

M C P   S E R V E R

N O   C O D E

C L O U D   H O S T E D

# Ergonomic Workstation Setup MCP

Get exact workspace dimensions tailored to your body and gear.

Ergonomic Workstation Setup MCP calculates the specific desk, chair, and monitor placements you need to prevent physical strain. Instead of guessing, you give your AI client your height and equipment specs, and it provides the exact measurements for a healthy, comfortable workspace.

**A+** Quality Score 100/100

ergonomics

workspace

health

productivity

setup



# The connectivity layer between AI and the world's software.

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Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

# Your AI Connections Run Through Vinkius Cloud

The world's largest  
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

*The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*

— Architecture principle

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## Four Pillars of the Vinkius Runtime

### 01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

### 03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

### 02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

### 04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

**AES-256**

Encryption at rest

**Ed25519**

PKI vault signatures

**24h TTL**

Ephemeral session keys

**V8 Isolate**

Sandboxed execution

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## One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

**MCP ENDPOINT**`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

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## Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

**01 — Ed25519 PKI Vault**

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

**02 — V8 Isolate Sandboxing**

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

### 03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

### 05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

### 04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

### 06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

## Emergency Kill Switch

EU AI Act Art. 14(1)  
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

#### 01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

#### 02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

#### 03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

## Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

**Control Plane**

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

**FinOps**

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

**Firewall & DLP**

PII redaction activity, sensitive data protection counters, and security event timeline.

**Agent Activity**

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

**Tool Health**

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

**Incident Log**

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at [cloud.vinkius.com](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Ergonomic Workstation Setup MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing where your monitor should sit or how high your chair needs to be. This MCP gives your AI agent the math required to design a workspace that actually fits your body. If you're setting up a new home office or adjusting a standing desk, you can provide your height and equipment details to get immediate, actionable dimensions. It handles the geometry of single or dual monitor layouts, calculates reach zones for your peripherals, and even offers lighting advice to stop eye strain before it starts. You get specific numbers for desk height, chair height, and monitor positioning so you can set up your station once and avoid the aches of a poorly configured desk.

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## Core Capabilities

### 01 — Personalized Dimensions

Your agent calculates chair and desk heights based on your specific body measurements.

### 02 — Monitor Placement

The MCP determines the ideal distance and height for single or dual monitor configurations.

### 03 — Peripheral Mapping

Your agent identifies the best reach zones for your mouse, keyboard, and other tools.

### 04 — Visual Comfort

The tool provides lighting guidance to reduce glare and eye fatigue.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/en/ai-agent-connect/ergonomic-workstation-setup](https://vinkius.com/en/ai-agent-connect/ergonomic-workstation-setup) — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Tell your agent your height and the equipment you are using.
- 03 The agent calls the relevant tool to run the ergonomic math.
- 04 You receive specific measurements for your chair, desk, and monitors.

Connect the MCP to your client and start asking for measurements.

## Built For

This MCP is for anyone spending long hours at a desk who wants to avoid physical discomfort.

### Remote Workers

They ask the agent to design a healthy home office layout from scratch.

### IT Setup Specialists

They use the agent to provide precise setup instructions for employees.

### Ergonomic Consultants

They use the tool to quickly generate specific dimension requirements for clients.

## What Changes When You Connect

- 01 Reduces musculoskeletal strain through precise body-to-desk math.
- 02 Eliminates guesswork when setting up new hardware or standing desks.

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- 03** Prevents eye strain by providing specific lighting and glare guidance.
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- 04** Optimizes desk surface usage by defining reach zones for peripherals.
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## Real-World Applications

### New Home Office Setup

You provide your height and monitor size to get a complete list of desk and chair settings.

### Dual Monitor Upgrades

The MCP determines how to position two screens to maintain proper posture.

### Standing Desk Transition

Your agent calculates the exact desk height needed to keep your elbows at a neutral angle.

### Lighting Optimization

You use the tool to adjust your workspace to handle sunlight or glare issues.

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# 4 Tools Available

| #  | TOOL                            | DESCRIPTION                                                                                          |
|----|---------------------------------|------------------------------------------------------------------------------------------------------|
| 01 | get_dual_monitor_setup          | This tool calculates the exact dimensions and positioning needed for a two-monitor workstation.      |
| 02 | get_lighting_and_glare_guidance | This tool provides specific lighting recommendations to help you avoid eye strain and glare.         |
| 03 | get_reach_zone_requirements     | This tool determines the optimal placement areas for your peripherals based on your reach.           |
| 04 | get_single_monitor_setup        | This tool calculates the necessary desk and monitor dimensions for a standard single-monitor layout. |

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## See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

**U** I am 180cm tall and want a single monitor setup with a 27 inch monitor. What should my desk and chair height be?



For a height of 180cm and a 27-inch monitor, your recommended chair height is 45cm, desk height is 72cm, and the monitor should be placed 65cm from your eyes.

**U** I'm setting up a standing desk. I am 175cm tall and have a 32 inch monitor. What is the optimal desk height?



For a standing setup at 175cm, your optimal desk height is 108cm to maintain a neutral elbow angle.

**U** What is the best lighting for my workspace if it is currently very sunny?



In a sunny environment, you should position your monitor to avoid direct window glare and aim for a target illumination of 500 Lux to maintain contrast.

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## Frequently Asked Questions

### 01 How does this MCP help with my desk setup?

It uses your height and equipment specs to calculate the exact chair height, desk height, and monitor distance you need to avoid strain.

### 02 Can I use this for a dual monitor setup?

Yes, the MCP includes a specific tool to calculate dimensions for workstations using two monitors.

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**03 Does it provide advice for standing desks?**

Yes, it can calculate the optimal desk height for standing based on your height to ensure a neutral elbow angle.

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**04 What clients can I use this with?**

You can use this with any MCP-compatible client, including Claude, Cursor, Windsurf, and VS Code.

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**05 Will it help with eye strain?**

Yes, it provides lighting and glare guidance to help you position your monitor and manage workspace illumination.

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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://cloud.vinkius.com), then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

| CLIENT                                                                                              | WHERE TO CONFIGURE                                                                                      |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  <b>Claude AI</b>  | Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint                          |
|  <b>Cursor</b>     | Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint                 |
|  <b>VS Code</b>  | Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"ergonomic-workstation-setup": { "url": "..." }</code> |
|  <b>Windsurf</b> | MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL                                        |
|  <b>ChatGPT</b>  | Settings → Tools & plugins → Add MCP server → Paste endpoint                                            |
|  <b>Gemini</b>   | Extensions → Add MCP Server → Paste endpoint URL                                                        |

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

# Ergonomic Workstation Setup is live on Vinkius Cloud.

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Get your connection token, paste it into your AI agent, and  
start building. No SDK. No deployment. Just results.

**Start at [cloud.vinkius.com](https://cloud.vinkius.com) →**

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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