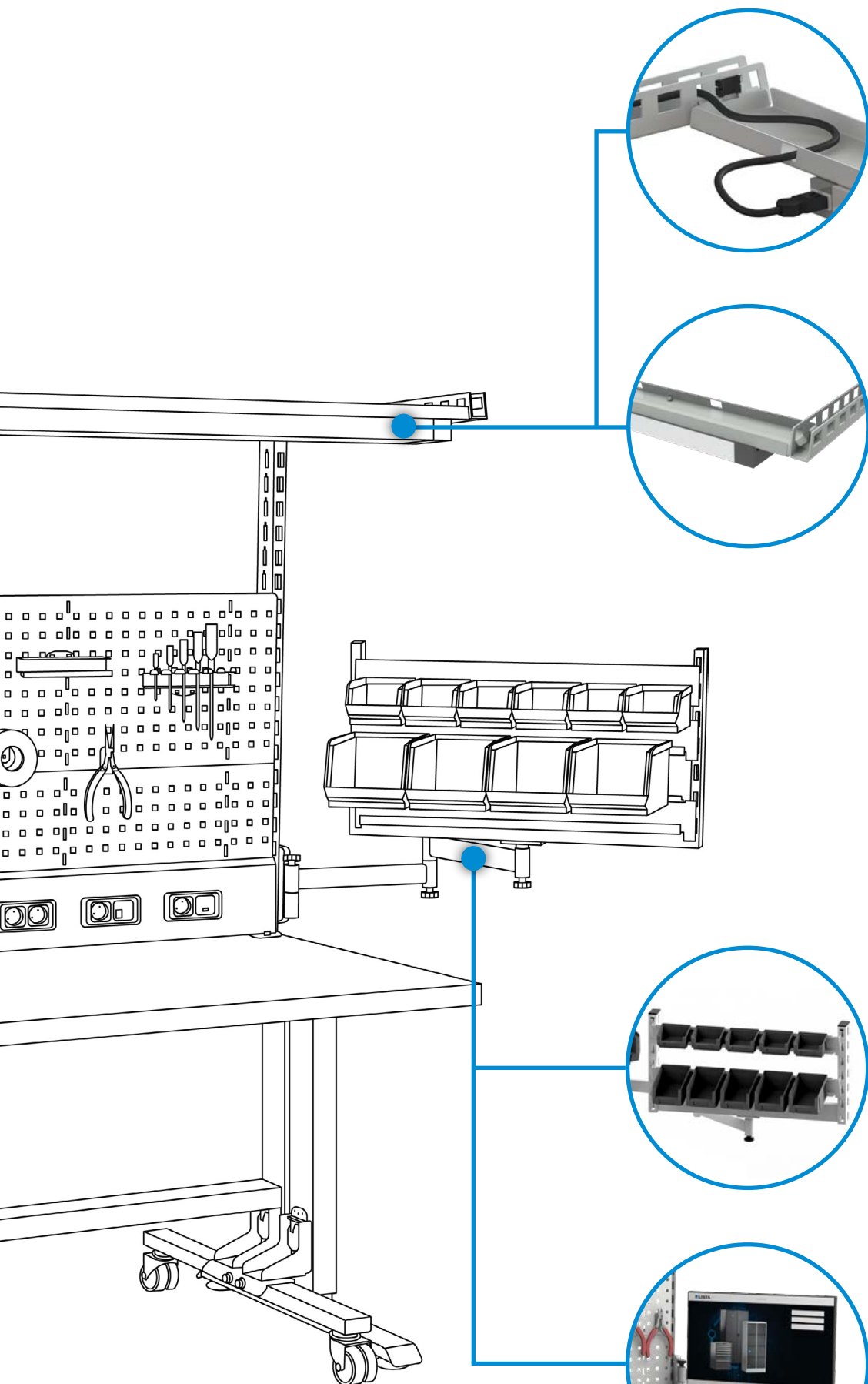
Power supply: integrated and clean for flexible assembly.





LIGHTING

Attractive integration of lighting and cable management.



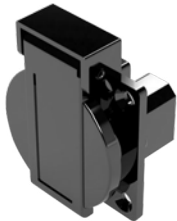
SWIVEL ARMS

Accessories on the swivel arm designed for peripheral devices or mounting utensils for assembly.



POWER MODULES AND POWER ELEMENTS

Power, data flow or compressed air: everything can be perfectly organised by an integrated, flexibly expandable solution. Whether it's a single power outlet with an on/off switch, an upstream personal safety switch or 400 V sockets, everything is possible. Solutions for electronic devices with USB-C charging station or data transfer via network can also be implemented. All variants can be protected and perfectly integrated into the LISTA power conduit.



230 V socket with flap



Emergency stop switch
Switching via the contactor.



Compressed air connection
RECTUS compatible.

Here are some possible variants. LISTA Customer Service will be happy to inform you about additional versions.





**On/off switch with
230 V socket**



2x 230 V socket outlet



**230 V socket with
USB-C charging
connection, charging
capacity up to 20 W**



4x RJ45 network sockets



RCD 25 A / 30 mA



**Circuit breaker 1-pin, 16 A
(CH: 10 A)**



Emergency stop button



**Compressed air
connections DN7/DN5**



Blank cover
Can be replaced with a
power module at any
time.

LIGHTING

The right lighting is important for fatigue-free work. Whether as basic lighting for the workstation, as articulated arm lighting or even as magnifying glass lighting for precise work, LISTA has the right lighting for you. All lighting is available as LED technology and dimming function.



Comfort + workstation lighting

LED technology in three sizes: 450, 900, 1500 mm.



LED articulated head

LED technology, fastenable to perforated rear panel or via table clamp.



Articulated LED magnifier lamp

LED technology, magnifying glass Ø 160 mm, dioptries 3.5.

Here are some possible variants. LISTA Customer Service will be happy to inform you about additional versions.



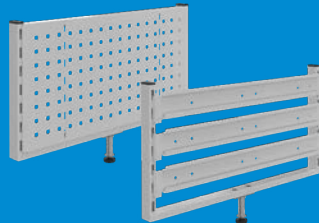
SWIVEL ARMS

Swivel arms improve ergonomics and flexibility at the workstation. They enable the easy positioning of monitors, materials or tools in a single, easily accessible space.



Swivel arm 2 x 300

Single version or double swivel arm. Fastenable to support pillar or perforated rear panel.



Module frame

For attaching container strips or perforated rear panels.



Monitor bracket

Fastenable to perforated rear panel or swivel arm, with VESA holder for the monitor.

Here are some possible variants. LISTA Customer Service will be happy to inform you about additional versions.



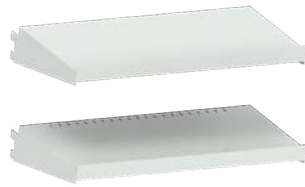
REAR PANELS AND ADJUSTABLE SHELVES

Rear panels functionally extend the workstation with square perforations or round it off aesthetically with plain form-fitting rear panels. The modular system allows maximum flexibility in configuration to adapt your workstation to your needs. Rear panels and adjustable shelves are available in all LISTA module widths and colours.



Rear panels

Plain or with square perforation. Heights 200, 350, 500 mm.



Slotted adjustable shelf

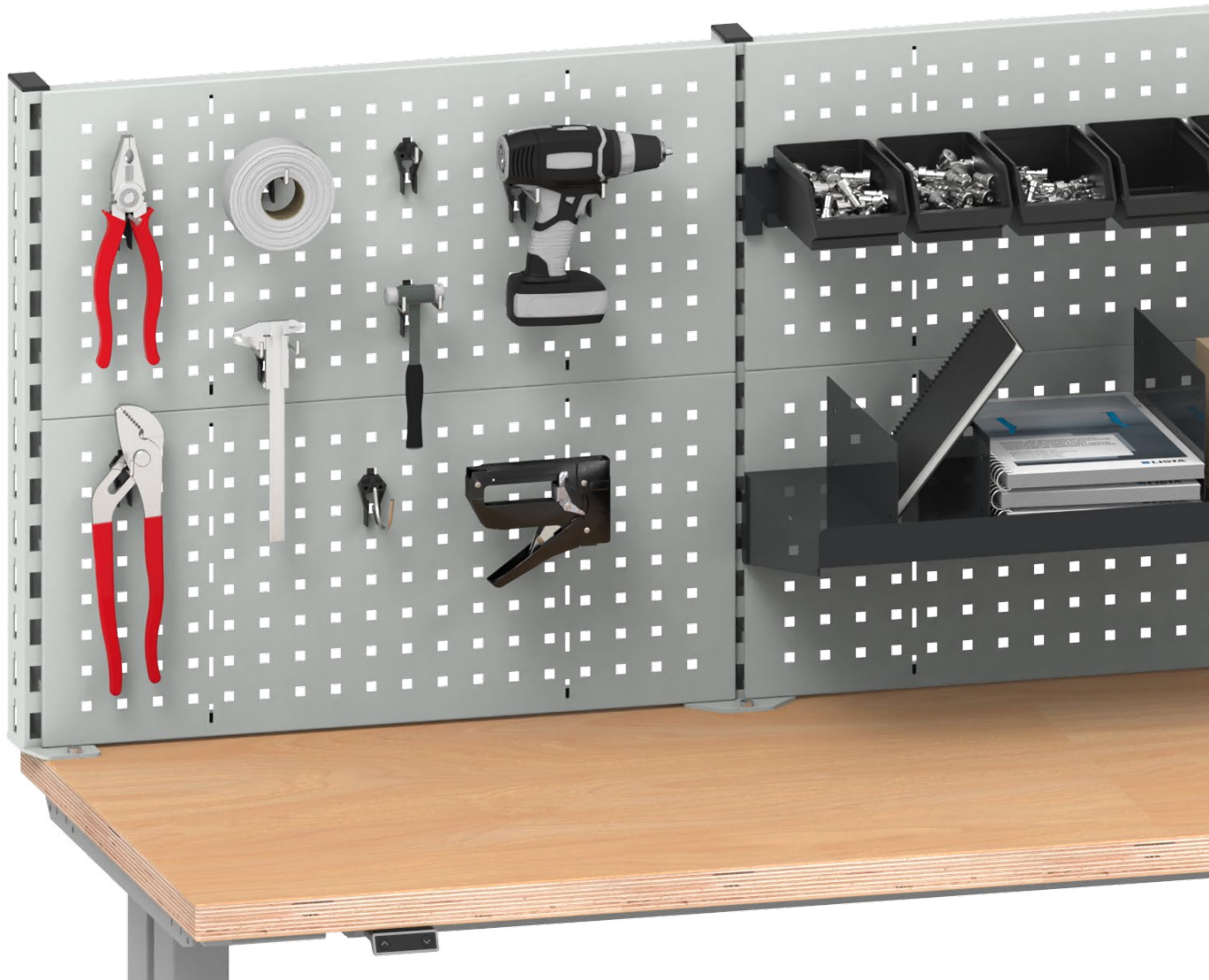
Adjustable shelf, plain or slotted. Depths: 200, 300, 350 and 400 mm.



Dividers

Subdivision of slotted adjustable shelves. Heights: 100, 150, 200 mm.

Here are some possible variants. LISTA Customer Service will be happy to inform you about additional versions.



TOOL CLIPS AND CONTAINERS

Overview and organisation thanks to the easy-to-install tool clips and containers. Organize the workspace according to your needs - with flexibility for further adaptations, if necessary.



Tool Clips

Various tool clips versions available. Tool-free installation and removal.



Container strips

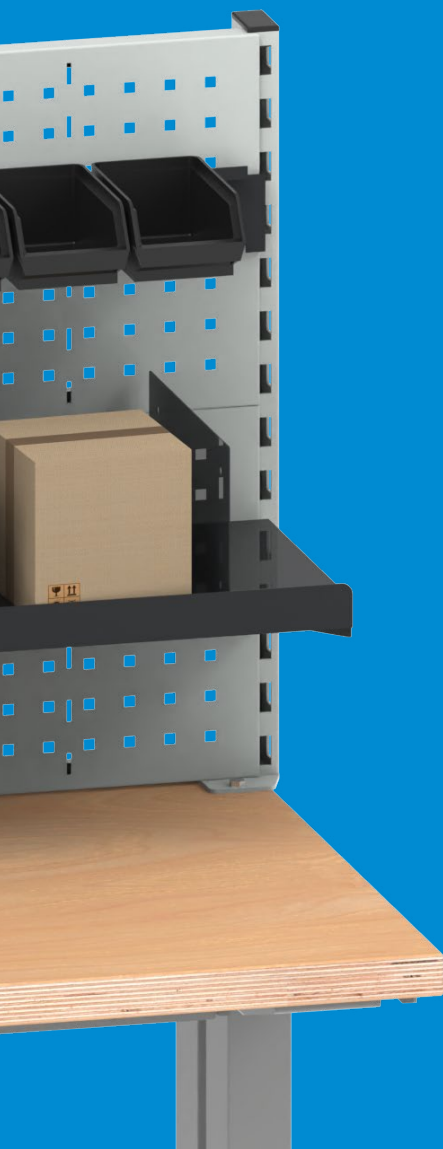
Can be installed flexibly on the support pillars without tools.



Storage containers

Available in six sizes and four colours. Matching labels sold separately.

Here are some possible variants. LISTA Customer Service will be happy to inform you about additional versions.



MORE ACCESSORIES ONLINE!

You can find everything you need for universal superstructures in the LISTA configurator:

configurator.LISTA.com



Access the configurator:

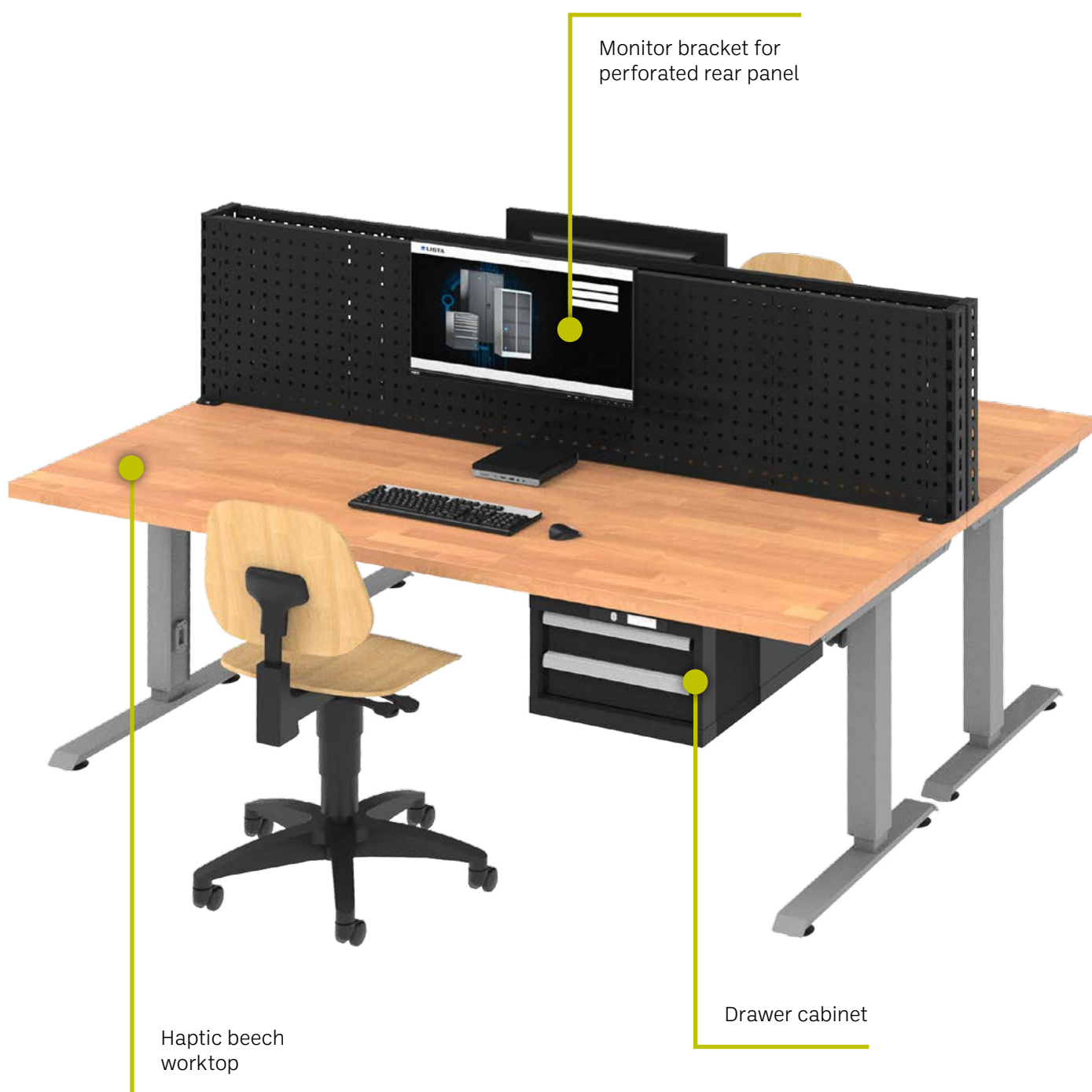
VERSATILE SOLUTIONS

TESTING OR LABORATORY WORKSTATIONS

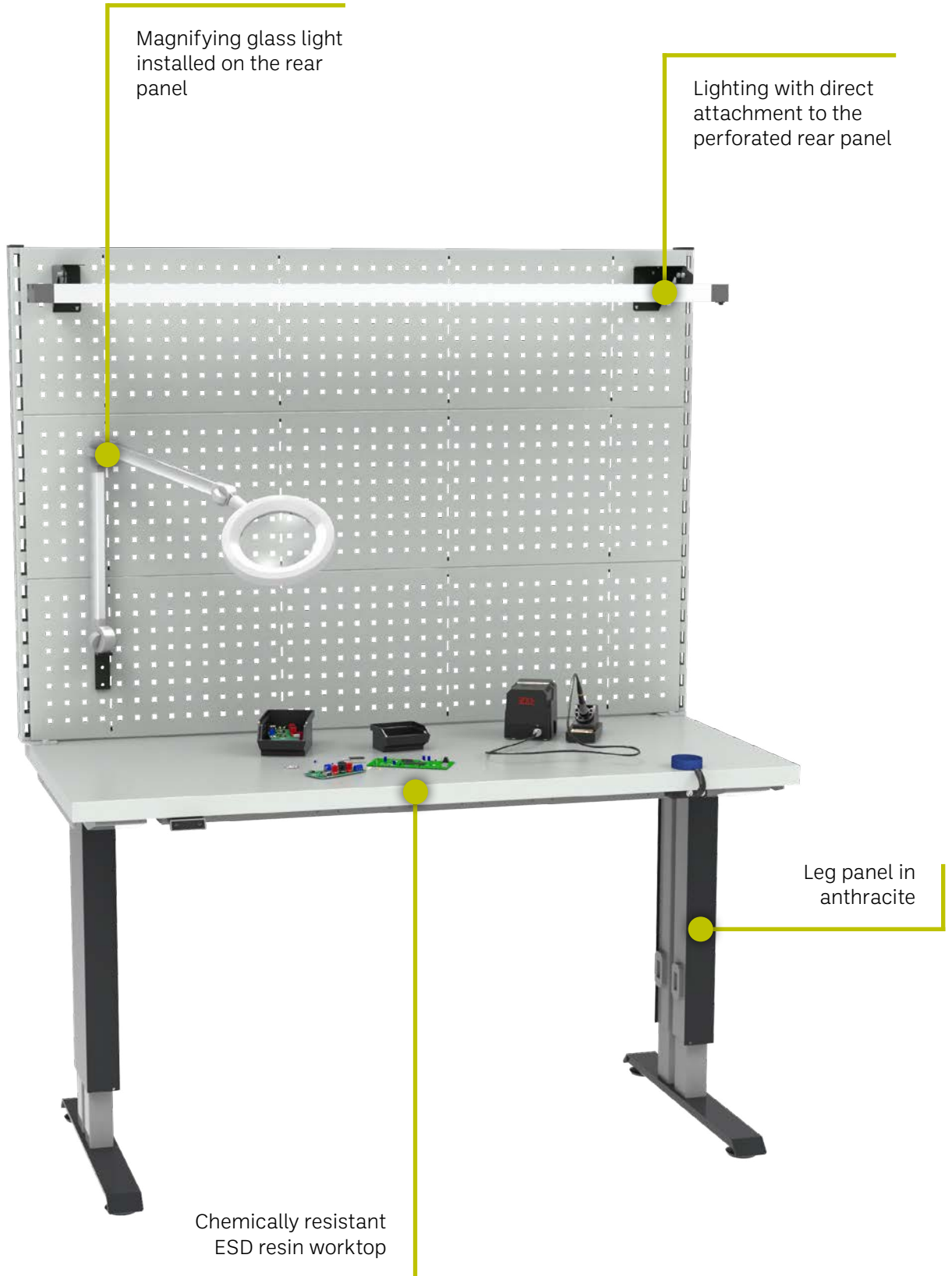


The **LISTA move** workstation system is a modular system that offers countless solutions for an ergonomic and flexible workstation. The system consists of various elements that can be individually combined and adapted. Here are some examples:

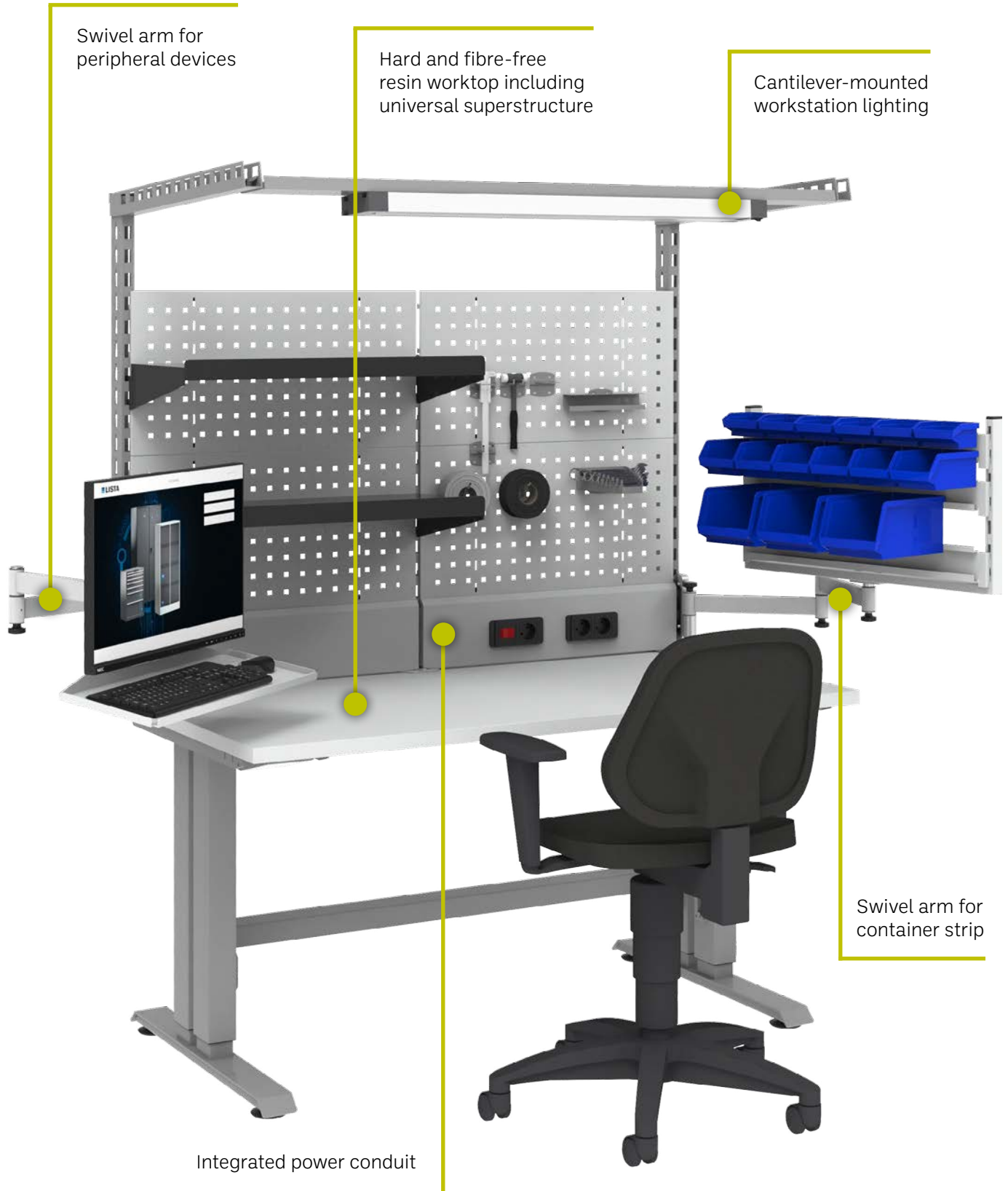
OFFICE WORKSTATIONS



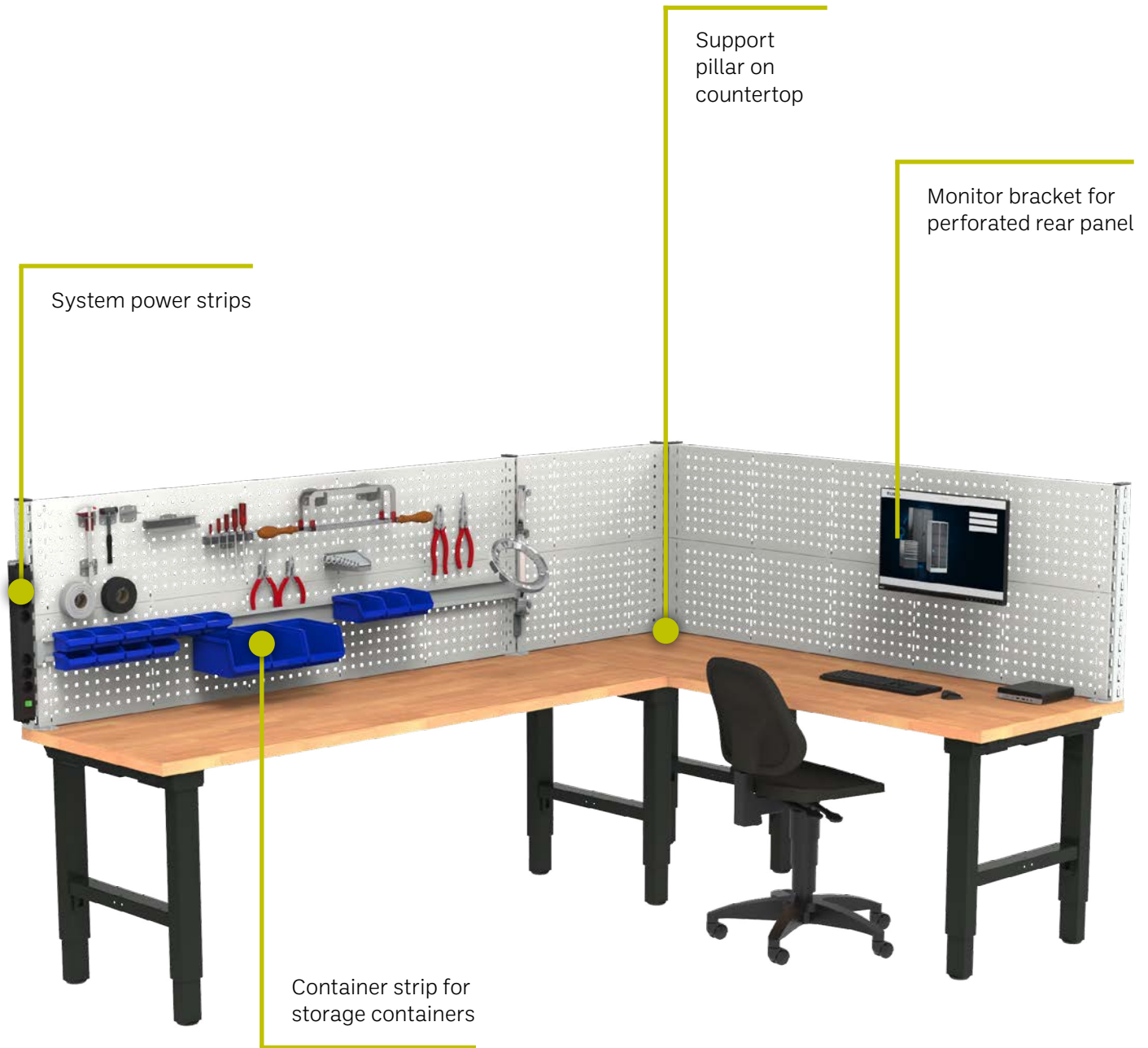
LEAN TESTING WORKSTATION



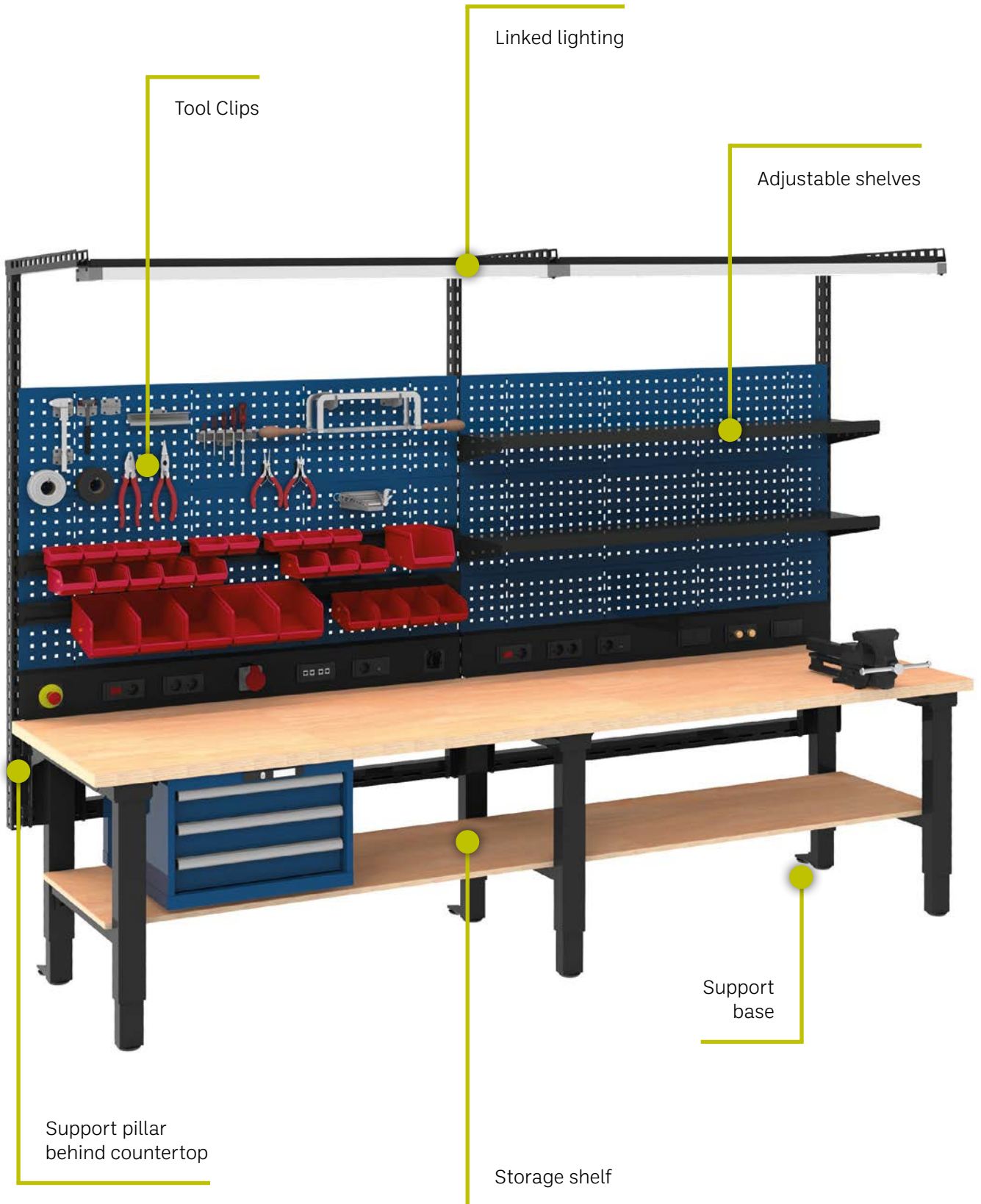
INDIVIDUAL ASSEMBLY WORKSTATION



CORNER SOLUTION



LINKED WORKBENCH



Tool Clips

Linked lighting

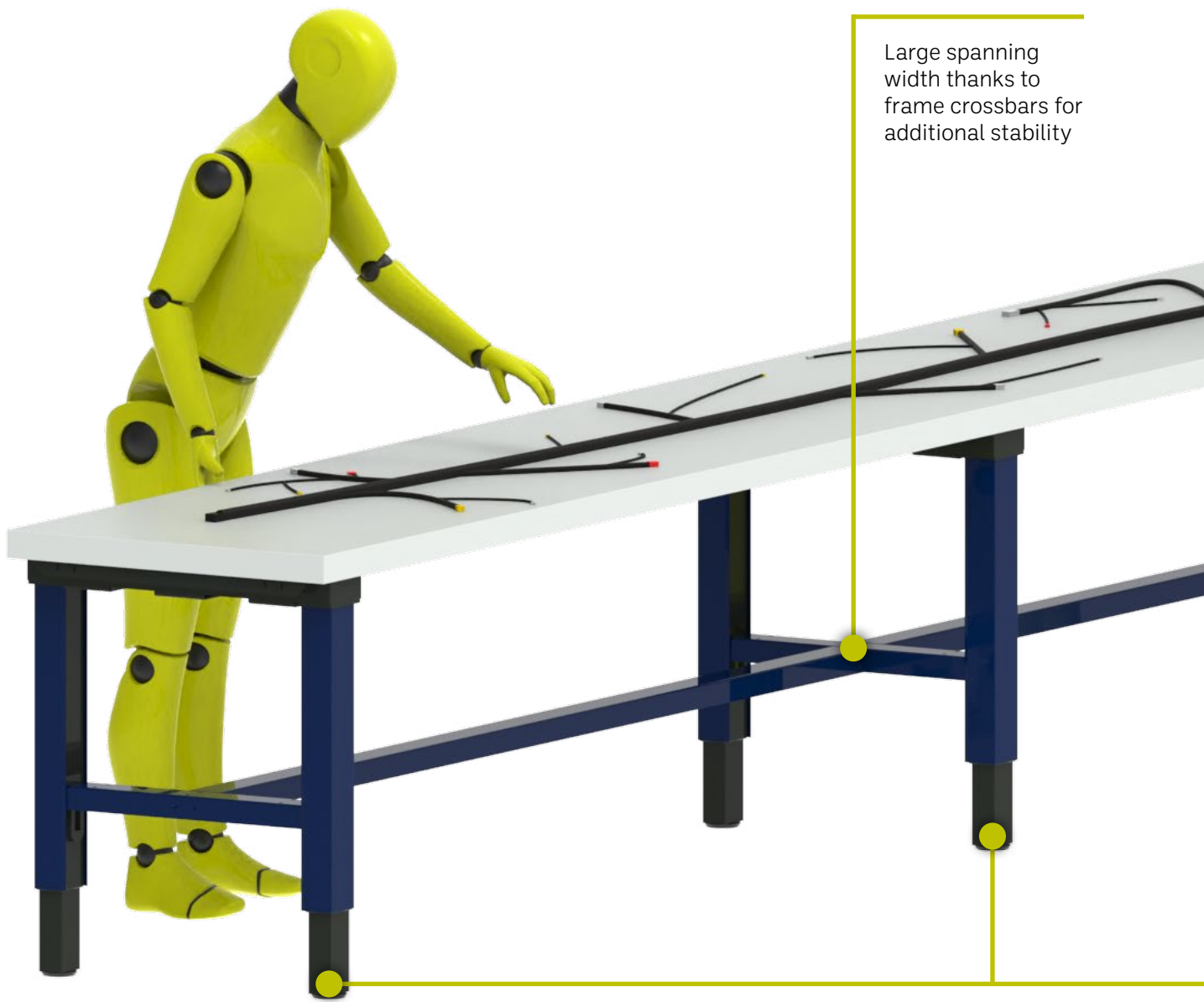
Adjustable shelves

Support pillar
behind countertop

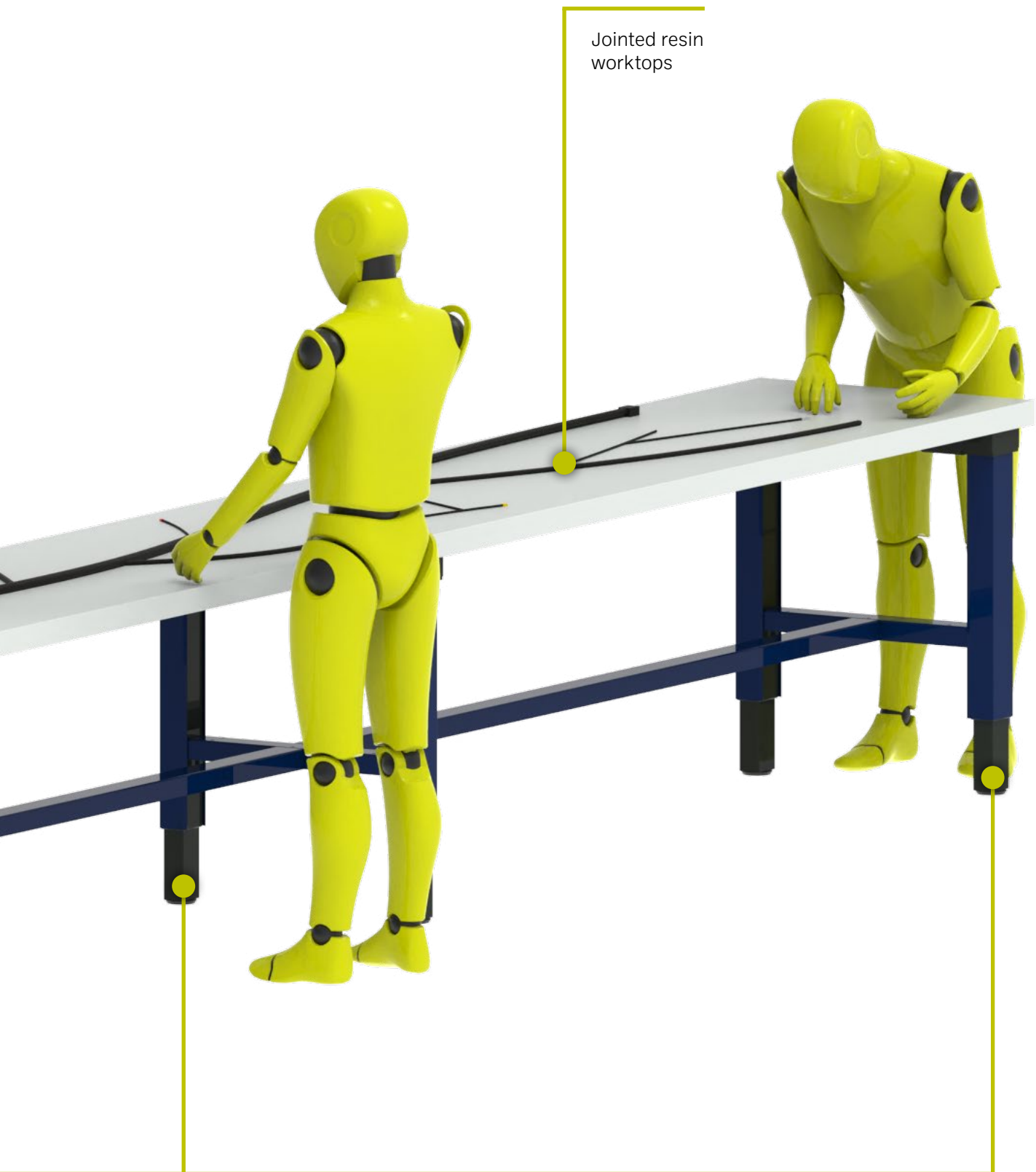
Storage shelf

Support
base

CABLE ASSEMBLY WORKSTATION



Large spanning width thanks to frame crossbars for additional stability



Jointed resin worktops

Synchronous control of all LISTA Quattro lifting columns

SERVICE: THERE FOR YOU ALL OVER THE WORLD

LISTA is there for you: on several continents, in many different locations. In addition to our two production sites in Erlen (Switzerland) and in Bergneustadt (Germany), we also look after and advise our customers through our international sales branches in Europe and China. A close-knit network of retail partners tops off the service that we offer.

ORDERING AND CONTACT

Do you need further information, personal advice or would like to order a product? We look forward to hearing from you.

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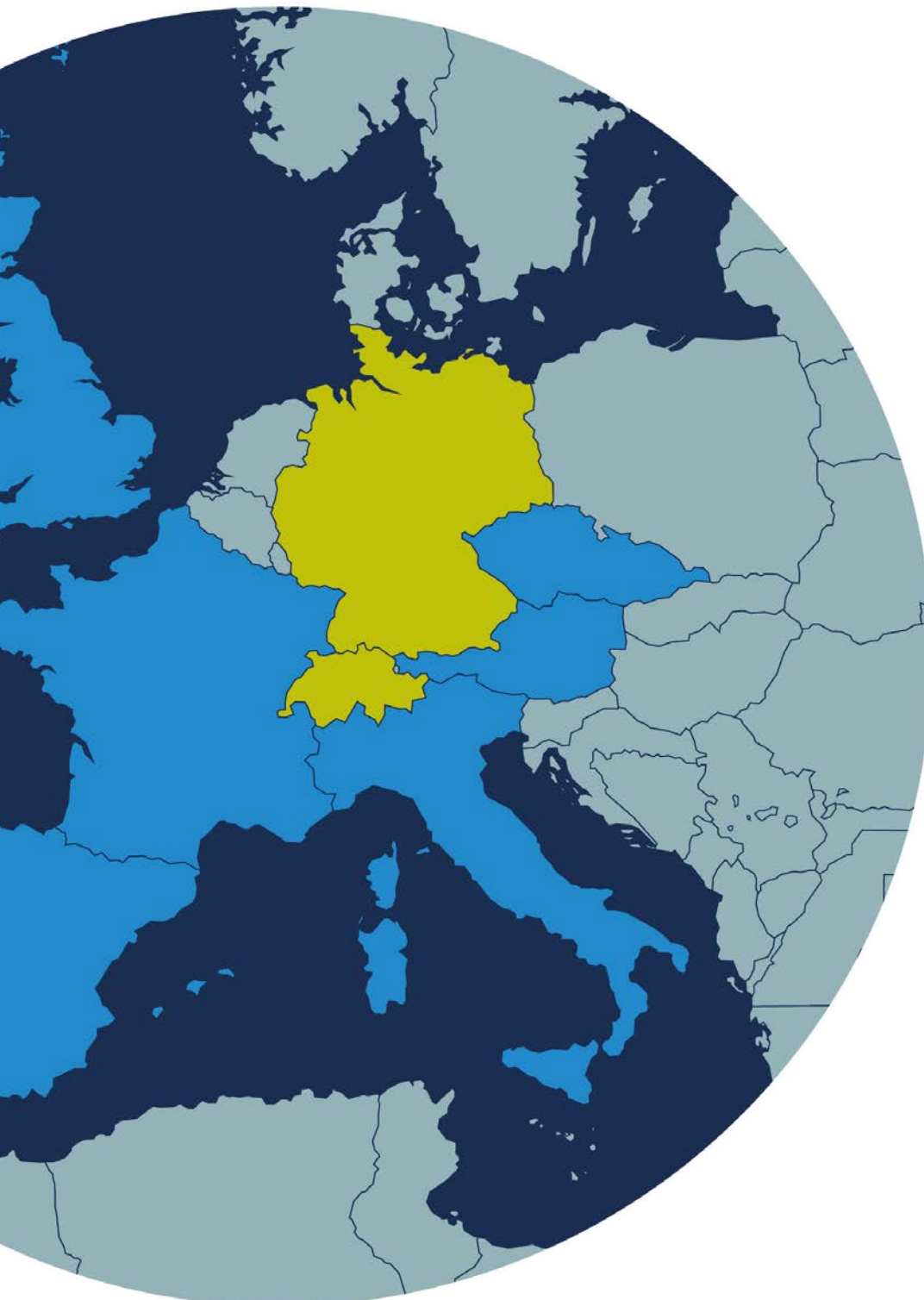
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LISTA AS A PARTNER

LISTA offers organisation and success through our experience and systemic approach. For more than 70 years, we have offered our customers concepts for more organised and efficient working. We offer more than just a high-quality product, competent advice and a wide range of services: the LISTA system creates perfect interlocking solutions for smooth work processes. This makes us a leading partner in the area of workspace and storage equipment worldwide.



Production sites
Erlen - CH
Bergneustadt - DE



Headquarters
Erlen - CH



LISTA Group locations
Switzerland, Germany,
Austria, France, Italy,
Great Britain, Spain,
Czech Republic, China

