






ERGONOMIC EQUIPMENT CATALOG

This catalog provides ergonomics solutions that are recommended by the Safety Office and can be purchased without an ergonomics assessment. If you have further questions, please contact the Safety Office. In line with the University's [Environmental Sustainability Strategy](#), sustainable purchasing options were selected when available.





Office Chairs

Chair	Features	Sizes	Chair Adjustment Instructions	Purchase Options	Sustainability
Safety Office Recommendations					
geoCentric by ergoCentric 	This chair has all of the features stated above.	Available with multiple seat pan, pneumatic lift sizes, and arm options.	Multi Tilt Adjustment Instructions Synchro Glide Adjustment Instructions	Contact purchasing for opportunities to purchase customized chairs.	BIFMA Greenguard
airCentric by ergoCentric 	This chair has all of the features stated above. Cooling effect provided by back cap with airflow vents.	Available with multiple seat pan, pneumatic lift sizes, and arm options.	AirCentric 3 User Guide	Out of the Box <ul style="list-style-type: none"> • Small Seat • Standard Seat • Extra Large Seat Contact purchasing for opportunities to purchase customized chairs.	BIFMA Greenguard
tCentric Hybrid by ergoCentric 	This chair has all of the features stated above. Can be ordered with mesh seat and back or foam seat and mesh back	Available with multiple seat pan, and arm options but limited pneumatic lift options.	Multi Tilt Adjustment Instructions Synchro Glide Adjustment Instructions	Contact purchasing for opportunities to purchase customized chairs.	BIFMA Greenguard





Chair	Features	Sizes	Chair Adjustment Instructions	Purchase Options	Sustainability
Other Common Chairs on Campus					
Very by Haworth 	Typically purchased out of the box with limited ergonomic features. Not recommended for very small or very large individuals.	One size with height adjustable arms.	Haworth Very Instructions (all chairs may not have all features)	Haworth . Furniture resellers often offer out-of-the-box and customizable options. Contact purchasing.	Greenguard Gold certified
Mirra 2 by Herman Miller 	Does not have back height adjustability. Mesh back for a cooling effect.	Has a taller wider back so more suitable for taller individuals.	Video Instructions Adjustment Guide	Herman Miller	Greenguard Gold certified



Keyboards

Upgrading keyboards and mice to ergonomics options does not require an ergonomic assessment except in case of injury or complex medical conditions. Coordinate with your supervisor for purchasing.




Item	Features/ Suitable for	Purchase Options	Sustainability
Standard Keyboards			
<p>Logitech K120 Wired Keyboard</p> 	<p>Good for individuals with average-sized shoulder width and no injury.</p>	<ul style="list-style-type: none"> • Logitech 	<p>Black option is made with 51% recycled materials.</p>
<p>Logitech K380 Multi-Device Bluetooth Wireless Keyboard</p> 	<p>Compact keyboard that is suitable for individuals who need to keep their shoulders close to their body due to injury or narrow shoulder width.</p>	<ul style="list-style-type: none"> • Amazon • Logitech 	<p>Dark grey option is made with recycled materials.</p>
<p>Balance Keyboard Black-Contour</p> 	<p>Compact keyboard with a number pad that is suitable for individuals who need to keep their shoulders close to their body due to injury or narrow shoulder width.</p>	<ul style="list-style-type: none"> • Contour • Amazon 	<p>Corporate level sustainability policies. No product level certifications.</p>
Specialty Keyboards			
<p>Freestyle2 Blue by Kinesis</p>  <p>Note: Goldtouch V2 is also available and provides similar features.</p>	<p>Good for individuals with decreased forearm or wrist rotation. The purchasing of the tenting accessory allows the individual to use this keyboard in flat or tented heights to vary rotation.</p>	<ul style="list-style-type: none"> • Kinesis • Amazon 	<p>None</p>





Mice

Item	Features/ Suitable for	Purchase Options	Sustainability
<p>Standard Mice</p> <p>M310 Wireless Mouse by Logitech</p> 	<p>Good everyday mouse. Larger size allows for increased hand support.</p>	<ul style="list-style-type: none"> • Staples • Amazon 	<p>Black and dark grey option is made with 77% recycled materials.</p>
<p>M280 Wireless Mouse by Logitech</p> 	<p>Good everyday mouse. Larger size allows for increased hand support.</p>	<ul style="list-style-type: none"> • Amazon 	<p>Black option is made from 65% recycled materials.</p>
<p>M240 Silent Wireless Ambidextrous Optical Mouse by Logitech</p> 	<p>Good everyday mouse. Larger size allows for increased hand support. Does not support multiple device pairing.</p>	<ul style="list-style-type: none"> • Best Buy • Staples 	<p>Graphite option is made from 48% recycled materials.</p>
<p>MX Master 3S Wireless by Logitech</p> 	<p>Designed for right-handed users. Two scroll options prevent overuse injuries.</p>	<ul style="list-style-type: none"> • Staples • Logitech 	<p>Graphite option is made from 27% recycled materials.</p> <p>Pale grey option is made from 22% recycled materials.</p>

Item	Features/ Suitable for	Purchase Options	Sustainability
Specialty Mice			
<p data-bbox="107 199 464 228">Vertical Mouse 4 by Evoluent</p> 	<p data-bbox="625 199 1224 334">Good for individuals who cannot rotate their hand parallel to the keyboard tray in cases where they have strain injuries or chronic pain. Promotes a neutral position for the hand.</p> <p data-bbox="625 375 1150 440">Purchased based on hand size and left/right mousing.</p>	<ul data-bbox="1287 199 1444 302" style="list-style-type: none"> • Staples • Amazon • Evoluent 	<p data-bbox="1602 199 1686 228">None.</p>
<p data-bbox="107 500 380 529">UniMouse by Contour</p> 	<p data-bbox="625 500 1224 634">Good for individuals who cannot rotate their hand parallel to the keyboard tray in cases where they have strain injuries or chronic pain. Promotes a neutral position for the hand.</p> <p data-bbox="625 675 1073 704">Adjustable angle and thumb support.</p> <p data-bbox="625 745 1087 774">Purchased for either left or right hand.</p>	<ul data-bbox="1287 500 1444 565" style="list-style-type: none"> • Contour • Amazon 	<p data-bbox="1602 500 1959 597">Corporate level sustainability policies. No product-level certifications.</p>

Sit Stand Desks

Item	Features	Suitable for	Purchase Options	Sustainability
<p>Sit to stand conversions provide a more cost-effective way to provide the opportunity to stand while working. They are installed on the existing desk and don't require retrofits. Sit-stand conversions should be purchased based on the size of the desk it will be placed on, the amount of workspace needed, and the physical characteristics or limitations of the individual. Sit-to-stand desks are available but have limited use at the university given depending on how the existing desk and cubicle was designed. Sit-stand bases may also be available through the desk/cubicle supplier of the typical area. If an entire desk is needed to be retrofitted contact Plant Operations Design.</p>				
<p>Sit to Stand Conversions</p>				
<p>WorkFit-Z Mini by ergotron</p> 	<ul style="list-style-type: none"> • Size: 40 cm x 79 cm • Single height keyboard tray. • Allows user to lift their monitor up to 32 cm. • May fit a monitor and a laptop depending on monitor screen size. 	<p>Suitable for users who need to move their location of their sit-stand regularly or have a temporary set-up.</p> <p>Not suitable for taller individuals.</p>	<p>Ergotron</p>	<p>Company-level initiatives and certifications</p>
<p>WorkFit-TX by ergotron</p> 	<ul style="list-style-type: none"> • Keyboard tray drops below desk for adjustability when sitting or standing. • Monitors can just sit on the surface so desk can be used for either one monitor and a laptop or 2 monitors. • Requires a desk surface that is at least 81 cm x 69 cm. 	<p>Suitable for individuals who have two screens that cannot be attached to a monitor arm (i.e. a laptop and a monitor)</p>	<p>Ergotron</p>	<p>Company-level initiatives and certifications</p>
<p>VariDesk® Pro Plus™ 36 by vari</p> 	<ul style="list-style-type: none"> • Height adjustable keyboard tray. • Lifts up to 44.5 cm above the desk surface. • Requires a desk surface that is at least 75.5 cm x 91.5 cm • Requires a height adjustable keyboard tray to go below desk surface 	<p>Suitable for individuals with two screens</p>	<p>VariDesk</p>	<p>GreenGuard. BIFMA</p>

Item	Features	Suitable for	Purchase Options	Sustainability
Sit to Stand Conversions Cont.				
VariDesk® Tall 40 by vari 	<ul style="list-style-type: none"> • Requires a desk surface that is at least 71 cm x 101.5 cm • Spring-assisted lift 	Suitable for very tall individuals that have more than 1 monitor.	VariDesk	GreenGuard. BIFMA.
WorkFit-S by ergotron 	<ul style="list-style-type: none"> • Requires minimal open desk surface due to clamp design. • Built in monitor stand (360° rotation) • Size: Middle table is 58 cm x 38 cm, Keyboard tray: 69 cm x 23 cm • Keyboard tray can go below desk space. • Middle table is an optional add-on 	Suitable for individuals with a limited desk surface	Ergotron	Company-level initiatives and certifications
Sit-Stand Desks				
WorkFit-D by ergotron 	Provides sit-stand capability of an entire desk rather than only a platform. Requires some manual lifting of the table with minimal effort.	Not suitable for individuals who do not have ability to lift in an upwards motion.	Ergotron	Company-level initiatives and certifications
Electric Standing Desk 60x30 by vari 	Provides sit-stand capability of an entire desk rather than only a platform.	Electrical lift makes desk suitable for individuals with injuries that only allow limited lifting ability.	VariDesk	GreenGuard. BIFMA.

Additional Tools

These additional tools are readily available from many suppliers. They do not require an ergonomics assessment to be purchased and can be coordinated through the individual's supervisor.

Item	Features/ Suitable for
Adjustable Keyboard Tray	<p>Adjustability allows users to adjust their keyboard to their height. Useful for users that are shorter and users that have a sit stand desk.</p> <p>Increases desk surface and depth.</p> <p>Recommended option: Humanscale Keyboard</p>
Footstool	<p>Preferably height and angle adjustable.</p> <ul style="list-style-type: none">• Good for people who have a keyboard tray with limited adjustability (or no tray) and whose feet cannot touch the ground.
Adjustable Monitor Riser/Laptop Stand	<p>Allows monitor/s to be positioned at eye level.</p>
Anti-fatigue Mat	<p>Useful for individuals who stand for long periods of time to provide support and reduce fatigue.</p>
Palm Rest	<p>Brings your wrists up to the same level as the keyboard so that they are not in an extended positions. Provides a soft surface for your wrists to prevent contact and injuries that arise from contact with hard desk surfaces.</p> <p>Palm rests are not recommended to be used for your mousing hand.</p> <p>Note: for slim profile keyboards a slim profile palm rest should be used. Recommended option: Goldtouch Slimline Gel Wrist Rest</p>
Monitor Arm	<p>Allows you to customize the distance between yourself and your monitor. Useful for individuals who have limited desk surfaces.</p>