






04.12b Computer workstation accessories

Ergonomics may be described as the study of designing equipment to fit the human body, its movements and cognitive abilities. In recent decades the term has been increasingly applied to office furniture and accessories. When purchasing office equipment or accessories it is important to appreciate that “one size does not fit all”.





Care must be taken to ensure that the equipment is suited to the user (e.g. correct height of wrist rest), the equipment is designed to be used for the task required and that the term “ergonomic” has not been used as a gimmick or marketing tool.

As well as height adjustable desks and chairs ergonomic accessories for office workers may include document holders, wrist supports, monitor arms, footrests, headphones, monitor stands, separate number pads, antiglare and privacy monitor filters, specialist lighting, marking desks, laptop risers and a range of different keyboards and mouse.

A range of products are available from UNE preferred supplier Complete Office Supplies (COS) www.cos.net.au

COMPUTER MONITOR RISER PREMIUM	DEST6086	PREMIUM MONITOR RISERS. Finally, you and your computer will see eye to eye! Innovative stacking columns allow for height adjustment for maximum viewing comfort. Premium features 5 height adjustments from 64-135mm. Premium 21inch Monitors/36kg91717Ea	
COMPUTER LAPTOP RISER FELLOWES SMART SUITE	DEST6114	Raise your screen to eye level to prevent neck strain and ensure comfortable viewing. Fellowes Laptop Riser features venting to improve air flow at back of laptop and a triangular design to allow riser to fit neatly into a desk corner. Includes three height adjustments, large accessory/personal electronics pocket to store items for easy access and USB 2.0 4-Port Hub. Supports up to 17" laptops. Black and Silver. Each.	
3M DH445 FLAT PANEL COPY HOLDER	COPY2070	3M monitor mount document holders boost productivity by increasing employee comfort with document holders that relieve neck, head and shoulder tension. DH445 is lightweight with grooved ledge and height adjustable clip to secure sheets for either a portrait or landscape view. LCD/Flat Panel Monitors Black DH-445, Each.	
KENSINGTON A4 CURVED DESKTOP EASEL	COPY0513	CURVED COPY HOLDERS Reduce strain - unique curved design cuts glare and optimizes optical viewing distance! Hold A4 to legal paper size, with left and right fitting swing-away line guide. Desktop/Easel Style Base sits anywhere on your desktop and has 6 different angle settings. Dimensions - 245W x 370H x 55Dmm. Desktop/Easel Style 200119 Black. Each.	
A4 LANDSCAPE INLINE HOLDER	COPY0515	Kensington A4 Premium In Line Book and Document Holder reduce neck and eye strain. Curved copyholders feature a curved surface for an optimised viewing distance. They hold A4 to legal sized documents and feature a left and right fitting swing away line guide. Allows vertical and horizontal movement. Position documents or books between the monitor and keyboard for improved computing comfort. Use your SmartFit comfort color to set the correct viewing angle. Can be used on desktop surfaces or under desk keyboard platforms and folds over keyboard. Dimensions: 410W x 235D x	

04.12b Computer workstation accessories

		250Hmm, Each.	
4A CURVED WEIGHTED DOCUMENT HOLDER	COPY0530	Reduce neck and eye strain. Curved Copyholders feature a curved surface for an optimized viewing distance. They hold A4 to legal sized documents and feature a left and right fitting swing away line guide. Allows vertical and horizontal movement. Dimensions - 245W x 370D x 95Hmm. Weighted Base. 200120. Black. Each.	
KENSINGTON ADJUSTABLE FOOT REST	DEST1040	Greater comfort with an angle tilt and special non-slip surface! Rigidly constructed from extra strong materials to last and last. Adjustable height provides support suitable for most users. 85H x 490W x 350D mm. Black. Each.	
KENSINGTON SOLEMATE FOOT REST	DEST1035	Ensure maximum comfort and relieve pressure on the lower back. The Adjustable Footrest is made from strong PVC and features a tilt adjustable platform with a maximum height of 20cm. The Solemate Plus Footrest has a non-slip surface and features 6 different height adjustments that can be locked into position. 95H x 560W x 365D mm. Black/White. Each.	
FELLOWES PROFESSION SERIES STEEL FOOTREST	DEST1022	Maximum comfort - Improves posture. Adjustable ergonomic design ensures your legs and feet are firmly supported, alleviating pressure on back of thighs to reduce leg and lower back strain. The Professional Footrest simple height adjustment provides three platform heights for extra comfort and also features a steel structure for added durability. No fixed angle enables rocking motion for increased circulation. Non-slip platform. 564W x 350D x 120Hmm. Black. Each.	

Other suppliers and options

Docuglide Writing Slope

With Docuglide positioned between the monitor & keyboard, you can combine reading, writing & copy typing functions while maintaining ergonomically correct posture

With one easy movement, you can pull Docuglide's gliding desktop over your keyboard allowing correction or review of your document without touching the keyboard.



04.12b Computer workstation accessories

Dimensions:

Height at rear: 12.5 cm – adjustable between 12.5cm & 16cm

Width: 50cm

Depth: 29cm to 44.5 with gliding desktop extended

Weight: 1.5 kg



Colour: Light Grey

<http://www.ppsergo.com.au/>



Product Code	Description	Price Ex GST	10% GST	Price Inc GST
DGL100	Docuglide	\$153.00	\$15.30	\$168.30 prices may vary at time of purchase

Sun-Flex Portable Laptop Station

- Lightweight, portable and comes with a carry sleeve
- Stand is width extendable from 182 mm to 275 mm to accommodate larger laptops
- 6 different height increments
- Sturdy rubber-covered front
- Weight: 360 gms

Product Specifications:

Dimensions

Folded: 182 mm (w) x 255 mm (d) x 10 mm (h)

In Use: 182 mm (w) x 240 mm (d) x 250 mm (h)

Lip: 46mm (d)



04.12b Computer workstation accessories



Product Code	Description	Price Ex GST	10% GST	Price Inc GST
S100123	Sun-Flex Portable Laptop Station	\$81.00	\$8.10	\$

<http://www.ppsergo.com.au/>

The advantage of a lap top stand is that it encourages the user to adopt correct posture by:

- Improving keyboard position
- Raising screen to eye level and
- Hopefully reduces pain across shoulders and neck

http://www.ergonomicrescue.com.au/Products/STANDIT_laptop_stands.htm Cost \$39.95



Arm supports and posture pods are available in a range of sizes



Costs vary \$200- \$400 but care must be taken to check attachment is suitable for current desk

04.12b Computer workstation accessories

<http://www.ergonomicsnow.com.au/products/ergorest>

OPC 600

Provides a comfortable, curved & padded wrist & forearm support for sustained keyboard/mouse use. It helps reduce shoulder & wrist strain by keeping wrists in a neutral position and also allows you to rest your arms during a break. The OPC600 forearm support simply clamps to your desk.

Installation: Clamps to desks

Materials: Foamy padding & fabric upholstery

Length: 860 mm

Thickness: 27 mm

Width: 310 mm(maximum)

Colour: Grey

Product Code	Description	Price Ex GST	10%
OPC300	OPC Forearm Support - Single	\$106.50	\$10
OPC600	OPC Forearm Support	\$215.00	\$21

Prices are guide only. Price may vary at time of purchase. <http://www.ppsergo.com.au/>



The Ergonomic Pen with its specially designed soft grip making it ideal for arthritis or weak hands.

.Dimensions

11cm length x 4cm width. Materials ABS Cost approx \$7

<http://www.aidsfordailyliving.com.au/ergonomic-pen>

04.12b Computer workstation accessories



Penlic pen mouse – available for Mac and Pc users

<http://www.pcmag.com/article2/0,2817,2393653,00.asp>



Adesso's Easy Cat with Glidepoint Technology can be used instead of a mouse. Simply glide your finger over the smooth surface of the pad and gently tap on the pad or click the buttons to perform all cursor movement functions.

Cost approx \$99 <http://www.ergonomicsnow.com.au/products/adesso-easycat>



Other graphic tablets include digitizing tablets, graphics pad, drawing tablets and pen tablet such as G-pen and mouse pens

04.12b Computer workstation accessories



<http://www.wacom.asia/au/bamboo-tablets>

Trackball mouse

These are made by a number of manufacturers (Kensington, Logitech etc) and vary in price from \$45– \$129.00.

Trail before you buy if possible



Roller bar mouse are not suitable for all users especially those who are self taught typists and use a drop wrist posture Costs range from \$150.00 - \$350

04.12b Computer workstation accessories



Vertical mouse are only suited to a small sector of computer users. Gripping the vertical mouse can exacerbate existing injuries.

Vertical mouse can be purchased for right and left hand users. Costs range for \$75-\$200



The range of mouse are continually expanding as manufacturers try to combine state of the art technology with usability. Handshoe mouse is designed to avoid hand wrist movement. Cost approx \$185.00

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Ergonomic keyboards came in a range of different designs . Some have intergrated wrist supports and mouse, some are widely spaced, some have split design others have downsloping (useful fortypists with drooping wrists) or freestyle inclines.



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