

# Stanford University EH&S Pre-Approved Ergonomic Product List

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### **About this list:**

This product list contains computer office items and furniture evaluated and approved by Stanford Environmental Health and Safety as ergonomically-sound for University computer users. When properly setup and used, items on this list can help solve common ergonomic problems related to office computer use.

**IMPORTANT:** Before starting your work routine at your computer workstation, complete the required ergonomics training and workstation self-evaluation following the guidance on Page 2.

### **EH&S Ergo Showroom:**

Sample products can be seen and tried out at the Ergo Showroom located on-campus at EH&S (480 Oak Road). Ergo Showroom visits can be arranged by emailing the Ergonomics Team at [ergonomics@lists.stanford.edu](mailto:ergonomics@lists.stanford.edu).

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# Ergonomics at Stanford University

To help campus departments prevent workplace musculoskeletal injuries and assist their compliance with Cal/OSHA regulatory requirements, Stanford’s Ergonomics Program provides key resources including employee training and support with workstation evaluation.

## Training: Computer Workstation Ergonomics (EHS-3400)

This course provides complete guidance on properly adjusting your computer/office setup and reviews ergonomic work practices. This training is available online through STARS (axess.stanford.edu).

Departments wishing to schedule a special group session should contact EH&S at 3-0448.

## Workstation Evaluation: Guidance provided at– [ergostanford.stanford.edu](http://ergostanford.stanford.edu)

- Workstation self-assessment tools
- Additional tips and consultation
- Ergonomic Equipment Matching Fund Program

## Ordering Guidance

- Equipment can be ordered through Smart Mart, iProcurement, or online using a PCard.
- Non-Catalog items (equipment not found in Smart Mart) – [http://www.stanford.edu/group/fms/fingate/finsystem/iprocure/howto/create\\_standard\\_req.html](http://www.stanford.edu/group/fms/fingate/finsystem/iprocure/howto/create_standard_req.html)
- Office Max – WHEN ORDERING PRE-APPROVED ITEMS FROM OFFICE MAX, SELECT THE “APPROVED EH&S ERGONOMIC PRODUCT LIST” FROM THE ESTABLISHED SHOPPING LISTS (see below)

The screenshot shows the OfficeMax Workplace Stanford University website. At the top, there is a search bar with the text "Search by Keyword or Item #" and a "Search" button. To the right, there is a shopping cart icon with "Items 0" and "Cart Subtotal \$0.00", along with a "Checkout" button. Below the search bar, there are navigation tabs: "Messages", "Order By Item #", "Shopping Lists" (which is highlighted), and "Ink & Toner Finder". On the left side, there is a "Shop By Category" menu with the following items: Basic Office Supplies, Binders & Filing, Calendars & Organizers, Computer Accessories & Supplies, Computer Hardware & Peripherals, Computer Software, and Custom Printing. The main content area is titled "Shopping Lists" and includes a "Filter By:" section with options "All", "Personal", and "Shared". Below this is a table with the following columns: "List Name", "Date Last Changed", and "Type". The table contains the following rows:

List Name	Date Last Changed	Type
Approved EH&S Ergonomic Product List	05/07/2013	Shared
Stanford Contract Adhesives	02/12/2013	Shared
Stanford Contract Batteries	02/13/2013	Shared
Stanford Contract Binders/Presentation Products	02/13/2013	Shared
Stanford Contract Boards/Easels/Drafting Supplies	02/12/2013	Shared
Stanford Contract Boxes/Misc Paper/Shipping/Mailrm	02/13/2013	Shared
Stanford Contract Clips/Tacks/Fasteners	02/12/2013	Shared

## Office Master Chair Ordering Instructions

Email Office Relief at [customercare@officerelief.com](mailto:customercare@officerelief.com) with the following information:

1) Your contact information and shipping information

2) Chair Information:

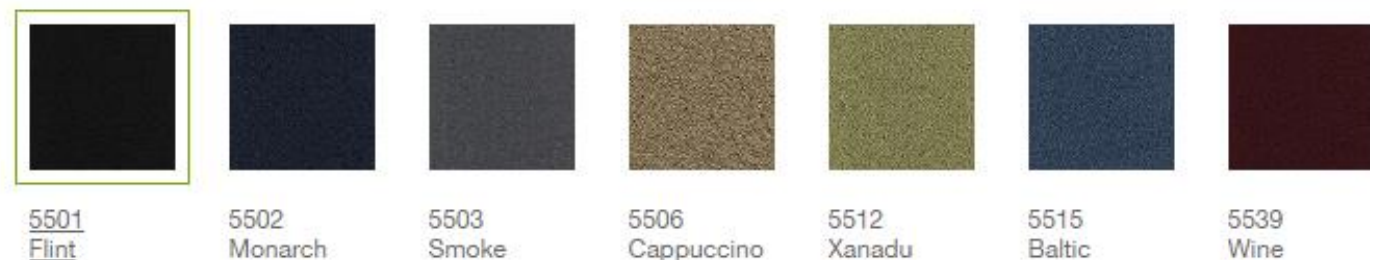
- CHAIR MAKE/MODEL
  - FABRIC GRADE: *See Below*
  - FABRIC COLOR : *See Below*
  - ARMRESTS: *NO ARMS, KR-200 ARMS, KR-465 ARMS*
  - DELIVERED ASSEMBLED
- 
- Office Relief will provide a quote. Verify the quote is accurate.
  - Order the chair with a PCard or as a non-catalog item in iProcurement – process at [http://www.stanford.edu/group/fms/fingate/finsystem/iprocure/howto/create\\_standard\\_req.html](http://www.stanford.edu/group/fms/fingate/finsystem/iprocure/howto/create_standard_req.html)

### CHAIR COLOR OPTIONS

#### SoftSit Grade 2



#### Comfortknit Grade 5



\*Additional fabric types and colors can be found in the [Office Master Fabric Catalog](#).

## Office Master Chairs

### Office Master YS88 - \$262+



**Adjustment features:**

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat
- Rocking tilt, tension adjustment
- Forward tilting

**Dimensions:**

- Overall width – 26.5”
- Overall height – 40-48”
- Back - 19”w x 24” h
- Seat - 20.5”w x 18-20.5”d
- Seat height - 17-22”

### Office Master YS72 - \$224+



**Adjustment features:**

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat

**Dimensions:**

- Overall width - 25”
- Overall height - 33-41”
- Back - 19”w x 20” h
- Seat - 20.5”w x 18-20.5”d
- Seat height - 17-22”

### Office Master PT74 - \$279+



**Adjustment features:**

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat
- Rocking tilt, tension adjustment
- Adjustable lumbar
- Forward tilting

**Dimensions:**

- Overall width - 25”
- Overall height - 35-44”
- Back - 17”w x 18” h
- Seat - 20”w x 17-19.5”d
- Seat height - 17-22”

### Office Master PT78 - \$307+



**Adjustment features:**

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat
- Rocking tilt, tension adjustment
- Adjustable lumbar
- Forward tilting

**Dimensions:**

- Overall width - 26”
- Overall height – 37.5-46.5”
- Back – 19.5”w x 22” h
- Seat - 21”w x 18-20.5”d
- Seat height - 17-22”

### Office Master DB53 - \$257+



**Adjustment features:**

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat

**Dimensions:**

- Overall width - 24”
- Overall height - 35-43”
- Back – 8 and 16”w x 18” h
- Seat - 20”w x 17-19.5”d
- Seat height – 16-21”

### Office Master Affirm AF524 \$288+



#### Adjustment features:

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat

#### Dimensions:

- Overall Width : 27"
- Overall Height : 38.25-45.75"
- Back : 19.75"w x 20.5"h
- Seat : 20.5"w x 17.5-20"d
- Seat Height : 17-22"

### Office Master Maxwell Mid Back Heavy Duty - \$491+



#### Adjustment features:

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Tilting seat
- Sliding seat

#### Dimensions:

- Back – 23.5"(W) x 20"(H)
- Seat - 24"(W) x 17-19.5"(D)
- Seat height – 18"-23"
- Weight Capacity: 400 lbs.

### Office Master CLS53 Lab Stool - \$218+



#### Adjustment features:

- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Sliding seat

#### Dimensions:

- Overall width - 27"
- Overall height – 43-53.5"
- Back – 17"w x 16.5" h
- Seat - 19"w x 16.5-19"d
- Seat height – 25-33"

Piano, Drum, Timpani, Flute, Trumpet, Cello or Harp

[http://officemaster.com/products/index.php?view=fabriccatalog&swatch\\_set\\_id=16&swatch\\_line\\_id=20](http://officemaster.com/products/index.php?view=fabriccatalog&swatch_set_id=16&swatch_line_id=20)

- For other laboratory stool options, contact EH&S (x6-4392)

### KR-200 Armrests



#### Features:

- Height and width adjustable T-arms
- Adjustable height range: 2.75"

### KR-465 Armrests



#### Features:

- Height and width adjustable T-arms with lockable fore-aft, side-to-side, and pivoting motion arm caps.

## Sit-to-Stand Solutions

(For additional options, contact the SU Ergonomics Program at 736-4392)

### Workrite Sierra Adjustable Height Tables

- Height range of 22-48".
- Multiple shape configurations available. More than 50 in-stock surface color selections, including 8 thermofoil patterns.
- Backlit LCD control panel has tactile soft-touch control buttons and 3 programmable memory height presets.
- For more information, contact Workrite representative Alex Hautau at (408) 393-8078 or [ahautau@workriteergo.com](mailto:ahautau@workriteergo.com).



### GeekDesk Adjustable Height Tables

NOTE: Order direct from [www.geekdesk.com](http://www.geekdesk.com)

- Motorized height adjustment range of 23-47.5 inches
- Beech veneer or black laminate table surfaces
- Black or silver table frames
- Large table = 78.75" W x 31.5" D
- Medium table = 63" W x 31.5" D
- Small table = 47.25" W x 31.5" D

#### GeekDesk Max

- Four programmable height presets, LED display
- 335 lb capacity

\$949-985

#### GeekDesk V3

- Motorized height adjustment range of 23-48.5"
- Two-button height control
- 275 lb capacity

\$749-799



## Grandstands Height Adjustable Desks

### L3 Sit-Stand Base

- Order from Grandstands rep, Chris Lowe: [clowe@intellifactors.com](mailto:clowe@intellifactors.com).
- Worksurface height range: 22.5" – 47.5"
- 2 legged and 3 legged L-Shape desks available
- Weight capacity: 175 lbs. per leg
- Travel speed 1.6" per second
- Can use base to retrofit current desk and choose a customizable work surface size and shape
- Available work surface colors include: Cherry, Maple, Gray, White, Walnut
- Installation available through Grandstands
- 5 year warranty on parts and labor



## Ergotron WorkFit-S

This height-adjustable workstation attaches to your current desk and moves your keyboard and display in one simple motion, making computing comfortable for prolonged periods. The built in keyboard tray allows the keyboard/mouse to drop below desk height. *NOTE:* Monitors must be VESA compatible. Keyboard trays are fixed.

### Heavy Duty Single Screen with Worksurface+



- Monitor  $\leq 30''$
- Weight  $\leq 29$  lbs.
- Worksurface: 0.25''(H) x 23'' (W) x 15'' (D)
- Keyboard Tray: 0.25''(H) x 27'' (W) x 9'' (D)
- 5 year warranty
- Item #: 33-351-200

### Light Duty Single Screen with Worksurface+

- Monitor  $\leq 24''$
- Weight  $\leq 18$  lbs.
- Worksurface: 0.25''(H) x 23'' (W) x 15'' (D)
- Keyboard Tray: 0.25''(H) x 27'' (W) x 9'' (D)
- 5 year warranty
- Item #: 33-350-200

### Dual Screen with Worksurface+

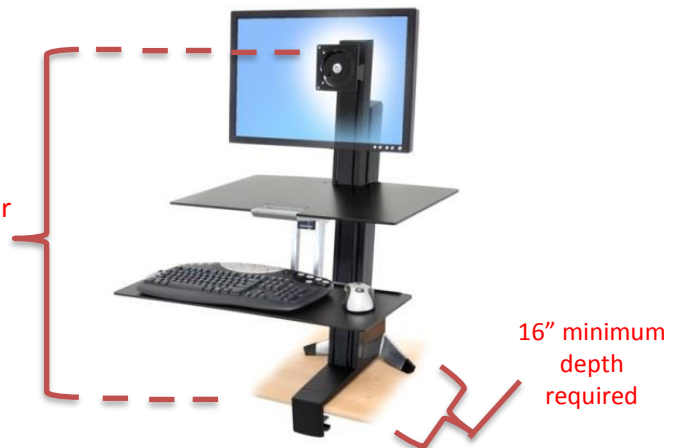


- Monitor  $\leq 24''$
- Weight  $\leq 25$  lbs.
- Worksurface: 0.25''(H) x 23'' (W) x 15'' (D)
- Keyboard Tray: 0.25''(H) x 27'' (W) x 9'' (D)
- 5 year warranty
- Item #: 33-349-200



VESA Adapter Capability required.  
Monitor must have this four-hole,  
square screw pattern

30 inches of height  
clearance required for  
the spine of the  
Ergotron alone (not  
including the  
monitor).





## Ergotron Workfit-S Accessories

### Corner Keyboard Tray



- Tray designed to allow the keyboard to drop below table height in a corner work space.
- Installs centered or offset to left or right to accommodate user preference
- Item #: 97-898

### Deep Keyboard Tray



- Installs centered or offset to left or right to accommodate user preference
- Provides additional depth if using a mouse such as the RollerMouse
- Item #: 97-897

### Tall User Kit



- Available for single or dual Workfit
- Raises displays to reach the ergonomic height of taller users
- Adds up/down tilt to the displays
- Note: depending on weight of monitor, may cause monitor to move when typing.
- Single Tall User Kit Item #: 97-845
- Dual Tall User Kit Item #: 97-615

### Laptop Converter Kit



- Convert Workfit-S Dual into a laptop display and monitor display
- Item #97-617

## Keyboard Trays

### Workrite Banana Board Platform and Pinnacle 2 Adjustable Arm



- Mouse platform easily slides from side to side to accommodate left or right-handed mousing
- Platform includes built-in document holder and cord management for keyboard and mouse
- Mouse trap keeps mouse in place
- Pinnacle 2 Arm with 17" or 22" low-profile ball-bearing track
- Requires 17" or 22" of unobstructed under-table depth (for other options, contact EH&S)
- Item # 2128-17 (for 17" keyboard arm track)
- Item #2128-22 (for 22" keyboard arm track)

### Workrite Standard Classic Platform and Pinnacle 2 Adjustable Budget Arm



- Mouse trap keeps mouse in place
- Removable LeatheRite palm support
- Pinnacle 2 Arm with 17" or 22" low-profile ball-bearing track
- Requires 17" or 22" of unobstructed under-table depth (for other options, contact EH&S)
- Item # 2151-17 (for 17" keyboard arm track)
- Item #2151-22 (for 22" keyboard arm track)

### Workrite Corner Diagonal



- Allows use of adjustable arm and keyboard platform where the natural corner of the worksurface does not permit it.
- Adjusts to fit 1" - 2¼" thick worksurfaces.
- Clamping design eliminates spacers, saving installation time.
- Item # 179ACD-B

### Grandstands EasyLift Trackless Keyboard Tray System



- Only 9 3/8" of undersurface space required for tray to fully retract.
- Adjusts between +10° to -15° tilt.
- Total height adjustment of 5.73".
- Item # 23475-TL
- 27" x 10" Extended Keyboard Platform Item # 15890-1

## Input Devices

### Goldtouch V2 Adjustable Keyboard



- Adjustable split design assists in reducing outward bent wrists while keeping elbows close to body.
- Compact design allows for closer mousing.
- PC Compatible Keyboard Item # GTU-0099
- Mac Compatible Keyboard Item # GTU-0088
- Numeric keypad available (sold separately) Item #C9GTC-0077

### Goldtouch Go! Mobile Keyboard



- Adjustable split design with low profile keys assists in reducing outward bent wrists while keeping elbows close to body.
- Keyboard folds in half to easily fit in briefcase or backpack
- Compact design allows for closer mousing.
- Numeric keypad available (sold separately).
- Item # GTA-0044

### Microsoft Sculpt Keyboard and Numeric Keypad



- Split design assists in reducing outward bent wrists while keeping elbows close to body.
- NOTE: keys are spaced for larger hands
- Separated numeric keypad allows for closer mousing.
- Wireless USB transmitter.
- Built-in Windows hotkeys (e.g. copy, paste)

### Evoluent Mouse Friendly Keyboard



- Numeric keypad is positioned on the left side of the keyboard so the mouse can be positioned closer to the midline of the body.

## Evolution Essentials Full Featured Compact Keyboard



- No numeric keypad so the mouse can be positioned closer to the midline of the body.

## Kinesis Freestyle2 Split Keyboard



- 15.375" (W) x 7.25" (D) x 1.125" (H)
- Up to 9" of separation to allow for more neutral wrists and shoulders
- Wired
- Compact design allows for closer mousing
- Accessories sold separately (Listed in next few sections)
- PC Keyboard Item # K8800PB-US
- Mac Keyboard Item #K800HMB-US

## Kinesis Freestyle2 Low Profile Keypad



- 3.75" (W) x 6" (D) x 1.25" (H)
- **Requires Kinesis Freestyle2 Split Keyboard to operate**
- Cable Length: 6 ft.
- 3 additional keys (Tab, Backspace, and Equals)
- Embedded hot keys (Cut, Copy, and Paste)
- Item # AC800HPB-US

## Kinesis Freestyle VIP3 Accessory



- Alternates the slope of the keyboard from 5°, 10°, and 15°
- Max Height for 5°: 1.875"
- Max Height for 10°: 2.5"
- Max Height for 15°: 3.125"
- Padded wrist cushion reduces contact stress
- **Requires Kinesis Freestyle2 Split Keyboard to operate (not included)**
- Item # AC820-BLK

## Apple Magic Keyboard



- Compact keyboard reduces mouse distance, minimizing awkward shoulder postures.
- Compatible with Mac or iPad
- Bluetooth® transmitter.
- Item # MLA22LL/A

## Evolution Vertical Mouse 4



- Mouse in an upright, neutral position, reducing inward twisting of forearm/ rotating of wrist.
- Promotes arm and shoulder movement, instead of extensive wrist movement.
- Windows, Mac, and Linux compatible
- Note: one-sided use only
- Small version for hands less than 7 inches from tip of middle finger to wrist crease (base of palm). Contact EH&S for assistance.

Right-handed mouse (V.4)

Left-handed mouse (V.4)

Small right-handed mouse (V.4)

Right-handed wireless mouse (V.4)

### Item #

**S9VM4R**

**S9VM4L**

**S9VM4S**

**S9VM4RW**

## Rollermouse



- Ideal for people who still need to use the number pad on their keyboard but want to reduce reaching for the mouse.
- No gripping necessary
- Allows use of both hands for pointing/clicking
- Windows and Mac compatible
- [Free 30 day trial](#) available through Contour
- Models include:

- Rollermouse Re:d (pictured)
- Rollermouse Free3
- Rollermouse Pro2

## Logitech Touchpad T650



- Reduces excessive movements in shoulder, arm and wrist that may occur with mousing.
- Eliminates gripping
- Light touch eliminates excessive “clicking” when mousing, reducing repetitive stress to fingers.
- Ambidextrous
- PC/Mac compatible
- Item # 910-0030507

## Apple Magic Trackpad



- Reduces excessive movements in shoulder, arm and wrist that may occur with mousing.
- Light touch eliminates excessive “clicking” when mousing, reducing repetitive stress to fingers.
- Eliminates gripping
- Ambidextrous
- Mac only, Bluetooth connection
- Item # MJ2R2LL/A

## Kensington Orbit Trackball



- Stays in one place, saving desk space
- PC and Mac compatible
- Item # S972337

## Kensington Expert Mouse



- Wired Track ball mouse
- Weight: 0.75 lbs
- PC and Mac compatible
- Dimensions: 5.75”(D) x 5.0”(W) x 2.5”(H)

## Hippus Handshoe Mouse



- Allows for more neutral wrist/relaxed hand
- Supports the palm
- Available wireless or wired
- Available left or right-handed
- 4 sizes available depending on hand size. Click [here](#) to determine appropriate size.

### Humanscale Mouse Mate



- Reduces wrist dropping (extension) by providing larger surface area for neutral hand posture.
- Attaches to a standard PC mouse to allow a neutral mousing position.
- Ambidextrous
- Item # S6MM10

### Goldtouch SlimLine Wrist Rest



- Low profile design ideal for Apple keyboards
- Reduces contact stress at the wrist.
- Note: Do not rest wrists on product while actively typing.

### IMAK Ergo Beads Wrist Rest



- Reduces contact stress at the wrist.
- Note: Do not rest wrists on product while actively typing.
- Mouse and keyboard options available

## Monitor Accessories

### 3M Monitor Stand



- Allows for monitor to be elevated to seated eye height.
- Raises monitor from 1" to 5 7/8"
- Standard monitor stand holds a maximum of 80 lbs.
- Extra wide monitor stand holds a maximum of 40 lbs.

### Ergotron LX LCD Monitor Arm



- Allows for closer monitor to user distance without losing excessive desk space from monitor stands.
- Ease of height and distance adjustability is convenient for multiuser workstations.
- Extends 25 inches and allows 13 inches of height adjustment
- Freedom of movement and range of adjustability
- Clamp and grommet clamp standard
- Supports monitors up to 25 lb
- Equipped with industry-standard VESA mount

### Ergotron LX Dual Side by Side LCD Monitor Arm



- Allows for closer monitor to user distance without losing excessive desk space from monitor stands.
- Ease of height and distance adjustability is convenient for multiuser workstations.
- Extends 25 inches and allows 13 inches of height adjustment
- Freedom of movement and range of adjustability
- Clamp and grommet clamp standard
- Maximum combined weight 40 lb
- Equipped with industry-standard VESA mount



## Notebook Accessories

### Fellowes Notebook Riser



- Reduces neck forward bending (flexion) caused by laptop screen positioned too low.
- Supports up to 17" laptop
- Dimensions: 15.125" (W) x 11.375" (D) x 6.5" (H)
- Places laptop at a comfortable height to reduce neck strain
- Supports up to 10 lbs.
- Adjustable tilt
- Non-skid rubber feet prevents movement

### Griffin Notebook Riser



- Reduces neck forward bending (flexion) caused by laptop screen positioned too low.
- Places laptop at a comfortable height to reduce neck strain
- Elevates laptop 5.5"
- Non-skid rubber feet prevents movement
- Item # 1093-CURV2

## Workstation Accessories

### VuRyte Document Stand



- Reduce awkward neck postures and rotations when working with hard copy documents
- Stand-alone document holder – can be placed in front or to the side of the monitor
- Available in 14 and 18" wide
- Adjustable tilt
- 14" wide stand Item # VU14DC
- 18" wide stand Item #CU18DC

### Kensington Solemate Plus Footrest



- Ideal when feet do not touch the floor when seated
- **NOTE:** Not for standing on as a step up device. 3 ½ - 5 " high
- 20" wide
- 14" deep
- Item # EP3344686

### Plantronics CS500 Wireless Headset System



- Eliminate awkward neck and shoulder postures when on the phone for frequent or long duration calls
- Reduces reaching when using handset lifter accessory
- Wireless communication range of 300'
- Convertible over-the-ear or over-the-head options
- Eight hour talk time
- Certain phones require headset lifter to answer/end the call through the headset.

### Plantronics Savi W745 Wireless Headset System



- Eliminate awkward neck and shoulder postures when on the phone for frequent or long duration calls
- Connects to desk phone, mobile phone and computer
- Wireless communication range of 350'
- Convertible over-the-ear, behind the head or over-the-head options
- Eight hour talk time
- Electronic Hookswitch also available

### Safco Memory Foam Lumbar Support Cushion



- Provide additional lumbar support to existing chair.
- 11"H x 14 3/4"W x 3 1/2"D.
- Smooth surface easily wipes clean.
- Adjustable strap holds cushion in place.

### Gseat Seat Cushions



- Gel seat cushion to reduce thigh compression and alleviate pressure on the coccyx
- Dimensions: 14"(D) x 16"(W) x 1"(H)
- Weight: 1.4 lbs.
- Available in Black, Pink, and Neon Green
- 3 different sizes/thicknesses offered.
- Order through [www.gelcprodcuts.com](http://www.gelcprodcuts.com) and use coupon code **Stanford20** for a discount.

### Pro-Tech Ortho TUFF Skin Anti-Fatigue Mat



- Non-allergenic, latex, and silicone free.
- 2" safety bevel on all sides for ease of cart traffic.
- Manufactured with virgin Ortho Mat closed cell NBR sponge
- Reduces back and lower body fatigue while standing on it
- Typically used in conjunction with a Sit-Stand workstation
- 24" x 24" mat Item # PTOTS-242434
- 24" x 36" mat Item # PTOTS-243634

### Stow and Go Hand Truck



- Material: Aluminum
- Weight: 4.00 lbs.
- Retractable Wheel
- Maximum Load Capacity: 110.00 lbs
- Handle: Telescopic
- Casters: 2 x 5" Rubber
- Assembly Required
- Dimensions: 16.3"(D) x 15.8"(W) x 39.5"(H)
- Item # E94049

## Software

### F.lux



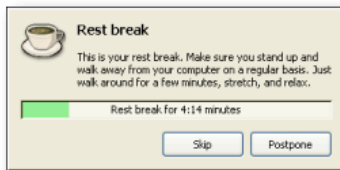
- Filters out blue light wave emission from your screen
- Free download from <https://justgetflux.com/>

### RSI Guard



- Automatic clicking
- Ergonomic reminder messages
- Hot keys and keyboard re-mapping
- Rest break reminders
- Video stretches
- Microbreaks
- Order directly from <http://rsiguard.remedyiinteractive.com/>

### Work Rave



- Rest break reminder software for PC
- Free download from [www.workrave.org](http://www.workrave.org)

### Time Out



- Rest break reminder software for Mac
- Free download from <http://www.macupdate.com/app/mac/12293/time-out>

### Dragon Naturally Speaking



- Use your voice to dictate documents or enter text anywhere you normally type
- Command and control your computer by voice