

ERGONOMIC PRODUCT CATALOG

A compilation of suggested products for optimization of everyday work spaces



**ENVIRONMENTAL
HEALTH & SAFETY**
TEXAS A&M UNIVERSITY

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Under the Desk

Look for the following symbols below each product name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.



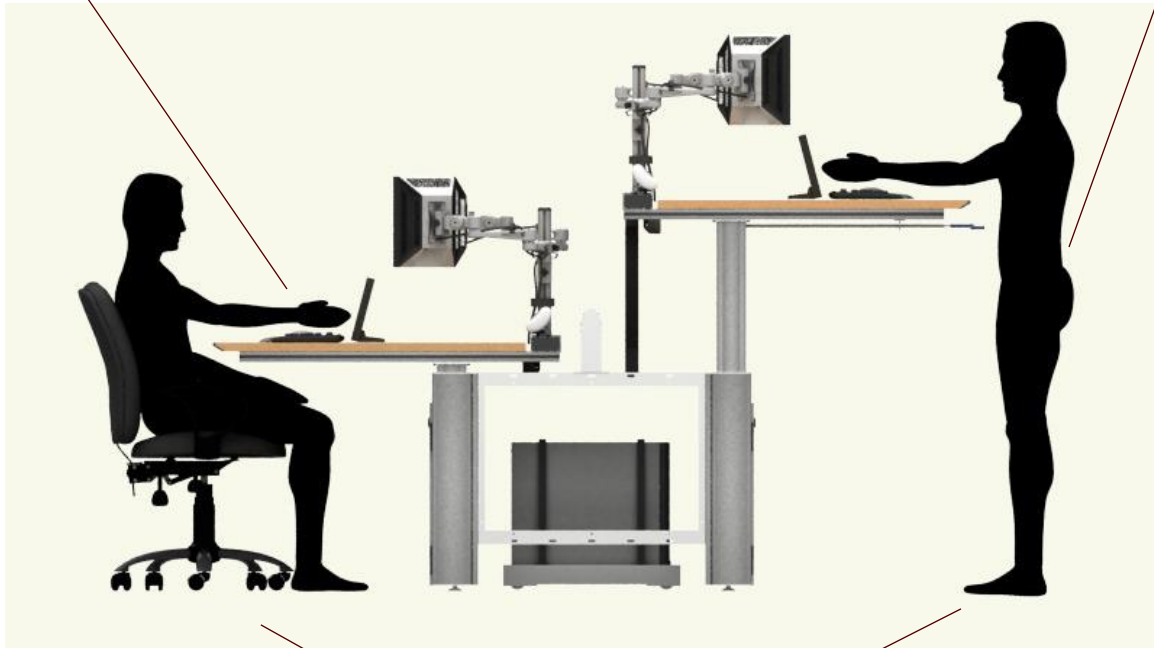
Arm/Wrist Support

Shoulders should be relaxed and forearms placed at about a 90° angle. Desk add-ons such as keyboard trays bring hands to a comfortable surface bellow the desk top, placing wrists at a more comfortable position for typing and mousing.



Back Support

Back pain arises from constantly holding a position or standing on hard surfaces for prolonged periods. Anti-fatigue mats provide a soft surface to stand on, reducing impact on the knees and back.



Foot/Knee Support

Footrests and Footrails can provide surfaces to support dangling feet or allow you to shift your weight periodically. This allows better blood circulation and relieves knee/foot pain.

Under the Desk

Chair Mats

Protect your floor or carpet while allowing your chair to glide easily. These mats reduce strain placed on your lower back due to resistance when rolling your chair.

Lorell Economy
Weight Beveled
Edge Chair Mat
36" x 48"



Designed for use on 3/8" thick or less carpets including padding. Allows easier rolling across workspace.

<http://www.lorellfurniture.com/products/?id=1014567661>

Carpeted Surface
Chair Mats for
Hard Floors



Mats with a dense carpeted surface. Slip-resistant nitrile rubber backing for use on hard floor surfaces such as marble, wood and tile.

<http://www.americanchairmats.com>

Hard Surface
Chair Mats




Clear vinyl mat with anti-skid surface and straight edges. Flat textured backing for grip on hardwood, linoleum and tile.

http://www.uline.com/Product/Detail/H-1691/Mats/Hard-Surface-Chair-Mat-with-Lip-36-x-48?pricode=WY682&qadtype=pla&id=H-1691&gclid=CjwKEAjw7MuqBRC2nNacqJmlpT0SjABQXAOT-df4B7ifL3q0sRteL5QBvYb95gPDm7waarwMAIj59RoCJJdw_wcB&gclid=aw.ds

 = hand/wrist support

 = knee support

 = back support

Under the Desk

Footrests/Footrails

Use footrests to support your legs in a relaxed, neutral position, reducing pressure from your chair's seat pan and promoting unrestricted blood flow.

Adjustable Footrest
with Rollers
*for permanently standing
height workstations*



Adjusts from 4" to 6-1/2" high in 3 different height settings. Adjustable tilt angle. Platform rollers and surface bumps allow massaging of feet during use.

<http://www.kantek.com/proddetail.php?plD=FR750>

Neutral Posture
Sit/Stand Foot
Rail FP12

*Best option for use
with electric desks!*



Depth adjustable, dual-height foot rails. Flips out of the way while seated and back into position for standing.

http://www.neutralposture.com/_imgs/lit/Accessories/StandingDeskFootrest_SS_20140604.pdf

Fellowes I-Spire
Series Foot
Cushion/Rest



Foam cushion top and non-slip rubber feet.

<http://a.co/2MxXsaf>

AmazonBasics
Foot Rest




Multi-position design, textured surface, made to stay in place on carpets.

<http://a.co/c5dq7Cx>

 = hand/wrist support

 = knee support

 = back support

Under the Desk

Eureka
Ergonomic Tilt
Adjustable Foot



Texturized top with 20 degree tilt.
Constructed from eco-friendly rubber.
Rubber feet to prevent slipping.

<http://a.co/e54yYwY>

Kensington
SoleMate with
Comfort
Memory Foam



Memory Foam top. Foot pedal controls
height from 3.5 to 5 inches and angle up
to 30 degrees.

<http://a.co/99wDE3e>

Fellowes
Energizer
Foot Support



Rubber surface with different massage
textures. Height and tilt adjustable.

<http://a.co/7Xp6n6u>


Luxe Comfort
Footrest




Height adjustable from 4" to 5"; locks
into place. Tilt adjustable. Non-skid feet.

<http://a.co/eTwyPGH>

 = hand/wrist support

 = knee support

 = back support

Under the Desk

Anti-fatigue Mats

For use with standing or stand-biased desks, anti-fatigue mats provide a cushioned surface for prolonged standing, encouraging subtle foot and leg movements that facilitate continued blood flow and prevent stagnant body positions.

Varidesk



Supports feet, knees, hips and back while standing. 5/8" high density core.

<http://www.varidesk.com/antifatigue-mat>

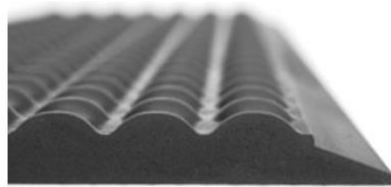
GelPro Elite
Custom Mats



Features Dual Comfort Core System consisting of gel and energy-return foam.

<http://www.gelpro.com/GelPro-Elite-Mat-Vintage-Leather?color=106&size=3>

ERGOMAT
Basic Ergonomic
Bubble Mat




Made of low-density polyurethane material. Designed for dry environments. Available in 4 sizes and in a smooth finish.

<http://a.co/ckxSHTL>

 = hand/wrist support

 = knee support

 = back support

Under the Desk

Keyboard Trays

Keyboard trays provide a platform to place your keyboard and mouse closer to you and at a more neutral posture, reducing shoulder, elbow and wrist flexion.

Neutral Posture
EASY-A11
Adjustable
Keyboard Tray



Phenolic tray with right-handed mouse platform that swivels under tray for storage. Height and tilt adjustable. Height from 6" below to 2.5" above work surface. Adjustable tray tilt.

http://neutralposture.com/_site/wpa/easyCombos.php?tray=11

Workrite Glide™ 2



Mouse platform glides to accommodate for right or left-hand use and independently tilts from platform.

<https://shop.workriteergo.com/products/glide-2-adjustable-keyboard-system>


Neutral Posture
Easy Keyboard
NPI-C43




Urethane tray with anti-skid grips and cable management clips. Adjustable height to 6" below and 6" above the workstation using a lever-less spring-assisted mechanism.

http://neutralposture.com/_site/wpa/easyCombos.php?tray=43

 = hand/wrist support

 = knee support

 = back support

Chairs

Look for the following symbols below each chair name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.



Adjustable Frame Tilt

The chair's frame is capable of forward and backward tilt, allowing for dynamic sitting.



Adjustable Arm Rests

Armrest height adjusts to allow forearm placement at a 90° angle and at the same height as your work surface.



Adjustable Height

Height adjustability enables you to find a height that places your thighs at an angle slightly below parallel with the floor and your feet fully supported on the ground.



Adjustable Lumbar Support

Lumbar support adjusts to fit the small of your back in order to place your spine in a natural "S" shape.



Big & Tall Available

Chairs

Seated Desk Chairs

Ergonomic chairs provide support and adjust to fit your environment and work necessities. A well-constructed chair will fit you (not the other way around). Look for chairs with back support, comfortable sitting, and the necessary height, armrest, and tilt adjustments for you.

Herman Miller
Aeron Chair



Adjustable back, seat, arm rests, height, tilt and lumbar support.

<https://www.hermanmiller.com/products/seating/office-chairs/aeron-chairs/>

Humanscale
Diffrient



Can be customized for fixed or adjustable features. Lumbar support through mesh backrest that adjusts to the body.

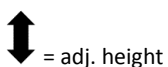
<https://www.humanscale.com/products/product.cfm?group=diffrientworldchair>

OFM Mesh
Comfort Series
Fabric Ergonomic
Task Arm Stool



Adjustable back height, back pitch, seat pitch, armrests, lumbar support and height. Stain-resistant fabric and fire-retardant seat foam. Includes 9" and 12" extension tube and casters.

<https://www.ofminc.com/product/model-130-aa3-comfort-series-ergonomic-mesh-swivel-task-chair-with-arms/>



= adj. height



= adj. arm rests



= adj. frame tilt



= adj. lumbar support



= big & tall

Chairs

Steelcase Think Chair



Backrest curvature designed to support lower back. Adjustable armrests, seat depth, and height.

<https://www.steelcase.com/products/office-chairs/think/>

Steelcase Leap



Lumbar support flexes with user's movements to align with lower back. Seat pan glides with recline.


http://www.steelcase.com/products/o_ce-chairs/leap/


Neutral Posture
8000 series





Adjustable back, seat, arm rests, height, tilt and inflatable lumbar support. Optional foot ring, headrest and neck rest add-ons.


http://neutralposture.com/_site/indproduct.php?cat=&id=3

 = adj. height

 = adj. arm rests

 = adj. frame tilt

 = adj. lumbar support

 = big & tall

Chairs

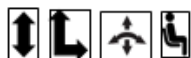
Neutral Posture
8000 Series
Ergonomic Office
Chairs Extra
High Cylinder



Lateral support contours, adjustable arm pads, armrests, seat and height.

http://neutralposture.com/_site/indproduct.php?cat=&id=4

Neutral Posture
N-Tune Sit/Stand
Chair



For use with sit/stand desks or tall benches at heights between 29" and 40".


http://neutralposture.com/_site/indproduct.php?cat=01&id=16


Neutral Posture
Big & Tall





For individuals weighing up to 500 lbs. and/or individuals up to 7 feet tall. Adjustable back height, seat height, angle, tilt, tension and depth, adjustable arm height, inflatable lumbar support and optional neck rest.


http://neutralposture.com/_site/indproduct.php?id=5

 = adj. height

 = adj. arm rests

 = adj. frame tilt

 = adj. lumbar support

 = big & tall

Chairs

BodyBilt's
Big & Tall, XL,
J2504



Features reinforced seat structure that is larger than average seats. Supports up to 500 lbs.


<http://www.ergogenesis.com/j2504.html>


BodyBilt's
Big & Tall, Bariatric,
B2503





Reinforced construction designed to accommodate individuals up to 600 lbs.


<http://www.ergogenesis.com/b2503.html>

 = adj. height

 = adj. arm rests

 = adj. frame tilt

 = adj. lumbar support

 = big & tall

Chairs

Prop Stools

Used for standing or stand-biased desks, these stools provide partial support while standing, while still keeping you close to your work surface.

Muvman
Standing Stool



Two heights adjustments from 20"-33" or 23.5"-36" seat height. Forward tilt for back alignment, non-slip, non-scratch rubber base suitable for all floor types.

<http://a.co/1cY47Eb>

Focal Mobis
Seat



Adjustable height from 25"-35" with weight of 15 lbs. Seat has 6° tilt in all directions, always returning to center.

<http://store.focalupright.com/Seat-s/107.htm>

Focal Locus
Seat



Seat pivots forward and sideways. Seat angle adjusts up to 15°. Can accommodate heights from 4'11" to 6'8".

<http://www.focaluprightfurniture.com/focal-standing-seat/>



= adj. height



= adj. arm rests



= adj. frame tilt



= adj. lumbar support



= big & tall

Chairs

Lumbar Support Cushions

Use these cushions to place your spine in an ergonomically-friendly posture without the need to purchase a new chair.

Contour
Lumbar Back
Cushion



Cushion has three-way support that adjusts to lateral and multi-directional movement so that user can move comfortably without having to re-adjust. Dimension: 13"L x 14"W x 5"D (at the thickest on the far edges). Cover is removable for cleaning.

<https://www.relaxtheback.com/index.php/contour-lumbar-back-cushion.html?green=B28917CB-9D49-59AD-9130-D653DB0C89FF>

Contour Lumbar
Cervical Back
Cushion



Conforms to body contours to relieve pressure on lower back and neck areas. Made of temperature-sensitive memory foam, covered in removable and washable Black Terry Cloth.

<https://www.relaxtheback.com/supports/contour-lumbar-cervical-back-cushion.html>

Sculpted Shape
Memory Foam
Cushion



10 zones of support and tapered bottom to reduce pressure on the hips.

<https://www.ebay.com/i/132352133090?chn=ps&displtem=1>

↑↓ = adj. height

↙↘ = adj. arm rests

↕ = adj. frame tilt

👤 = adj. lumbar support

↔ = big & tall

Chairs

High Back
Backrest
Support



Polycarbonate “S”-shaped frame with polyurethane foam for support of natural spine contour. Hypoallergenic cover can be removed and spot washed.

<https://www.relaxtheback.com/obusforme-highback-backrest.html?gclid=EAlalQobChMIppi1sazc1gIVVVGCh0JuAKiEAAYASAAEg>

Memory
Foam
Lumbar
Support
Cushion



Adjustable double elastic straps to keep cushion in place. Made of breathable mesh fabric to help prevent perspiration.

<https://www.easyposturebrands.com/products/easy-posture-lumbar-support-cushion-for-chairs>

Memory
Foam
Lumbar
Support
Cushion



Helps shape spine into correct “S” shape. Polyurethane foam; available in 4 different colors.

<https://www.relaxtheback.com/obusforme-lowback-support-cushion.html>



= adj. height



= adj. arm rests



= adj. frame tilt



= adj. lumbar support



= big & tall

Chairs

Mesh
Lumbar
Back
Support



Durable elastic strap to fit chair securely.
Breathable mesh fabric to allow air circulation.

<http://a.co/7LI5UYJ>

Memory Foam
Lumbar/Back
Support



Cushions can be moved independently to achieve customized support. Straps to hold each cushion in place.


<https://www.walmart.com/ip/Lumbar-Cushion-Memory-Foam-Back-Support-Black-Size-13-X-6-Inches-1-Ea/186261766#about-item>


Memory Foam
Mid-Spinal and
Lower Back
Cushion





2-tiered support system features mid-spinal and lower lumbar support. Three-way attachment keeps cushion in place.


https://www.staples.com/Fellowes-Professional-Series-Back-Support-Cushion-Black-8037601/product_683665

 = adj. height

 = adj. arm rests

 = adj. frame tilt

 = adj. lumbar support

 = big & tall

Desks

Look for the following symbols below each product name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.



Adjustable Keyboard Tray/Surface

If applicable, the desk has an adjustable keyboard tray so that you may place your arms in a 90° angle whether you are sitting or standing.



Stand-Biased/Fixed Desk

These desks have a fixed height so that all work will be performed while standing. This desk is optimal for walk-up workstations with occasional use.



Fixed Increments

Desk is adjustable in fixed increments. These are pre-set and usually fit people of a particular height.



Electric Desk

Desk is adjustable in infinite increments and allows customization depending on the user.

Desks

Standing desks allow for regular muscle flexing, promoting blood circulation and aiding in regulation of blood sugar levels. These desks are equipped with different mechanisms for switching from a seated to a standing height, from counter-balancing to electric switches. The benefits of standing while working include burning more calories, alleviating back pain and increasing focus and alertness when compared to seated work.

Counterbalanced Desks

Varidesk Pro
Plus 36



Spring assisted lift capable of 11 different height adjustments, max of 17.625" (desktop) and 14" (keyboard). Keyboard deck lifts with display at fixed height. Companion app available for sit/stand reminders.

<http://www.varidesk.com/standing-desk-pro-plus-36>

ErgoTron
Workfit-T,
Sit-stand
Desktop
Workstation



15 inches of vertical adjustment. Uses counterbalance technology to raise height, adjustable through hand break release or activation.

<http://www.ergotron.com/ProductsDetails/tabid/65/PRDID/915/Default.aspx>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

ErgoTron
WorkFit-S,
Single HD
Sit-Stand
Workstation



Includes height-adjustment column, desk clamp, LCD pivot and keyboard tray with left/right hand mouse tray. Max 35 lbs. load capacity.

<http://www.ergotron.com/ProductsDetails/tabid/65/PRDID/559/language/en-US/Default.aspx>

ErgoTron
WorkFit-D,
Sit-Stand
Desk



Uses patented technology that provides fluid, one-touch adjustment. 20" height adjustment and four leveling glides for uneven floors.

<http://a.co/0lqftZ>

Victor DC350



Height adjustable surface independent of height adjustable monitor arms. Monitor height, tilt and distance can also be adjusted.

<http://a.co/eCacXEf>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

Mechanical Desks – Pin

Global
773169GY or
773169AK
Sit-Stand
Computer
Table



Adjustable to heights between 26"-28" from the ground. Surface made from Medium Density Fiberboard with laminate, with a weight capacity of 350 lbs. for legs and 100 lbs. for desktop.

<http://www.globalindustrial.com/p/office/computer-furniture/desks/height-adjustable-table-30x24-oak?trackType=3&trackPrimKey=0&trackCatKey=6339&webCatKey=128&presentType=7>

Cirrus Spring
Pin Sit-Stand
Desk



This desk has six stop position with a range from 6" from 24" to 30" from the ground.

<http://www.smartdesks.com/sit-stand-desks-spring-pin-height-adjust.asp>

Mechanical Desks – Crank

60" Crank
Adjustable Sit
to Stand Up
Desk
(with heavy duty
Steel frame)



Crank adjustable form 29" to 40.75" (lower surface) and 33.5 to 45.25" (upper surface). 59" wide work surface. Includes 3" furniture casters, with two locking brakes. Assembly necessary.

<https://www.standupdeskstore.com/60-crank-adjustable-sit-to-stand-two-tier-desk-with-steel-frame>



= fixed increments



= adj. keyboard/tray surface



= electric desk



I = stand biased/fixed height

Desks

Up Desk
Crank up
Desk



Manual lift with light-touch hand crank, adjustable from 26.5" to 42.5". 225 lbs. capacity.

<https://myupdesk.com/crankups>

Rebel Desk
Adjustable-Height
Crank-Up
Standing Desk
with Teak Top



Adjustable height from 28" to 48".

<https://www.rebeldesk.com/product/rebel-crank-up-1000-teak-top/>

Electric Desks

Ergo Depot
AD129
Adjustable
Desk



Electric adjustments between 25" and 52" with a speed of 1.2" per second. Overall lifting capacity of 220 lbs. available in beech or veneer.

http://www.ergodepot.com/Ergo_Depot_AD129_Adjustable_Height_Desk_p/ad129.htm



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

UPLIFT 900
Adjustable-Height
Standing Desk



Features 26" of height adjustment, telescoping legs, soft start and stop and low-draw transformer for electricity conservation when not lifting/lowering. Standard comes with push and hold up/down keypad.

<https://www.upliftdesk.com/adjustable-height-desks/?gclid=COKCqv6v3NYCFQUHaOod0KoKVA>

Nextdesk Air



Features digital LED display and 267 height options, with programmable memory to save different heights. Includes soft start/stop technology.

<http://www.nextdesks.com/air>

Anthro Elevate II



Adjusts between 28" and 47" with a weight capacity of 150 lbs. Equipped with cable management tray.

<http://www.anthro.com/products/elevate-ii-single#.VYmu7FhmWxt>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

Ergo Depot
Jarvis



350 lbs. lifting capacity. Adjustable from 25.5" to 51" at an adjustment speed of 1.5" per second with soft start/stop and 4 programmable memory presets. LED display included. Adjustable foot leveling studs for uneven flooring.

http://www.ergodepot.com/Jarvis_Desk_p/jrv.htm

Geek Desk v3



Available in two frame sizes, three top sizes, and three top finishes. Lowers to 23" and extends to 49", with a 275 lb. lifting capacity.

<http://www.geekdesk.com/geekdesk-v3>

Stand-Biased/Fixed Height Desks

NewHeights™
Fixed Height
Standing Desk



Standard height of 29" but is also available in custom heights from 22"-52". Available with work surface or base only. Bases available for deep work surfaces of 24" and 30".

<http://www.raproducts.com/newheights/fixedheight.php>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

NextDesk Up



Height built to order, with top at 31.5 inches deep. Available in two widths. Standard width is 63.5" and EXT model is 79".

<http://www.nextdesks.com/up>

Yze™ Standing Desks



Powder coated 16" and 18" gauge steel stands. Equipped with dual-level footrest. Available in single or two-student width.

<http://www.stand2learn.com/desks.html>

Humanscale Float



Adjusts through a counterbalance mechanism. Height range from 25.5" to 47" and needs no electricity to modify height.

<https://www.humanscale.com/products/product.cfm?group=float>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Desks

Steelcase
Airtouch



Features up/down adjustment using two fingertips on the handle. Height range is 26"-43" with 150 lbs. weight capacity.

<https://www.steelcase.com/products/height-adjustable-desks/airtouch/>

Standee
Classic
Standup
Desk



Ranges from 10" to 16" and sits on top of a desk. Can fold flat while not in use.

<http://standeeco.com/products/standee-classic-1>

desk2stand™
Kit



Designed to convert regular office desks to standing height. Kit includes 4 risers molded from military grade, fiber-glass reinforced nylon.

<http://desk2stand.com/t/desk2stand-kit>



= fixed increments



= adj. keyboard/tray surface



= electric desk



= stand biased/fixed height

Monitors and Attachments

Look for the following symbols below each product name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.



Neck Support

Movement to view content between screens or from a document to a screen can cause neck pain. Neck support can be provided by properly placed screens and document holders.



Eye/Vision Support

Viewing a screen for prolonged periods can strain eyes and cause fatigue. Items such as screen filters and monitor arms can reduce this strain, allowing for more productivity.



Wrist Support

Constant writing, typing and mousing for short, frequent tasks such as form-filling can cause arm and wrist pain. This can be alleviated by the use of touch screen monitors.

Monitors and Attachments

Monitor placement is key to an ergonomic workstation. Arm stands, monitor mounts and the appropriate monitors can provide neck relief and reduce eye strain during everyday use.

Touch Screen Monitors

Dell 23 Touch
Monitor
P2314T



Responsive 10-point touch capability. Stand offers optimal application and game control, as well as viewing comfort. VGA, USB, DP and HDMI ports included.

<http://www.dell.com/touchmonitorforhome>

Acer T2



Multi-touch, WQHD resolution. Design allows you to use the screen with a tilt.

<http://us.acer.com/ac/en/US/content/series/t2>

Planar
Helium
Series



Features 24" and 27" multi-touch options, with edge-to-edge glass surface. Include Helium Desk Stand for controlled user experiences.

<http://www.planar.com/products/desktop-touch-screen-monitors/24-inch/helium/>



= neck support



= wrist support



= reduces eye strain

Monitors and Attachments

Monitor Arms

VersaTech™
Monitor Arms



Adjustable monitor arm allows easy movement of computer screens.

<http://www.alimed.com/monitor-arms.html>

Xtend 26"
Monitor Arm



Provides 26" of reach and 13" of height adjustment. Pole-free design allows arm to fold into short space. Tool free installation included mounting hardware kit and instructions. Arm swivels 360° around the base.

<https://www.knapeandvogt.com/product-page/xtend-monitor-arm>

Workrite
Poise™



Pneumatic counter balance allows fingertip control and folds to just 4" deep for extra space. 360° rotation. Supports up to 22 lb. monitors.

<http://workriteergo.com/poise/>

= neck support

= wrist support

= reduces eye strain

Monitors and Attachments

Chief®
Dual/Triple/Quad
Monitor Stand



Dials lock screen adjustments in place. Available for two, three or four monitors, in silver or black. 15° tilt and 90° swivel.

<http://www.chiefmfg.com/Monitor-Mounts/Multi-Monitor>

Laptop Stands

Chief® Dual-Arm
Mount with
Monitor and
Laptop Tray
Combination



Equipped with mounts for a screen and a laptop. Allows easy customization.


<http://www.chiefmfg.com/Monitor-Mounts>

Chief® Laptop
Arm with
options for
Desk, Wall or
Pole Mount




Mount can be used on desks, walls or poles. Laptop tray provides an ergonomic solution for laptop use.

<http://www.chiefmfg.com/Series/KRA300>

 = neck support

 = wrist support

 = reduces eye strain

Monitors and Attachments

3M™ Vertical
Notebook
and Tablet
Riser, LX550



Position your screens at an ergonomic height. Riser has 3" of vertical adjustability, with cable management feature to keep cords organized. Non-skid base.

<http://a.co/hurrad4>

Monitor Filters

3M™
Professional
Anti-Glare
Filters



Effectively reduces glare by 95% and blocks 99.9% of radiation. Flat screen design, no-slip arms to keep filter on monitor. Lifetime warranty.


https://www.3m.com/3M/en_US/company-us/search/~/3M-Executive-Anti-Glare-Filter-for-17-18-Desktop-Monitor?N=5002385+3294772874&rt=rud

Kantek
Glare
Filter



Protects surface from scratches and abrasions. Frameless design, easily attaches to monitor. Glare is eliminated or reduced. Neutral, light tint for true color fidelity.

<http://www.kantek.com/proddetail.php?plD=LCD19>

 = neck support

 = wrist support

 = reduces eye strain

Monitors and Attachments

Kantek
LCD Privacy
Filters



Attaches to monitor with hook-and-loop side strips. Front viewing is clear while side view is blurred for privacy. Reduces glare to ease eyestrain. Available for monitors from 15" – 20".

<http://www.kantek.com/c-106/Privacy-Filters.html>

Kantek
Privacy
Filter



Helps ensure privacy of on-screen data. Creates a narrow viewing angle, making image only visible to those directly in front of the screen. Eliminates glare and increases contrast while protecting screen surface from damage.

<http://www.kantek.com/c-106/Privacy-Filters.html>

3M™
Notebook
Privacy
Computer
Filter



Improves contrast and privacy without blurring. Stays in place when notebook is closed. Fits most laptops. Lifetime warranty.

https://www.3m.com/3M/en_US/company-us/search/~/3M-Privacy-Filter-for-13-3-Edge-to-Edge-Widescreen-Laptop?N=5002385+3293060319&rt=rud



= neck support



= wrist support



= reduces eye strain

Monitors and Attachments

Document Holders

Memoscape
Plus



Combines in-line and horizontal document support. Adjusts from small to full-sized documents. For use with keyboard trays and monitor arms. Adjustable height, angle and position. Includes erasable personal messaging system.

http://vu-ryte.com/shop/index.php?main_page=product_info&cPath=66&products_id=183&zenid=6cd73dfc192cc5665eb9c0cbf19a2ded

n-Line
Document
Holder



Positions documents between monitor and keyboard to help reduce eye, neck and shoulder movement. Supports books, catalogs, and just about any size document. Black/Clear.

https://www.3m.com/3M/en_US/company-us/search/~//3M-Flat-Panel-Document-Holder-DH445?N=5002385+3294307932&rt=rud

VuRyte
Document
Holder



Fits onto your monitor arms. Easel comes in 18" or 14" wide. Includes hardware to attach to any monitor arm with, easel, clip, and line guide.

http://vu-ryte.com/shop/index.php?main_page=index&cPath=66



= neck support



= wrist support



= reduces eye strain

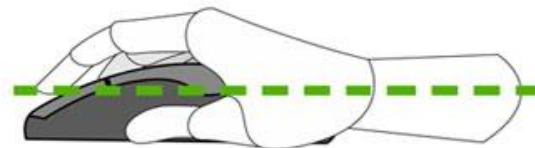
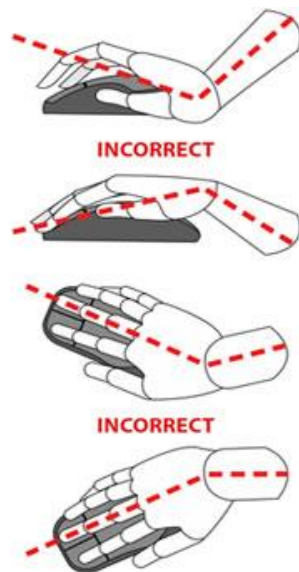
Arm/Wrist Supports, Mouse/Trackpads, and Keyboards

Look for the following symbols below each product name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.

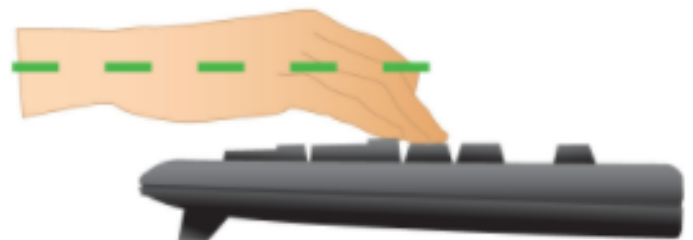
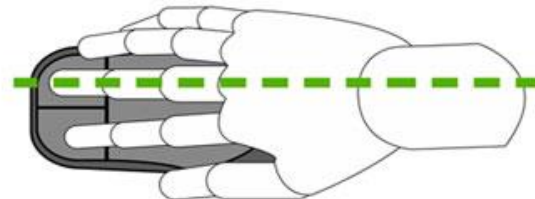


Hand/Wrist Support

Proper hand placement during typing is not always achievable through the same keyboard for everyone. The following products provide wrist support beyond a regular keyboard and allow accommodation for different hand and body types.



CORRECT



Arm/Wrist Supports

Proper shoulder, forearm, and wrist posture – along with frequent breaks – can prevent painful symptoms associated with prolonged typing and mousing. Arm/wrist supports aid in reducing contact pressure and aligning joints to produce neutral postures.

ErgoRest®
Articulating
Arm Support



Provides arm support without restricting motion. Includes clamps for work surfaces up to 1-5/8" thick. Provides 17" of reach and 3" of vertical adjustment. Holds up to 35 lbs. *Tall clamps attach to thick surfaces up to 2-1/2".

<http://ergorest.com/en/products/330-Series/>

Morency
Rest



Soft padded nylon that is easy to clean. Clamps to the front edge of desks 5/8" to 1-3/4" thick.

<http://www.morencyrest.com/key.htm>

3M Gel-Filled
Wrist Rest



Pressure-relieving gel covered with nonwoven, low-friction fabric. Heat and moisture resistant. Adjusts to two heights to match keyboard. Non-skid base secures wrist rest to work surface.

https://www.3m.com/3M/en_US/company-us/search/~/3M-Gel-Wrist-Rest-for-Keyboards-Soothing-Gel-Technology-for-Comfort-and-Support-Black-WR85B?N=5002385+3292230635&rt=rud

Arm/Wrist Supports

AliMed® 1" Soft Wrist Rests



Features top layer of molding foam and a bottom layer of supportive foam. Cloth cover is removable for easy cleaning.

<http://www.alimed.com/alimed-1-soft-wrist-rests.html>

Goldtouch Gel-filled Mouse Pad



Gel-filled mouse pad to relieve pressure in hands and wrists.

<http://www.goldtouch.com/mouse-pads-wrist-rests/>

Mouse/Trackpads

Frequent clicking and browsing can cause overuse of muscles within the wrist and fingers, leading to pain or discomfort. Ergonomic mice or trackpads position your hand at a more neutral posture, allowing for more natural clicking and ease of scrolling.

Contour
Design
RollerMouse®



Fortified by an aluminum body. New tracking technology inside rollerball, with dual laser sensors for increased cursor accuracy.

<http://a.co/hLWYYfF>

Contour
Design
RollerMouse
Pro3



Sits below keyboard to eliminate need to reach for mouse. Update to original design.

<http://a.co/1jEEXcs>

Contour®
Optial Mouse



Rubberized surfaces for easier grip with a shape that is molded to fit hands. Multiple sizes and right/left hand orientation available. Scroll wheel and rocker switch located on the side for use with thumb.

<https://www.contourdesign.com/product/contour-mouse/>

Mouse/Trackpads

DXT2 Mouse



Enables the hand to work in a relaxed position. Ambidextrous design, designed to be held by fingers only.

<http://www.kinesis-ergo.com/shop/dxt-wired-mouse-2/>

Logitech Trackballs



Track ball moves the cursor so that you don't have to move your hand/arm. Available in wireless or corded versions.

<http://www.logitech.com/en-us/mice-pointers/trackballs>

Evoluent™ VerticalMouse 4



Supports hand in relaxed handshake position. Laser sensor controls pointer speed and can be adjusted without changing grip. Has six programmable buttons, vertical scroll, auto click and auto lock.

<http://evoluent.com/products/vm4r/>

Mouse/Trackpads

Penguin
Ambidextrous
Vertical
Mouse



Enabled for right and left hand use throughout the day, to decrease musculoskeletal pressure on either hand.

<http://www.posturite.co.uk/ergonomic-mice-keyboards/ergonomic-mice/penguin-mouse.html>

Oyster
Mouse



Adjustable to 5 different angles. Ambidextrous design, available wired or wireless.

<https://www.ergonomicsnow.com.au/keyboards-mice/ergonomic-computer-mouse/ergonomic-vertical-mouse/oyster-mouse>

Magic
Trackpad
for MAC



Uses gestures such as swiping, scrolling, etc. to interact with content on the screen.

<https://www.apple.com/shop/product/MJ2R2LL/A/magic-trackpad->

Logitech
Rechargeable
Touchpad
T650
for Windows



For Windows navigation. Glass touch area, click-anywhere surface, USB rechargeable, wireless and full range of touch gestures. Receiver connects up to six compatible mice and keyboards using just one USB port.

<http://a.co/79G8Bn0>

Keyboards

Wrist posture during typing can force hands into unnatural positions that may cause pain with prolonged keyboard use. These keyboards separate wrists and place them in more neutral angles, reducing strain and pressure on tendons.

MS Natural
Ergonomic 4000
Keyboard



New zoom in/out feature and easy, one touch technology so you can type in a more natural position. Customizable hot keys for common tasks.

<http://www.microsoft.com/hardware/en-us/keyboards>

Goldtouch™
Adjustable
Keyboard
(TENTED)



Tenting allows for more natural positioning of hands, arms, and shoulders. Optional dedicated keypad available.

<http://www.goldtouch.com/ergonomic-keyboards/>

Kinesis
Freestyle2 Solo
Keyboard
(Split)



Can be fixed together with pivot tether that allows adjustment of opening angle, but can also adjust to up to 9" after removal of tether. Separate 10-key is available, USB compatible.

<http://www.kinesis-ergo.com/shop/freestyle2-for-pc-us/>

Phone Headsets

Look for the following symbols below each product name to determine whether its features provide ergonomic support in the area you seek, or is available with the features you require.



Neck Support

Cradling a phone between the ear and shoulder can lead to neck pain due to the unnatural posture of the spine. Phone headsets can help relieve this pain while freeing the arms and hands for more movement.



Phone Headsets

Phone use typically requires multi-tasking. Performing duties such as writing or typing while on the phone can lead to “phone cradling” – holding the phone between your shoulder and head. Headsets free your hands while enabling you to remain on a call, therefore decreasing shoulder and neck strain.

Sennheiser
OfficeRunner
Convertible
(Overhead/Ear loop)
Wireless and
Noise-cancelling
Microphone



Can be used up to 400 feet away from your phone. Equipped with noise-cancelling microphone.

<http://en-us.sennheiser.com/headsets>

Sennheiser
VersaMate
Convertible
(Overhead/Ear loop)
Corded



Can be used with ear loop or headband attachment.

<http://en-us.sennheiser.com/headsets>

Sennheiser
DeskMate
Overhead,
Corded, and
Noise-cancelling
Microphone



Covers only one ear with a soft leatherette ear cushion, which can be worn on either ear.

<http://en-us.sennheiser.com/deskmate-hsc-260>

Phone Headsets

Plantronics
CS540
Convertible
(Overhead/Ear loop)
Wireless and
Noise-cancelling
Microphone



Light design – only 21 grams. Up to 350 feet of range. Conference up to three additional CS headsets. Noise-cancelling microphone. Provides 7 hours of continuous talk time.

<http://www.plantronics.com/us/product/cs500>

Plantronics
EncorePro 540
Convertible,
Overhead, Ear Loop,
Around-the-neck,
Noise-cancelling
& Coded



Wearable in 3 different ways. Flexible microphone for optimal voice clarity. Quick Disconnect cord allows you to walk away from your desk.

<http://www.plantronics.com/us/product/encorepro-540>

Plantronics
Supraplus Wideband
Overhead, Coded,
and Noise-cancelling
Microphone



Single ear design and high audio quality. Bendable microphone stays in position.

<http://www.plantronics.com/us/product/supraplus-wideband>

Software

From dictation software to break reminders to activity-tracking, computer software and applications can aid in your ergonomic setup and the development of better work habits.

Dragon
Naturally
Speaking
Software



Allows you to dictate documents in Microsoft Word, Corel WordPerfect, or OpenOffice Writer. Sent e-mail in Microsoft Outlook or Windows LiveMail. Search the web using Internet Explorer, Mozilla Firefox, or Google Chrome.

<http://www.nuance.com/dragon/index.htm>

Wellnomics®
WorkPace®



Software runs in the background to monitor levels of computer use and when and how often breaks are taken. This information is then used to provide training, breaks, and exercise reminders plus work load feedback tailored to each user.

<http://www.wellnomics.com/>

Remedy
Interactive
Office
Ergonomics
Software



Provides employees personalized office safety information, collects continuous data to provide up-to-date Risk Information, promotes safety with personalized ergonomics to-dos, has intelligent break reminders and capable of providing safety training.

<http://www.remedyiinteractive.com/>

Software

Efficiency
Software
SitStandCOACH



Advises users when to alternate their sitting and standing position. The software monitors computer use and mousing patterns to develop a sit-stand cycle.

<https://www.efficiencysoftware.com/sitstandcoach/>

BreakFree
for Androids



This application tracks phone and app usage, producing easy-to-read graphs and statistic, allowing you to control phone usage. Includes non-intrusive notifications, phone management tools and parental control.

<http://www.breakfree-app.com/>

Moment
for iPhones



Put down your phone and get back to your life

Know how much you use your iPhone or iPad each day. Application allows you to set daily limits on phone use and be notified when you surpass the limit. Moment Family app also available for tracking of family phone use.

<https://inthemoment.io/>

Questions

If you have any questions about workplace ergonomics or product selection, email an ergonomics specialist at ergonomics@tamu.edu.