**Introduction**

This catalog is a compilation of office ergonomic equipment vetted through the University of California Ergonomics Workgroup, other public entities, and feedback from users. The goal of this catalog is to provide a listing of equipment that is ergonomically designed and will meet the individual needs of your employees.

Before selecting a specific item, we encourage you to complete an ergonomic evaluation to identify how an employee interacts with their office/computer workstation, so the employee’s specific needs are assessed. Evaluating how an employee interacts with their computer equipment and office furniture is the first step towards identifying engineering, administrative, or personal protective equipment controls that may reduce an employee’s risk of an injury or illness. This catalog is not meant to be a substitute for, or a legal interpretation of, recommendations or accommodations requested by an ergonomist, industrial hygienist, physical or occupational therapist, or other medical professionals.

**Using this Catalog**

This catalog has been divided up into eight sections with additional resources located on page 35. The table of contents will help you identify the beginning of each section. Specifications and the best application for the equipment have been provided.

A free resource to assist with identifying which chair may best fit an employee is the [Sitmatic GoodFit App](https://sitmatic.com/goodfitapp/). While the Sitmatic app provides results for their chairs, dimensions can be used to match other chair manufacturers’ specifications. As with all ergonomic equipment, some fitting and training on proper use will be required. To aid in this process, please reference the following videos:

* [The Back School Video Solution Series](https://thebackschool.net/resources/video-solutions-series). This webpage offers a collection of informational and instructional videos on the topics of selecting a proper chair, keyboard, mouse, sit-stand desk, and adjusting an ergonomically designed chair.
* UCLA Health Ergo Training Video
  + [Workstation without Keyboard Tray (English)](https://vimeo.com/199835502/952cfc9823)
  + [Workstation without Keyboard Tray (Spanish)](https://vimeo.com/199835924/6a609653f9)
  + [Workstation with Keyboard Tray (English)](https://vimeo.com/199836735/9d05dba506)
  + [Workstation with Keyboard Tray (Spanish)](https://vimeo.com/199837052/6f15434b0a)

*Disclaimer: This ACWA JPIA Office Ergonomics Catalog is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.*

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# Chairs

| **Chairs** | **Manufacturer/Model** | **Description** | **Picture** |
| --- | --- | --- | --- |
| Petite | **Office Master**  [Paramount Series](https://www.omseating.com/series/paramount-value-series/)  PT69-KR-200 | **Seat Depth:** 16.5” – 19”  **Seat Width:** 19”  **Seat Height:** 17” – 22”  **Back Adjustability:** 3”  **Back Height:** 22”  **Back Width:** 17”  **Arm Width:** (horizontal – in & out adjustment: 1’ per side KR-200 only)  **KR-51M:** Memosoft arm pads, pivoting arm cap, mobility arms.  **Weight Capacity**: 300 pounds |  |
| Petite | **RMF**  [Trademark](http://rfmseating.com/portfolio-view/trademark/)  2515-480-13B-65MM-23A | **Seat Depth:** 17.5”  **Seat Width:** 18.5”  **Seat Height:** 18” – 20.5”  **Back Adjustability:** 3.5”  **Back Height:** 20” (Mid Back)  **Back Width:** 19”  **Arm Width:** (horizontal – in and out adjustment)  **Arm Height:** (vertical – up & down adjustment) 23A arms or 08A pivot arms  **Note:** 480 seat 18.5” w x 17.5” d (standard seat is 20” w x 19” d; 13B base (non-high hub base, 65mm cylinder.  **Weight Capacity:** 300 lbs. |  |
| Petite | **Sitmatic**  [GoodFit](https://sitmatic.com/seating-catalog/task-seating/goodfit-2/)  GU22 SE SH10 NC +1A (with Nano Cylinder) | **Seat Depth:** 17” – 19.5”  **Seat Width:** 19”  **Seat Height:** 15” – 17.75”  **Back Adjustability:** 6”  **Back Height:** 21” (Mid Back)  **Back Width:** 18”  **Note:** SE=Synchro ergo control; SH10=shallow seat; +1A armrests  +1M: wide memory foam armrest caps  **Weight Capacity:** 300 pounds |  |
| Petite | **Sitmatic**  [Alpha](https://sitmatic.com/seating-catalog/task-seating/alpha/)  163 SX AL + 1A | **Seat Depth:** 17.5”  **Seat Width:** 18.5”  **Seat Height:** 16” – 21.25”  **Back Adjustability:**  **Back Height:** 18.5”  **Back Width:** 16”  **Note:** SX=SynchroExec Control – independent back angle adjustment; adjustable seat depth; adjustable height; AL= air lumbar; width and angle armrests; +1A armrests  +1M: wide memory foam armrest caps  **Weight Capacity:** 300 pounds  . | C:\Users\lpatton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\13559D44.tmp |
| Petite-Wide to  Standard | **Herman Miller**  [Aeron](https://www.hermanmiller.com/products/seating/office-chairs/aeron-chairs/)  Mira2 | **Seat Depth:** 16.25” – 18”  **Seat Width:** 19.25”  **Seat Height:** A cylinder height 14.5" – 19.5”  B/C cylinder height 15" – 21  **Back Height:** 23”  **Back Width:** 21”  **Arm Width:** 18.5” – 20.5”  **Arm Width:** (horizontal – in and out adjustment)  **Arm Height:** (vertical – up and down adjustment)  **Weight Capacity:** 350 pounds | [Mirra 2 Chair](https://s7d2.scene7.com/is/image/HermanMillerStore/b2c_3x4crop?$image_src=HermanMillerStore/Mirra2Chair_MRF121PWFPN2G1BBG1BK1A703_Front&$b2c_1200x900_jpeg$) |
| Petite-Wide | **Office Master**  [Paramount Series](https://www.omseating.com/series/paramount-value-series/)  PT74-KR200 | **Seat Depth:** 17” – 19.5”  **Seat Width:** 20”  **Seat Height:** 17” – 22”  **Back Adjustability:** 3”  **Back Height:** 18”  **Back Width:** 17”  **Arm Width:** (horizontal – in and out adjustment) KR200 – 1.25” per side  **Arm Height:** (vertical – up and down adjustment) KR200 – 2.75”  **Weight Capacity:** 300 pounds |  |
| Petite-Wide | **RFM**  [Trademark](http://rfmseating.com/portfolio-view/trademark/)  2515-242-23A | **Seat Depth:** 18”  **Seat Width:** 20”  **Seat Height:** 18.5” – 21.75”  **Back Adjustability:** 3.5”  **Back Height:** 20” (Mid Back)  **Back Width:** 19”  **Arm Width:** (horizontal – in and out adjustment)  **Arm Height:** (vertical – up and down adjustment)  **Note:** 242 Small Seat 20” w x 18” d (standard seat 20” w x 19” d; 23A arms  **Weight Capacity:** 300 pounds |  |
| Petite-Wide | **Sitmatic**  [GoodFit](https://sitmatic.com/seating-catalog/task-seating/goodfit-2/)  GU23 SE SH20 + 1A | **Seat Depth:** 17” – 19.5”  **Seat Width:** 21”  **Back Height:** 16.75” – 20.25”  **Backrest Adjustability:** 6”  **Back Height:** 21” (High Back)  **Back** Width: 18”  **Note:** SE Synchro Ergo Control, SH20 shallow seat; +1A armrests  +1M: wide memory foam armrest caps  **Weight Capacity:** 300 pounds |  |
| Standard | **Office Master**  [Paramount Series](https://www.omseating.com/series/paramount-value-series/)  PT78-KR200 | **Seat Depth:** 18” – 20.5”  **Seat Width:** 21”  **Seat Height:** 17” – 22”  **Back Adjustability:** 4”  **Back Height:** 22”  **Back Width:** 19.5”  **Arm Width:** (horizontal – in and out adjustment) KR200 – 1.25” per side;  JR77 do not adjust horizontally  **Arm Height:** (vertical – up and down adjustment) KR200 – 2.75”; JR77 – 4.25”  **Weight Capacity:** 300 pounds |  |
| Standard | **RFM**  [Trademark](http://rfmseating.com/portfolio-view/trademark/)  2535-23A | **Seat Depth:** 19”  **Seat Width:** 20”  **Seat Height:** 18.5” – 21.5”  **Back Adjustability:** 3.5”  **Back Height:** 24” (Mgr. High back)  **Back Width:** 19”  **Arm Width:** (horizontal – in and out adjustment)  **Arm Height:** (vertical – up and down adjustment) 23A arms or 08A pivot arms  **Weight Capacity:** 300 pounds |  |
| Standard | **Sitmatic**  [GoodFit](https://sitmatic.com/seating-catalog/task-seating/goodfit-2/)  GU33 SE + 1A | **Seat Depth:** 19” – 21.5”  **Seat Width:** 21”  **Seat Height:** 16.75” – 20.25”  **Back Adjustability:** 6”  **Back Height:** 23” (High Back)  **Back Width:** 19”  **Note:** SE Synchro Ergo Control, +1A armrests  +1M: wide memory foam armrest caps  **Weight Capacity:** 300 pounds |  |
| Standard | **Steelcase**  [Leap](https://www.steelcase.com/products/office-chairs/leap/)  462 Series | **Seat Depth:** 15.75’’ – 18.75’’”  **Seat Width:** 19.25”  **Seat Height:** 15.5’’ – 20.5” (17’’ – 24’’ with 7’’ pneumatic)  **Back Height:** 25”  **Back Width:** 18”  **Arm Width:** (horizontal – in and out adjustment) 2.5’’ with 30-degree pivot  **Arm Height:** (vertical – up and down adjustment) 22’’ – 31’’  **Weight Capacity:** 400 pounds | Render |
| Standard | **Steelcase**  [Amia](https://www.steelcase.com/products/office-chairs/amia/?drawer_main=specs)  482 Series | **Seat Depth:** 15.5’’ – 18.5’’”  **Seat Width:** 19.375”  **Seat Height:** 16’’ – 21’’  **Back Height:** 25”  **Back Width:** 18.875”  **Arm Width:** (horizontal – in and out adjustment) 2.25’’ with 30-degree pivot  **Arm Height:** (vertical – up and down adjustment) 22’’ – 32.25’’  **Weight Capacity:** 400 pounds | Amia office chair |
| Wide/Tall | **Office Master**  [Paramount Series](https://www.omseating.com/series/paramount-value-series/)  PT79-KR200  (This chair is made for an employee that is over 6’-3” tall) | **Seat Depth:** 21.5” – 24.5”  **Seat Width:** 23.5”  **Seat Height:** 19.5 – 25”  **Back Adjustability:** 4”  **Back Height:** 28”  **Back Width:** 19.5”  **Arm Width:** (horizontal – in and out adjustment) KR200 – 1.25” per side; JR77 do not adjust horizontally; KR300 – 1.25” per side  **Arm Height:** (vertical – up and down adjustment) KR200 – 2.75”; JR77 – 4.25”; KR 300 – 2.75”  **Weight Capacity:** 300 pounds |  |
| Wide/Tall | **RFM**  [Trademark](http://rfmseating.com/portfolio-view/trademark/)  25-899-25A  (This chair is made for an employee that is over 6’-3” tall) | **Seat Depth:** 19”  **Seat Width:** 20”  **Seat Height:** 18.5” – 21.75”  **Back Adjustability:** 3.5”  **Back Height:** 24” (Managers high back)  **Arm Width** (horizontal – in and out adjustment)  **Arm Height** (vertical – up and down adjustment)  **Note:** 899 small seat size 19.5” w x 22” d (standard seat is 20” w x 19” d; 25A arms  **Weight Capacity:** 300 pounds |  |
| Heavy/Wide | **Office Master**  [Maxwell Series](https://www.omseating.com/series/maxwell-intensive-use-24-seven/)  MXIU 84  (petite backrest) | **Seat Depth:** 17” – 19.5”  **Seat Width:** 24”  **Seat Height:** 18” – 23”  **Back Adjustability:** 4”  **Back Height:** 20”  **Back Width:** 23.5”  **Arm Width:** (horizontal – in and out adjustment): 1” per side only KR 200 (JR 77 do not adjust horizontally)  **Arm Height:** (vertical – up and down adjustment): KR 200 – 2.75”; JR 77 – 4.25”  **Weight Capacity:** 450 pounds |  |
| Heavy/Wide | **Office Master**  [Maxwell Series](https://www.omseating.com/series/maxwell-intensive-use-24-seven/)  MXIU 88  (standard backrest) | **Seat Depth:** 17” – 19.5”  **Seat Width:** 24”  **Seat Height:** 18” – 23”  **Back Adjustability:** 4”  **Back Height:** 25”  **Back Width:** 23.5”  **Arm Width:** (horizontal – in and out adjustment): 1” per side only KR 200; (JR 77 do not adjust horizontally)  **Arm Height:** (vertical – up and down adjustment): KR200 – 2.75”; JR77 – 4.25”  **Weight Capacity:** 450 pounds |  |
| Heavy/Wide | **Sitmatic**  [GoodFit Big & Tall](https://sitmatic.com/seating-catalog/task-seating/goodfit-2/)  GU44 SY + 1A | **Seat Depth:** 22” – 24.5”  **Seat Width:** 24”  **Seat Height:** 16.75” – 20.25”  **Back Adjustability:** 6”  **Back Height:** 23” (High and Wide back)  **Back Width:** 21”  **Arm Width:** (horizontal – in and out adjustment): 2” range per side for +1N armrest option (width adjusts by fingertip lever; 6 positions; 10” long by 4” wide)  **Note:** SY=Advanced Synchron control, +1A armrests; +1M: wide memory foam armrest caps  **Weight Capacity:** 450 pounds |  |
| Heavy/Wide | **Steelcase**  [Leap Plus](https://www.steelcase.com/products/office-chairs/leap/)  462 Series | **Seat Depth:** 15..75’’ – 18.75’’”  **Seat Width:** 22.75”  **Seat Height:** 15.5’’ – 19.5” (17’’ – 24’’ with 7’’ pneumatic)  **Back Height:** 24.5”  **Back Width:** 20”  **Arm Width:** (horizontal – in and out adjustment) 3.5’’ with 30-degree pivot  **Arm Height:** (vertical – up and down adjustment) 22’’ – 30’’  **Weight Capacity:** 500 pounds | Leap Plus |

# Adjustable Desks

| **Adjustable Desks** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **Ergotron**  [Workfit S](https://www.ergotron.com/en-us/products/product-details/33-351#?color=black)  w/added work surface  33-351-200 (Single)  33-349-200 (Dual) | * Single sit to stand unit for both monitor(s) and keyboard * Range of adjustment 18” * Independent monitor range 5” * Tabs allow negative keyboard tray angle * Weight limit of approximately 30 lbs.   Check with vendor/rep to ensure installation is possible prior to purchase. | * Good unit for those who want a sit/stand functionality * Fairly large footprint limits access to desk surface * Not for everyone. Keyboard tray adjusts 4.25” below work surface. * Added work surface will accommodate in-line document holder * Need to ensure that keyboard tray goes low enough for user - so wrists are neutral * Tabs can be set under keyboard tray to provide negative tilt | C:\Users\lpatton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E97569B0.tmp |
| **Ergotron**  [Workfit SR](https://www.ergotron.com/en-us/products/product-details/33-420#?color=black)  Single HD: 33-416-085  Dual: 33-407-085 | * Sit to stand unit for both monitor(s) and keyboard * Range of adjustment 18” * Independent monitor range 5” * Dual unit can accommodate two displays up to 24” | * Desktop Model * Rear mounting unit * Does not extend below desk surface * Short surface needed if desk depth is between 24” – 29” * Good for tall end users (18” of height adjustability) * If sitting elbow height is below desk level, a keyboard tray will be needed, so wrists are neutral. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQ-kTyNkYsfYvTDC4unl12_YR4GsQluJ0ZUjA0pnUbv1cTv0Bfna8BQ61RhPNKhj_5FAfOvWQ-I&usqp=CAc |

|  |  |  |  |
| --- | --- | --- | --- |
| **Workrite**  [Solace](http://workriteergo.com/solace-single-sit-stand/)  SOL-ST-CCG-2 (Single)  SOL-ADPT-TWIN-S (Dual)  For 2 monitors, must add optional Dual Monitor Adaptor-max. 22” wide  (Standard UB182-25 keyboard platform) | * Dual work surface includes independent keyboard surface * Arm Features:   14-32 lbs. load capacity  360 degree rotation at base, 180 degree rotation at monitor mount  Monitor tower and keyboard platform rotate independently   * Mount Features:   Supports 6.5-24.5 lbs. monitor or two 1.25-10.25 lbs. monitors, each up to 22” | * Solace 2 promotes health and wellness by providing the core ergonomic benefits associated with height adjustable desks, monitor arms, and keyboard platforms. * The all-in-one ergonomic workstation offers a quick and economical method to enhance user comfort as well as overall productivity. * With its broad range of lift, rotation and tilt, Solace 2 has the flexibility to accommodate a wide variety of users and applications. | Workrite Solace Single or Dual Monitor Sit-Stand Workstation |
| **Workrite**  Ultra-Thin Platform and Extended Range Arms 22” – Pinnacle AD  #UB185-25 (platform)  #3176-22TG (22” track)  #3176-17TG (17” track)  #3176-28TG (28” track)  Note: Sit/Stand Keyboard Tray for Petite person only | Extended Range Arms – Pinnacle AD   * Adjusts from 7.25” above to 5.75” below the work surface * Tilt range from -15 degrees * 360 degree swivel for easy positioning and storage * Independent height and angle controls * Low profile ball bearing track is 5.75” wide * Need to ensure that wrists are neutral when sitting and standing | Compact Platform System   * Sized for compact keyboards less than 6” deep * UltraThin .25” solid phenolic construction * Removable memory foam palm rest * Right/Left configurable | https://cdn.shopify.com/s/files/1/1308/2275/products/3177-2T_529d9e18-4a5b-4fc1-acc2-18b3f0c68a68_1024x1024.jpg?v=1480055439 |
| **Steelcase**  [Ology](https://www.steelcase.com/products/height-adjustable-desks/ology/) | * A height range of 22.6-48.7 inches for sit to stand option * Programmable activation buttons for easy adjustment * Three height preset options * 360-pound capacity | * Replacement for the current desk, when it cannot be modified. * Standard up/down control buttons; Memory Presets. |  |
| **Workrite**   1. [Essentia Electric](http://workriteergo.com/essentia-electric/) 2. [Fundamental EX](http://workriteergo.com/fundamentals-ex-lx-electric/)   Note: Additional configurations, other than the two pictures shown, for both Essentia and Fundamentals EX. | * Height ranges must be at least 22.5” to 48.7”. * Electric height adjustment workstation base for rectangular, small equal corner or large offset corner shapes. * Frame Option: 2 or 3 leg * Leg Style: Flat Foot 24” or 30”. * Essentia: Payload capacity 225 lbs. (2-leg); 300 lbs. (3-leg) * Programmable switch include: digital height readout plus up/down control buttons, 3 memory presets. | * Replacement for the current desk, when it cannot be modified. * Standard up/down control buttons; Memory Presets. | Essentia Electric - ES3E54-72-F30-PS-S + T6429-B3-0703960-151  Essentia - Straight table  Sierra HX 3-Leg SEHX5472-4272EOC-F30-BT-W + ST646429-B3-0799238  Fundamentals EX |

# Keyboard Trays

| **Keyboard Trays** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **Humanscale**  [Big Diagonal Keyboard Platform System](https://www.humanscale.com/products/keyboard-systems/keyboard-systems)  6G400-F2722 | * 6G – Standard Black Mechanism * Diagonal Big Platform * 27” Foam with Synthetic Leather Cover * 22” track | * Keyboard/mouse platform with palm rest. (27” wide x 10.625” deep). * Up to -15 degrees negative tilt. * Good for corner desk location. * Will allow up to 15 degree negative angle for keyboard tray. | https://www.humanscale.com/ImagesConfigPreBuilt/6G400-G27_C.jpg |
| **Humanscale**  [Big Keyboard Platform System](https://www.humanscale.com/products/keyboard-systems/keyboard-systems)  6G500-G2722 | * 6G – Standard Black Mechanism * Big Keyboard Platform System * 27” Gel with Synthetic Leather Cover * 22” track | * Keyboard/mouse platform with palm rest. (27” wide x 10.625” deep). * Will allow up to 15 degree negative angle for keyboard tray. | https://www.humanscale.com/ImagesConfigPreBuilt/6G500-G_C.jpg |
| **Workrite**  [Standard Platform System](http://workriteergo.com/standard/)  2151-22 | * 27” Standard Classic Platform System. * Accommodates right or left-hand moussing. | * Keyboard/mouse platform with palm rest. (26.75” wide x 11.5” deep). * Straight-away keyboard/mouse platform. * Will allow up to 15 degree negative angle for keyboard tray. | Standard Keyboard Tray System |
| **Workrite**  [Banana Board with 22” Value Nylon Track](http://workriteergo.com/banana-board/)  2128-22 | * 19” keyboard surface * Slide out mouse platform extends to 27” wide * Dual level surface * Accommodates left and right hand moussing | * Use in corners * Fits in spaces with limited clearance (19”) to retract board |  |
| **WorkRite**  [Swivel Plate](http://workriteergo.com/keyboard-tray-accessories/)  3179-SP | * Provides extra 45º pivot to platform * Installs between arm and platform * Adds 3/8” thickness to platform | * Use in corners or where user needs to sit at angle to work surface |  |
| **Workrite**  [Adjustable Corner Diagonal](http://workriteergo.com/keyboard-tray-accessories/)  UC-179ACD | * 12” wide * Adjusts to fit 1” to 2¼” work surfaces | * Use to install keyboard trays in 90º corners |  |

# Monitor Arms

| **Monitor Arms** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **Vu Ryte**  [Flat Panel Display Stacker](https://vu-ryte.com/product/vur-8800)  VUR8800 | * 1” thick units that can be stacked to raise a monitor to appropriate eye level | * For use with monitors that do not have appropriate height adjustment capability |  |
| **Workrite**  [Conform Monitor Arm](http://workriteergo.com/conform-articulating-monitor-arm/)  CONF-1SDA-WOB-S  Base Option:  CONF-BSE-CCG-S | * Supports one 5–17 lbs. monitor * Maximum monitor height: 16″ (full range of motion) * Articulation range: 13″ * Forward reach: 22.5″ * Stowed depth: 5.25″ * Monitor: Tilt: +90°/-45°; Pivot: +/-90°; Rotation: +/-90° * Standard VESA (75 mm & 100 mm) | * Enhance performance through ergonomic comfort * Smooth lifting, maintenance-free gas spring (supports 5–17 pound monitors) * Expandable, interchangeable components ensure future adaptability * Designed for fast, easy installation * Easily route and conceal cables through the integrated wire managers * Quickly folds down to provide users with maximum desk space | conform-single-articulating-monitor-arm |
| **Workrite**  [Conform Dual Monitor Arm](http://workriteergo.com/conform-dual-articulating-monitor-arm/)  CONF-2SDA-WOG-S  Base Option:  CONF-BSE-CDFG-S | * Supports two monitors 5–17 lbs. each * Maximum monitor height: 19.5″ (full range of motion) * Articulation range: 13″ * Forward reach: 15.375″ * Stowed depth: 5.5″ * Monitor: Tilt: +90°/-45°; Pivot: +/-90°; Rotation: +/-90° * Standard VESA (75 mm & 100 mm) | * Enhance performance through ergonomic comfort * Smooth lifting, maintenance-free gas spring (supports two 5–17 pound monitors) * Expandable, interchangeable components ensure future adaptability * Designed for fast, easy installation * Easily route and conceal cables through the integrated wire managers * Quickly folds down to provide users with maximum desk space | http://workriteergo.com/wp-content/uploads/2020/01/Conform-Dual-Articulating-CONF-2SDA-BSE-CCG-B-Down.png.jpg |
| **Workrite**  [Willow Monitor Arm](http://workriteergo.com/willow-single-monitor-arm/) | * Supports one 1–14 lbs. monitor * Maximum monitor height: 13.5" (full range of motion) * Articulation range: 13" * Forward reach: 22.5" * Stowed depth: 4.25" * Monitor: Tilt: +45°/-90°; Pivot: +/-90°; Rotation: +/-90° * Standard VESA (75 mm & 100 mm) * Mounts included with arm: C-clamp or Grommet | * Streamlined design for simple specification * Ideal for lightweight monitors * Smooth lifting through a high performance spring * Designed for fast, easy installation * Includes Quick Release Adaptor * Expandable components for easier future changes * Discrete silver color | https://cdn.shopify.com/s/files/1/0533/9193/products/Willow_Monitor_Arm_8_grande.jpg?v=1527612390 |
| **Workrite**  [Willow Dual Monitor Arm](http://workriteergo.com/willow-dual-monitor-arm/)  (Mounts included with arm: C-clamp or Grommet) | * Supports two 1–14 lbs. monitors * Maximum monitor height: 13.5" (full range of motion) * Compatible monitor width: 18"–23" * Articulation range: 13" * Forward Reach: 12.5"–18.5" * Stowed depth: 4.25 " * Monitor:  Tilt: +45°/-90°; Pivot: +/-90°; Rotation: +/-90° * Standard VESA (75 mm & 100 mm) | * Streamlined design for simple specification * Ideal for lightweight monitors * Smooth lifting through a high performance spring * Single pole design for cleaner desk space * Designed for fast, easy installation * Includes Quick Release Adaptors * Expandable components for easier future changes * Discrete silver color | https://cdn.shopify.com/s/files/1/0533/9193/products/Willow_Dual_Monitor_Arm_3_grande.jpg?v=1414787355 |

# Keyboards

| **Keyboards** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **Bakker Elkhuizen**  [S-Board 840](https://www.bakkerelkhuizen.com/en-us/ergonomic-keyboards/s-board-840-design-no-hub/)  BNES840DUS | * Small keyboard footprint with full size keys and shortcut keys | * Ideal for travel with Laptop or use at a desk * Soft key touch and low activation force * Compact size allows for best use of space when on the go with a notebook, external keyboard, and mouse * Full size backspace * Laptop keyboard type feel * Has Keyboard Hot keys |  |
| **Bakker Elkhuizen**  [Q-Board](https://www.bakkerelkhuizen.com/en-us/ergonomic-keyboards/q-board-usbps2/)  BNEQB85 | * 2/3 size of standard keyboard (13”) * All functions of conventional keyboard * 10 programmable hot keys | * Does not have dedicated keypad, so mouse reach is reduced. * Good travel keyboard * Ideal for small work spaces * Should consider separate gel wrist pad to maintain neutral wrists. |  |
| **Goldtouch**  [Go! 2 Split](https://shop.goldtouch.com/products/goldtouch-go2-wired-mobile-keyboard-pc-mac)  GTP-0044 (wired)  GTP-0044W (wireless) | * Offers the comfort and functionality of the standard Goldtouch keyboard with a compact lightweight form * Ideal for travel to accompany your Laptop * Weight 1.1 lbs. * Folds in half * External numeric keypad available. | * Ideal for travel with Laptop to use as external keyboard * Soft key touch, low activation force, and full key travel distance helps reduce “bottoming out” when keying * Compact size allows for best use of space when on the go with a notebook, external keyboard, and mouse | Goldtouch Go!2 Ergonomic Keyboard |
| **Goldtouch**  [V2](https://shop.goldtouch.com/products/goldtouch-v2-adjustable-comfort-keyboard-pc-and-mac-compatible-usb)  GTN0099 (PC)  GTU-0088 (Mac) | * True split keyboard with side/side adjustment for key angle and for tenting/tilting up * Unit does not include numeric pad which allows right hand mouse to be closer to body centerline * Specify model no. for Mac or PC * External numeric keypad available. | * Split key design good for reducing wrist bent outward while * keying due to elbow breadth or architecture of elbows * Good for smaller persons/shorter arms for reach to mouse or to reach keys since no built-in palm rest * Good for anyone that does not use the 10-key or uses 10-key for discrete episodes not requiring mouse |  |
| **Goldtouch**  [10-Keypad](https://shop.goldtouch.com/products/goldtouch-pc-usb-numeric-keyboard)  GTC-0077 (PC)  GTC MACB (Mac) | * Detached numeric pad to augment Goldtouch keyboard | * A must for anyone that has keyboard without a 10 key and periodically needs one * Large 10-key layout with good key activations can be real improvement over conventional for 10-key data entry work |  |
| **Kinesis**  [Freestyle2](https://kinesis-ergo.com/keyboards/freestyle2-keyboard/)  KB800PB-US  KB800PB-BT (Bluetooth)  Accessories:  VIP3: AC820-BLK – tenting kit with palm supports. Offers tenting angles of 5, 10 & 15 degrees.  V3: AC730-BLK – tent kit only | * True split keyboard with up to 9 inches separation between the two halves. * Vertical and horizontal angle adjustability. * All functions of conventional keyboard. * Integrated numeric keypad. * Driverless hotkeys to reduce mouse clicking. * Dramatically thin design, suitable for both office & travel. * External numeric keypad available. | * Good for anyone that wants to align their wrists in a neutral position. * Accommodates a wide range of body types form petite to large framed individuals. * Good for person with large upper body mass/short arms to reach keyboard. |  |
| **Kinesis**  [Numeric Keypad](https://kinesis-ergo.com/shop/freestyle2-keypad-for-pc/)  AC210USB-blk | * Detached numeric pad to augment Kinesis keyboard | * A must for anyone that has keyboard without a 10 key and periodically needs one * Large 10-key layout with good key activations can be real improvement over conventional for 10-key data entry work |  |
| **Logitech**  [Ergo](https://www.logitech.com/en-us/product/k860-split-ergonomic-keyboard?crid=27)  K860 | * Fixed Curved Keyboard * Built-in palm rest * Customizable keys | * Split key design good for reducing wrist bent outward and palms-down positioning while keying. * Good for medium to large persons with broader shoulder/longer arms since it is wide and deep. * Familiar feel and layout as conventional keyboards. | ERGO K860 Features Glamour Large |
| **Logitech**  [Comfort Wave Wireless Keyboard & Optical Mouse](https://www.logitech.com/en-us/product/wireless-keyboard-k350?crid=27)  K570 | * Fixed Curved keyboard * Built-in palm rest * Customizable hot keys | * Reduces wrist ulnar deviation * Good for wider body types * Will work well if you have to transfer from keyboard tray to sit/stand tray | Logitech - MK570 Comfort Wave Wireless Keyboard and Optical Mouse - Black - Front_Zoom |
| **Microsoft**  [Natural](https://www.microsoft.com/accessories/en-us/products/keyboards/natural-ergonomic-keyboard-4000/b2m-00012)  4000 | * Fixed Curved Keyboard * Zoom slider * Built-in palm rest * Customizable keys | * Split key design good for reducing wrist bent outward and palms-down positioning while keying. * Good for medium to large persons with broader shoulder/longer arms since it is wide and deep. * Not good for small person due to reach to keys and mouse far to side. * Familiar feel and layout as conventional keyboards. * It is suggested that the front wrist riser that comes with this model not be used as it   can cause problems between key and mouse heights. | Front Zoom. Microsoft - Natural Ergonomic Keyboard 4000 - Black. |
| **Microsoft**  [Sculpt](https://www.microsoft.com/accessories/en-us/products/keyboards/sculpt-ergonomic-desktop/l5v-00001)  L5V-00001 | * Fixed Curved keyboard * Zoom slider * Built-in palm rest * Customizable hot keys | * Split key design good for reducing wrist bent outward and palms-down positioning while keying. * Good for medium to large persons with broader shoulders/longer arms since it’s wide and deep. * Detached 10-key. * Familiar feel and layout as conventional keyboards. | Front Zoom. Microsoft - Sculpt Ergonomic Desktop Wireless USB Keyboard and Mouse - Black. |
| **Microsoft**  [Sculpt Comfort](https://www.microsoft.com/accessories/en-us/products/keyboards/sculpt-comfort-desktop/l3v-00001)  L3V-00001 | * Fixed Curved keyboard * Detachable palm rest * Split space bar * Customizable hot keys | * Reduces wrist ulnar deviation * No as aggressive as a full split keyboard * Good for wider body types * Will work well if you have to transfer from keyboard tray to sit/stand tray | Microsoft Sculpt Comfort Desktop Keyboard and Mouse |

# Mice and Trackballs

| **Mice and Trackballs** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **Contour Design**  Unimouse Wireless  8000 | * Allows you to adjust the angle of body tilt anywhere between 35 to 70 degrees. * The ATS (Articulating Thumb support) eliminates harmful gripping and pinching of the CMC (basal) joint. * The tri-axis thumb rest accommodates hand width with ease and allow you to relax your grip in any position, regardless of your hand size and shape. | * Allows for posture variation * User can explore its 4 friction-based points of articulation to find your own unique comfort. * Effortlessly switch postures on the fly | Amazon.com: Unimouse (2.4Ghz Wireless Technology, 6 programmable ... |
| **Evoluent**  [Vertical Mouse](https://evoluent.com/)  VMD  VM4  VM3  VM2 | * Vertical mouse puts hand in neutral handshake position to operate left and right hand models. * Comes in three sizes * Comes in right or left handed * Auto scroll bar and auto click features. | * Good for person with sensitivity to pronation (inward twisting)/rotating of wrist. * Vertical positioning of hand requires arm and shoulder versus wrist movement. * Good forearm support should be considered. * Fairly large and does not fit smaller hand very well. | VMDMW |
| **Kensington**  [ProFit Full Size Wireless](https://www.kensington.com/p/products/electronic-control-solutions/computer-mice/pro-fitwireless-mid-size-mouse/)  [Mouse](https://www.kensington.com/p/products/electronic-control-solutions/computer-mice/pro-fitwireless-mid-size-mouse/)  K72370US | * Large size, wireless, optical mouse * Contoured for right hand use * Includes extra programmable buttons and scroll wheel | * Good fit for medium hand size. * Helps reduce mouse grip-over tethered mouse. * Symmetrical design for left/right hand use and not cords to string when alternating hands. | Pro Fit® Full-Size Wireless Mouse |
| **Logitech**  [Wireless Mouse M510](https://www.logitech.com/en-us/product/wireless-mouse-m510?crid=7)  910-001822 | * Full size wireless, wireless laser mouse * Soft rubber grips * Includes scroll wheel * Two programmable buttons | * Efficient, accurate and less stressful pointing device for most people. * Good fit for medium hand size. * Helps reduce mouse grip-over tethered mouse. * Symmetrical design for left/right hand use and not cords to string when alternating hands. | Front Zoom. Logitech - M510 Wireless Laser Mouse - Works with Chromebook - Silver/Black. |
| **Kensington**  [Orbit Trackball](https://www.kensington.com/p/products/electronic-control-solutions/trackball-products/orbit-trackball-with-scroll-ring/)  S972337 | * Symmetrical trackball for easy right or left hand use. * 2-button customizable control features | * Good for person with side-to-side wrist deviation sensitivity or sensitivity to forearm movement. * Good fit for medium to large hand size, but not for small hand size. * Good application when adequate activation mouse space is not available. * Not ideal for click and drag or cut and paste functions. | Angle Standard. Kensington - Orbit Trackball with Scroll Ring - Black/Blue. |
| **Logitech**  [Trackball M570](https://www.logitech.com/en-us/product/wireless-trackball-m570?crid=7)  S9910-10-001799 | * Trackball comfort: sculpted shape supports your hand and stays in on place; move curser without moving your arm. * Long battery life: Go for up to 18 months without changing the included AA battery. * Smooth cursor control anywhere: precision laser tracking on your desk, couch, bed or almost any other surface. | * Good fit for small to medium hand size and some large hand sizes. * Good application when adequate activation mouse space is not available. * Not ideal for right/left alternating of mouse hand click and drag or cut and paste functions. * Not good if you are having thumb issues. | Front Standard. Logitech - M570 Wireless Trackball Mouse - Gray/Blue. |
| **Logitech**  [Marble Mouse Trackball](https://www.logitech.com/en-us/product/trackman-marble-business)  904360-0403 | * Symmetrical trackball for easy right or left hand use. * 4-button customizable control features. | * Good for person with side-to-side wrist deviation sensitivity or sensitive to forearm movement. * Good fit for medium to large hand size, but not for small hand size. * Good application when adequate activation mouse space is not available. * Not ideal for click and drag or cut and paste functions. | https://images-na.ssl-images-amazon.com/images/I/417FCRZRJ9L._AC_.jpg |
| **Contour Design**  [Roller Mouse Pro3](https://www.contourdesign.com/product/rollermouse-pro3/)  RM-PRO3  **Contour Design Roller** [Mouse Red](https://www.contourdesign.com/product/rollermouse-red/)  RM-Red | * Sliding steel roller bar cursor coated with soft rubber single finger point and click functionality. * Optical sensor. * Adjustable click force on roller bar (5 levels of tension) using simple knob under RollerMouse definable buttons and a scroll wheel plus 2 more buttons for “Copy” and “Paste” functionality. * Adjustable keyboard lifters with 3 height adjustments. * Removable soft gel palm supports with leatherette. | * Good for person with shoulder or forearm sensitivity caused by extended reach and arm motions. * Good for smaller person/shorter arm to reduce outbound reach for mouse. * Ideal for smaller person who performs more mouse than keyboard since you must reach over Roller Mouse to use keyboard. * Ideal for someone having issues with one hand, as the can operate with the other hand or switch off hand usage. * Be cautious of inbound forearm convergence and right wrist bent outward due to left side positioning of roller bar (less of problem on new Pro2 Model. * Also watch for wrist dropped (extension) in front of Roller Mouse. | C:\Users\lpatton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C8699EEF.tmp  Roller Mouse Pro3  https://mk0uniclone3cn8yi1ru.kinstacdn.com/wp-content/uploads/2018/09/product-specific-banners-01-1-e1576589830339.png  Roller Mouse Red |

# Footrests

| **Footrests** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **3M**  [Adjust Footrest](https://www.3m.com/3M/en_US/company-us/all-3m-products/~/3M-Adjustable-Foot-Rest-FR530CB/?N=5002385+3294264402&rt=rud)  FR330 | * 18” wide x 13” deep * Rocking mechanism * Rocking tension is adjustable, but does not lock. | * For use when chair does not allow feet/heels to touch ground. * To reduce pressure on thighs. * Provide alternate positioning for legs/thighs/feet. * To help sit back in chair for more lumbar support from chair. * Not for use for standing support or step up device. | C:\Users\lpatton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F5FFE569.tmp |
| **Fellows**  [Office Suites Adjustable Footrest](https://www.fellowes.com/us/en/products/product-details.aspx?prod=us-8032201)  80322 | * Three different height settings: 4 1/8", 4 7/8" or 5 5/8". * Platform tilts up to 30° forward or back. Can be tilted at any of the height settings. Can be locked into a single position or allowed to tilt in "free-floating" style, to increase blood flow and circulation in lower legs. | * For use when chair does not allow feet/heels to touch ground. * To reduce pressure on thighs. * Provide alternate positioning for legs/thighs/feet. * To help sit back in chair for more lumbar support from chair. * Not for use for standing support or step up device. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSn9CrdhyMGfAA8qpS2S5a7z5Kuxtm3adSLbljCSYannXrwwSMUEU03U2HC4g&usqp=CAc |
| **Safeco**  [Task Master Adjustable Footrest](https://www.safcoproducts.com/products/task-master-adjustable-footrest-5124)  5124 | * Approximately 20” x 12” x 15” (W x D x H) * Static position – no rocking * 3 different tilt ranges * Very sturdy steel frame construction * Non-skid surface | * For use with high counters. * Sturdy steel construction. * Multiple height adjustability up to 15” high. * For use when chair does not allow feet/heels to touch ground. * To reduce pressure on thighs. * Provides alternate positioning for legs/thighs/feet. * To help sit back in chair for more lumbar support from chair. * Not for use for standing support or step up device. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQV6EZXGAsXhug8wZApQ7g4_dUn7_v9tAJICQlIEagsbIZQUVKu2t_d_KDGwF5BAexgSV8-36_X&usqp=CAc |
| **Safeco**  [Ergo-Comfort Adjustable Footrest](https://www.safcoproducts.com/products/ergo-comfort-5-adjustable-footrest-qty-5-2105)  2105 (5’’)  2106 (8’’) | * 18.5’ x 11.5” x 5” (W x D x H) * Rocking only, no locking ability * Comes in two heights | * For use when chair does not allow feet/heels to touch ground. * To reduce pressure on thighs. * Provide alternate positioning for legs/thighs/feet. * To help sit back in chair for more lumbar support from chair. * Not for use for standing support or step up device. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSR-LZqE6Pygi9MHVkKYJXK76zMT3aH-sGcL0PISOXTfG1iei4T892snSrmcGZia5vRS9FOjpqm&usqp=CAc |

# Accessories

| **Accessories** | **Specifications** | **Applications** | **Picture** |
| --- | --- | --- | --- |
| **3M**  [Gel Rest](https://www.3m.com/3M/en_US/company-us/all-3m-products/~/3M-Gel-Wrist-Rest-WR340LE/?N=5002385+3294308042&rt=rud)  WR310LE | * Gel rest to be used in front of Keyboard * Measures 19” wide x 2.5” deep | * Applies to surface in front of keyboard to minimize contact pressure and to prevent the wrist from dropping * Fits keyboard only (not mouse) |  |
| **Goldtouch**  [Slimline Palm Rest](https://shop.goldtouch.com/products/goldtouch-slimline-wrist-rest-black)  GT8-0017 | * Ultra-thin palm rest | * Applies to surface in front of keyboard to minimize contact pressure and to prevent the wrist from dropping * Fits keyboard only (not mouse) * Primarily more appropriate for the ultra-thin keyboard such as the MAC . |  |
| **Goldtouch**  [Gel Filled Palm Supports](https://shop.goldtouch.com/products/goldtouch-gel-wrist-rests-black)  GT7-0017(Black) | * For use with Goldtouch split keyboard | * Applies to surface in front of keyboard to minimize contact pressure and to prevent the wrist from dropping * Fits keyboard only (not mouse) * Primarily used to accompany Goldtouch split keyboards. |  |
| **3M**  [In-line Document Holder](https://www.3m.com/3M/en_US/company-us/all-3m-products/~/3M-In-Line-Document-Holder-DH640/?N=5002385+3294307924&rt=rud)  DH640 | * Rests on surface between keyboard and monitor. * Height and tilt adjustable. * 17” wide x 11” deep. * Sturdy enough to support large catalogs and binders. | * Good for document reference or transcribing from documents at computer. * Holder will drop below desk or sit/stand work surface, between bottom of monitor and top of keyboard. * Can be used as writing surface. * Large enough for open folders or 11” x 17” document in landscape. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcRCJggCpTrLt8EW43c34jqMtjOlvAxSxn3F2pJI7H2oJU9Uj2FvaG79UsXsZqSGoJgnRwv63Xwa&usqp=CAc |
| **3M**  [In-line Document Holder](https://www.3m.com/3M/en_US/company-us/all-3m-products/~/3M-Compact-In-Line-Document-Holder-with-Elastic-Line-Guide-14-in-Wide-150-Sheet-Capacity-Black-DH630/?N=5002385+3292230659&preselect=8709316+8710660+8710942+8719921+8735361&rt=rud)  DH630 | * Rests on surface between keyboard and monitor. * Height and tilt adjustable. * 14” wide x 9” deep. * Smaller footprint than DH640 model. | * Good for document reference or transcribing from documents at computer. * Holder will drop below desk or sit/stand work surface, between bottom of monitor and top of keyboard. * Can be used as writing surface. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcRl8dHfxmo67sg-cB5QSHNbbBCSyr81IXxJkDaNWqcsy42-sBes1WxKA2FhCw&usqp=CAc |
| **GOODUSE**  [MicroDesk](https://themicrodesk.com/) | * Standard MicroDesk 23"x12" * Step MicroDesk 23"x12" * Adjust able legs to set height and angle | * Good for touch typist applications since keyboard * can nest under writing surface to bring in close to * body * Good stable platform for writing or elevating documents placed inline or to side of monitor | RegularPapersSideLowRes |
| **Poly (Plantronics)**  CS540 Wireless Headset System  Refer to phone/headset compatibility guide:  Poly ([Plantronics](https://compatibility.plantronics.com/deskphone))  Order phone lift feature to pick up calls when roaming, either handset lifter or cable | * Wireless Office Headset System * 8 hours hands free talk time * 300 feet roaming form phone * 3 interchangeable ear-loops | * Good for any person performing phone activity for greater than 1 hour per day. * Essential for any person who handles frequent calls and has habit of cradling receiver between neck and shoulder while on computer or taking notes.   (Note: Poly is discontinuing the CS series headsets – not sure how long this model will be available. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSbiR97jvw-tT0Di_FYDqNJEZhSv5WiaVakEaUvY6tsPR2T4LuLun79qjlNDfIXIMo5hHNHhVuv&usqp=CAc |
| **Poly**  Voyager 4225  Refer to phone/headset compatibility guide:  Poly ([Plantronics](https://compatibility.plantronics.com/deskphone))  Order phone lift feature to pick up calls when roaming, either handset lifter or cable | * Over the ear wireless headset. * This product is a one-way headset for desk phone. It can be purchased as a two-way to allow use with desktop phone and computer. | * Comfortable for all-day wear. * Wearers can collaborate on the move, with a wireless range up to 328 ft. * Bluetooth technology * The connection with the customer is never lost thanks to continuous battery life with high-quality wideband audio * Any distracting noise surrounding the speaker is blocked by the noise-canceling microphone | **[Poly Voyager 4245 Office Convertible Bluetooth Headset](https://headsetplus.com/images/voyager-4245.jpg)** |
| **Poly**  Voyager 4210  Refer to phone/headset compatibility guide:  Poly ([Plantronics](https://compatibility.plantronics.com/deskphone))  Order phone lift feature to pick up calls when roaming, either handset lifter or cable | * Wireless headset, monaural. * This product is a one-way headset for desk phone. It can be purchase as a two-way to allow use with desktop and computer. | * Hands-free productivity with a Class 1 Bluetooth® roaming range of up to 300 ft. * Meet everyone’s needs with two wearing styles: mono—for those who want to hear their surroundings, or stereo—ideal for media and making every conversation sound face-to-face | [Poly Voyager 4210 Office - 1-way base - headset](https://www.cdw.com/product/poly-voyager-4210-office-1-way-base-headset/5845339) |
| **Poly**  Voyager 4220  Refer to phone/headset compatibility guide:  Poly ([Plantronics](https://compatibility.plantronics.com/deskphone))  Order phone lift feature to pick up calls when roaming, either handset lifter or cable | * Wireless headset, binaural. * This product is a one-way headset for desk phone. It can be purchased as a two-way to allow use with desktop phone and computer. | * Hands-free productivity with a Class 1 Bluetooth® roaming range of up to 300 ft. * Meet everyone’s needs with two wearing styles: mono—for those who want to hear their surroundings, or stereo—ideal for media and making every conversation sound face-to-face | [Poly Voyager 4220 USB-A - headset](https://www.cdw.com/product/poly-voyager-4220-usb-a-headset/5740034) |
| **Poly**  Voyager 5200  Refer to phone/headset compatibility guide:  Poly ([Plantronics](https://compatibility.plantronics.com/deskphone))  Order phone lift feature to pick up calls when roaming, either handset lifter or cable | * Wireless headset, over ear. * This product is a one-way headset for desk phone. It can be purchased as a two-way to allow use with desktop phone and computer. | * Better noise cancelling. * Good for open office setting. | Poly Voyager 5200 Office - for Microsoft Teams - 2-way base - headset |
| **Plantronics**  Savi W740-M Wireless Headset System  Refer to phone/headset compatibility guide:  [Plantronics](https://compatibility.plantronics.com/deskphone)  Order lift feature to pick up calls when roaming, either handset lifter or cable | * Wireless Office Headset System * 8 hours hands free talk time * 300 feet roaming from phone * 3 interchangeable ear-loops * Bluetooth enabled * Can link with cell phone | * Good for any person performing phone activity for greater than 1 hour per day. * Essential for any person who handles frequent calls and has habit of cradling receiver between neck and shoulder while on computer or taking notes. * Bluetooth enabled. | Plantronics Savi W740-M Microsoft Optimized Mono Wireless Headset (84001-01) headset for zoom meetings |
| **Jabra**  Engage 65  Stereo or Mono Models available.  Refer to phone/headset compatibility guide:  [Jabra](https://www.jabra.com/compatibilityguide/) | * Headset on ear * Bluetooth wireless * Active noise canceling * USB | * Jabra 65 is a great wireless headset for concentration in the open office. You can switch on active noise cancellation to virtually eliminate low-frequency sounds, like the hum of air conditioning. The high-quality speakers and HD Voice ensure crystal-clear calls and music. | https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcTwBOraWddAWX4vKRasDbEx3ZU-iW2jH2ohqAvivoywPpKff5QE6ePKhRM4_A0&usqp=CAc |
| **Workrite**  [Astra 3 Double Arm Task Light](https://workriteergo.com/astra-3-double-arm-task-light/) | * 34.9” reach from base/mount * Bright white light output: 3100K 93 CRI * Included occupancy sensor * Continuous dimming from 100%-5% * Touch button on/off & dimming controls * UL Certified, Energy Star Compliant Luminaires V1.2 * 50,000+ hour life LEDs (L70 rating) | * Well balance arm * Easy to move * (+ or 1) Shield to bulb * Does not pivot so light shines directly at surface | astra-3-double-arm-task-light |
| **Steelcase**  [Dash LED Task Light](https://www.steelcase.com/products/lighting/dash/) | * LED light * Convection airflow for heat dissipation. * 360 degree lower arm and head rotation. * Three user adjustable tension control knobs * Up to 22” in height. | * Well balanced * Easy to move * Head swivels 360 degrees * Good light producer | Dash Task Light by Steelcase, Platinum, Mount, Freestanding, White, Table Lamps |
| **Herman Miller**  [Tone Light](https://www.hermanmiller.com/products/accessories/lighting/tone-personal-light/) | * LED light * Shuts off automatically after 9 hours of use to safe energy. * The entire lamp swivels at the base, while articulating joints – at the base, head and midsection. | * Tone adjusts and dims to put the perfect amount of light right where you want. * Draws just over six watts and shuts off automatically. | Tone Personal Light |
| **Pro-Tech Mats Inc.**  [Ortho TUFF Skin Anti-Fatigue Mat](https://protechmats.com/product/ortho-tuff-skin/) | * Anti-Fatigue * Manufactured with soft virgin ortho mat closed cell NBR sponge * Beveled Border * 24”D x 36”W x 0.75”H | * Will require bending and lifting to move. * Closed cell feature eliminates absorption of liquids, fluids and airborne pathogens * Non-allergenic, latex and silicone free * 2” safety bevel on all sides * Rounded corners to reduce tripping hazard | C:\Users\lpatton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\EEC2CA45.tmp |
| **Sit-Stand Smart Mat**  [Sit-Stand Smart Mat](https://www.sitstandsmartmat.com/) | * Anti-Fatigue, Anti-Static, Slip Resistant, No Fade 100% Solution-Dyed Polypropylene Surface * Beveled Border * 22”D x 32”W x 0.75”H | * Foot activated mat * No bending or lifting required * Proven to increase standing times. * Durable, comfortable, high quality anti-fatigue mat * Soft, breathable top is never hot or sticky * Design minimizes hazard of tripping | https://images-na.ssl-images-amazon.com/images/I/4130F5fms2L._AC_.jpg |
| **Sit-Stand Smart Mat**  [Ultra Anti-Microbial Smart Mat](https://www.sitstandsmartmat.com/product-p/usm1.htm) | * Anti-Fatigue * Anti-Static * Slip Resistant * 100% Nitrile rubber top surface * 21”D x 32”W x 040”H | * Foot activated mat * No bending or lifting required * Proven to increase standing times | Sit-Stand Ultra Antimicrobial SmartMat |
| **Safco**  [Movable Anti-Fatigue Mat](https://www.safcoproducts.com/products/safco-movable-anti-fatigue-mat-2110) | * Anti-Fatigue * Anti-Static * Slip Resistant * 100% Nitrile rubber top surface * 20”D x 30”W x 1”H | * Foot activated mat * No bending or lifting required * Proven to increase standing times | Front  Angle - 2110BL |
| **Workrite**  [Metal Mobile Pedestal](https://shop.workriteergo.com/products/mobile-pedestal) | * Lockable * Legal or Letter filing * Adjustable organization tray * 19”H x 11.81”W x 20.47”D * Silver/Black/White | * Works with adjustable sit/stand desks | Mobile Pedestal |
| **HAT**  [Mobile Slim Box/File Pedestal](https://www.hatcontract.com/hat-pedestals/product/slim-pedestal-with-cushion/?) | * Lockable * Legal or Letter filing * 2 locking and 2 non-locking casters * 10.6”W x 22”D x 21” H * Silver/Black/White | * Works with adjustable sit/stand desks | Mobile Image |
| **HAT**  [Mobile Box/File Pedestal](https://www.hatcontract.com/hat-pedestals/product/standard-pedestal/?) | * Lockable * Legal or Letter filing * 2 locking and 2 non-locking casters * 15” x 22”D x 21”H * Silver/Black/White | * Works with adjustable sit/stand desks | Mobile Pedestal Image |

# Establishing a Furniture and Equipment List

When establishing an office furniture and equipment list, the goal is to offer a controlled range of options. A list will help balance the need to reduce the risk of Musculoskeletal Disorders or MSDs injuries, provide flexibility to meet a diverse workforce, and cost. Items on the list should be phased in over some time at a pace that can be supported by the organization. Employees that have been identified as high-risk should be set as a priority for new or modified equipment.

For every item, there is a range of options from a good to the best option. Understanding the current risk and budget constraints will determine which option is best for the organization. The following is derived from the [UC Ergonomic workgroup](https://www.ucop.edu/environment-health-safety/groups-and-programs/workgroups/ergonomics.html) guidance for work surfaces and task chairs based on ANSI/HFES 100-2007 Human Factors Engineering of Computer Workstations.

| **Item** | **Good** | **Better** | **Best** |
| --- | --- | --- | --- |
| **Work  Surface** | **Fixed height, ideally set at 28.5 inches**  Image result for office desk  **Pros** – low cost, easy to source, many options to choose from  **Cons** – cannot be adjusted to fit employee, other controls will be needed to customize to the employee (i.e., keyboard tray, footrest, etc.) to reduce the risk of MSD. A future modification will be needed when assigned to another employee | **Pin height adjustable**  Image result for pin height adjustable table  **Pros** – Can be initially adjusted and set to a specific height by facility team, many options to choose from, reduces the risk of MSD  **Cons** – Slightly more cost. Requires manual worker to adjust to match a future workers need or when reassigned | **Electric or mechanically adjustable (Sit/Stand)**  SmartDesk 2 - Home Edition - Autonomous.ai  **Pros** – can be adjusted anytime to match current and future employee needs, can support a sit/stand alternating work style, reduces the risk of MSD  **Cons** – higher cost, a limited number of options, possible increase in maintenance, additional employee training on how desk functions |
| **Task**  **Chair** | **Non-adjustable chair**  Image result for task chair  **Pros** – low cost, some height adjustment  **Cons** – Higher risk the chair will not fit the employee and lead to MSD | **Partially adjustable chair**  Image result for task chair  **Pros** – can adjust the height and armrest to fit employee. Some have other minor adjustments  **Cons** –does not fit all employees, slightly higher cost | **Fully adjustable task chair**  Image result for steelcase leap  **Pros** – can adjust most aspects of the chair to fi the employee, many come with a warranty  **Cons** – higher cost |
| **Conference Chair** | **Non-adjustable chair without wheels**  Image result for conference chair  **Pros** – low cost  **Cons** – hard to move around, can be bulky, can become uncomfortable after prolong sitting (+1 hrs.) | **Non-adjustable chair with wheels**  Related image  **Pros** – easy to move around and arrange  **Cons** – can become uncomfortable after prolong sitting (+1 hrs.) | **Partially adjustable chair with wheels**  Image result for conference chair  **Pros** – can be adjusted to fit the occupant, better for prolong periods of sitting (+1 hrs.)  **Cons** – higher cost |
| **File**  **Draws** | **No file Draws**  **Pros** – provides more open space  **Cons** – requires storage of paper and other items at another location or on top of the work surface which is not ideal | **Fixed**  Image result for file drawer  **Pros** – provides local storage of paper and other items  **Cons** – cannot be moved and may limit how low the work surface can be set. | **Mobile Pedestal**  Related image  **Pros** – provides local storage of papers and other items, can be moved easily, can double as a stool in some cases  **Cons** – higher cost, |
| **Monitor**  **Stand** | **OEM monitor stand**  Image result for dell monitor stand  **Pros** – comes with the monitor  **Cons** – limited range, takes up work surface space | **Monitor riser**  Image result for monitor stand  **Pros** – low cost, easy to use  **Cons** – can be bulk, takes up work surface space | **Monitor arms**  Image result for monitor stand  **Pros** – a wide range of motion, opens up work surface space  **Cons** – higher cost, requires |
| **Input Devices** | | | |
| **Keyboard** | One choice for staff  Image result for keyboardStrait | Two choices for staff  Strait  Curved  Image result for curved keyboard | Three or more options for staff  Strait  Related imageCurved  Split |
| **Mouse** | One choice for staff  Standard ambidextrous  Image result for mouse | Two choices for staff  Standard ambidextrous  Image result for angled mouseAngled | Three or more options for staff  Standard ambidextrous  Image result for vertical mouseAngled  Vertical |
| *Note: Wireless input devices may provide greater freedom in arrangement.*  *However, they do require batteries. Wired input devices have a lower cost to operate over time.* | | | |

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# Additional JPIA Resources

* [The Back School Flyer](https://www.acwajpia.com/wp-content/uploads/2019/06/The_Back_School_Flyer_1-19.pdf)
* [Safety Factsheet: Ergonomic Standards for California](https://www.acwajpia.com/wp-content/uploads/2019/01/Ergonomics-Standard-for-California.pdf)
* [Safety Factsheet: Ergonomic Strategies for Desk Jobs](https://www.acwajpia.com/wp-content/uploads/2019/01/Ergonomic-Strategies-for-Desk-Jobs.pdf)
* [Safety Factsheet: Sit and Stand Workstation Guidelines](https://www.acwajpia.com/wp-content/uploads/2019/01/Ergonomics-%E2%80%93-Sit-and-Stand-Workstation-Guidelines.pdf)

# Additional Third-Party Resources

* UC Ergonomic Workgroup
* [Ergonomic Requirements for Work Surfaces](http://uhs.berkeley.edu/sites/default/files/uc_ergonomics_requirements_work_surfaces_2016_1.pdf)
* [Ergonomic Requirements for Height Adjustable Tables](https://ehs.ucsc.edu/programs/ergo/documents/UC_Ergonomics_Requirements_Freestanding_Height-Adjustable_Tables_Draft_2016_v4.pdf)
* [Ergonomic Requirements for Task Chairs](https://ehs.ucsc.edu/programs/ergo/documents/UC-Task-Chair-Requirements.pdf)