ERGONOMIC PRODUCT CATALOG

A compilation of suggested products for optimization of everyday work spaces

* This is not a comprehensive list of available ergonomic products. Texas A&M University does not endorse any single item.
# Table of Contents

## Under the Desk
- Chair Mats .......................................................... 3
- Footrests/Footrails .................................................. 4
- Anti-Fatigue Mats .................................................... 6
- Keyboard Trays ........................................................ 7

## Chairs
- Seated Desk Chairs .................................................. 9
- Prop Stools ................................................................ 13
- Lumbar Support Cushions ......................................... 14

## Desks
- Counter-balanced ..................................................... 18
- Mechanical ................................................................ 20
  - Pin ........................................................................ 20
  - Crank ..................................................................... 20
- Electric ..................................................................... 21
- Stand-biased/Fixed height ......................................... 23

## Monitors and Attachments
- Touch Screens ......................................................... 27
- Monitor Arms .......................................................... 28
- Laptop Stands .......................................................... 29
- Monitor Filters ......................................................... 30
- Document Holders .................................................. 32

## Arm/Wrist Supports .................................................. 34

## Mouse/Trackpads ..................................................... 36

## Keyboards ............................................................. 39

## Phone Headsets ....................................................... 41

## Software ............................................................... 43

## Questions ................................................................ 45
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 below 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.uiline.com/Product/Detail/HT1691/Mats/Hard-Surface-Chair-Mat/width=36x-48?productcode=W1691&gadtype=pla&df=HT1691&gclid=Cw8F4jwj7NwRBC2nNacqJmgoT0SfABQYACor-cf4Bz7k-5q8Bxi59BVH99Gp+b7n7eavwMAlj59hBoC1lDwXe+wR&gclid=Cw8F4jwj7NwRBC2nNacqJmgoT0SfABQYACor-cf4Bz7k-5q8Bxi59BVH99Gp+b7n7eavwMAlj59hBoC1lDwXe+wR

= 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.


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.


Fellowes I-Spire Series Foot Cushion/Rest

Foam cushion top and non-ski 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/ckxSHT1

= 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.


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

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

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.

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


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

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.


= 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.
- Lumbar support flexes with user’s movements to align with lower back. Seat pan glides with recline.
- Adjustable back, seat, arm rests, height, tilt and inflatable lumbar support. Optional foot ring, headrest and neck rest add-ons.


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


Steelcase Leap

Neutral Posture 8000 series
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.

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

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

http://store.focaluprightfurniture.com/Seats/107.htm

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/
**Chairs**

**Lumbar Support Cushions**

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

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.


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.


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

https://www.ebay.com/i/132352133090?chn=ps&dispItem=1
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=EAIaIQobChMIppi1sazc1aIIVVVMGCh0juAKIEAYASAAEg

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/7USUYJ

Memory Foam Lumbar/Back Support

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


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.


= 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.

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

**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.

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

**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.
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

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

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/PRID/915/Default.aspx
Includes height-adjustment column, desk clamp, LCD pivot and keyboard tray with left/right hand mouse tray. Max 35 lbs. load capacity.


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

http://a.co/0ljgftZ

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

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

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


Mechanical Desks – Crank

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.


= fixed increments = adj. keyboard/tray surface = electric desk = 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
Desks

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=COKCqV6x3NYCFQwUo0d0KoKVA

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

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#VYmn17FhmWrt

= fixed increments  = adj. keyboard/tray surface  = electric desk  = stand biased/fixed height
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

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

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
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
**Desks**

**Steelcase Airtouch**

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


**Standee Classic Standup Desk**

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


**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/desk2standkit](http://desk2stand.com/t/desk2standkit)

= 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.

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.

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.
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

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

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

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

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


= neck support  = wrist support  = reduces eye strain
Monitors and Attachments

Monitor Arms

Adjustable monitor arm allows easy movement of computer screens.

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

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.


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

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

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


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

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.


= 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.


**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.


**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.


- = 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.
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 attack to thick surfaces up to 2-1/2”.


**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](http://www.morencyrest.com/key.htm)

**3M Gel-Filled Wrist Rest**

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.


**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.

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

http://a.co/hLWYY1F

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

http://a.co/1JEEXps

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.


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](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.

**Magic Trackpad for MAC**
- Uses gestures such as swiping, scrolling, etc. to interact with content on the screen.

**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](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 & Corded

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


Plantronics SupraPlus Wideband
Overhead, Corded, 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.

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

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/

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.remedyinteractive.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

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.