

Set up your workstation ergonomically...

Prevention is better than cure.

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For more information, please contact
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smart. safe. simple.™



Kensington®

smart. safe. simple.™

What is ergonomics?

FITTING WORK TO PEOPLE

Ergonomics is essentially about how things interact most efficiently and safely with the body in order to optimise wellness and productivity, while reducing fatigue and discomfort.

OHS statistics

Good ergonomics is good economics!

On average, 95% of an office worker's day is spent sitting in front of the computer

ALL businesses in Australia must have an OHS policy in place

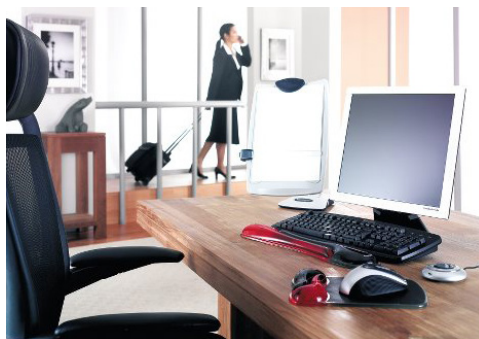
The total economic cost of work-related injuries and illnesses (for the 2008–09 financial year) is estimated to be \$60.6 billion dollars.

Why is it so important?

BECAUSE PREVENTION IS BETTER THAN CURE

Proper positioning of your keyboard, mouse, monitor and peripherals can not only reduce injuries but can also greatly improve your efficiency and reduce lost time.

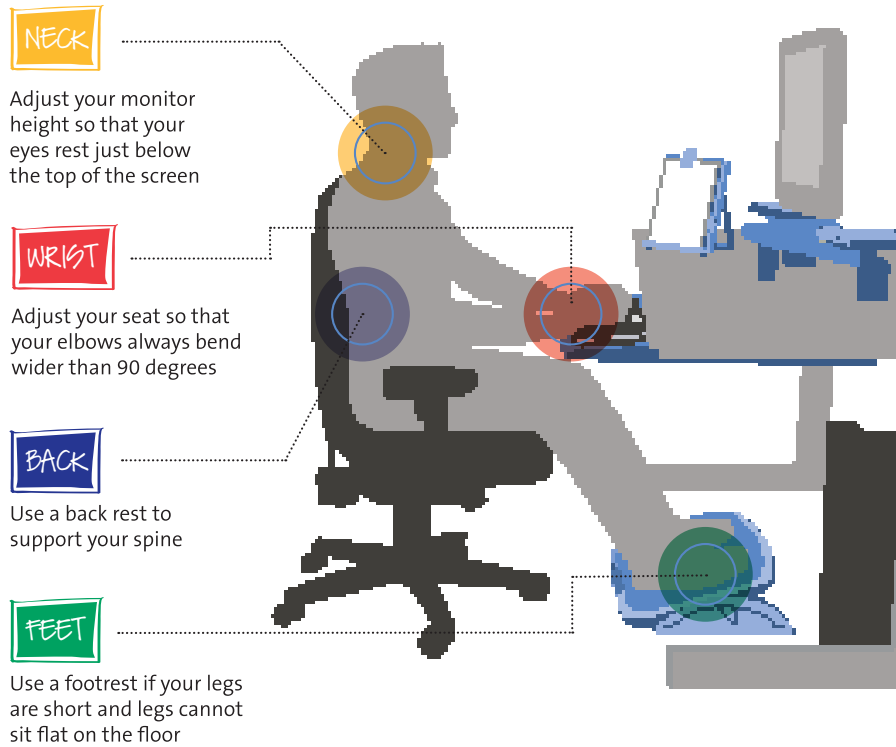
Office ergonomics done right can increase productivity on average by 11% and reduce absenteeism or turnover.



Product Guide

CODE	PRODUCT	MOQ	RRP	WARRANTY
NECK				
MONITOR ARM				
60900	Dual Monitor Arm	1	\$499.95	12 months
60903	Single Monitor Arm with SmartFit®	1	\$219.95	12 months
60904	Extended Monitor Arm	1	\$269.95	12 months
60089	Monitor Stand Plus with SmartFit®	1	\$64.95	12 months
SPIN STATION				
60049	Spin Station with SmartFit®	1	\$74.95	12 months
60087	Monitor Stand with SmartFit®	1	\$54.95	12 months
DOCUMENT HOLDER				
62097	Insight Inline CopyHolder with SmartFit®	1	\$44.95	12 months
RISERS				
60112	Easy Riser Laptop Cooling Stand with SmartFit®	1	\$39.95	12 months
BACK				
62823	Lumbar Back Rest with SmartFit®	1	\$49.95	12 months
82024	Memory Foam Seat Rest with SmartFit®	1	\$109.95	12 months
WRIST				
WRIST REST				
62682	Adjustable Memory Foam Wrist Rest with SmartFit®	1	\$44.95	12 months
TRACKBALLS				
72337	Orbit™ Trackball with Scroll Ring	1	\$54.95	12 months
72352	Orbit™ Wireless Mobile Trackball	1	\$74.95	12 months
64325	Expert Mouse USB Optical Trackball	1	\$109.95	12 months
72327	Slimeblade™ Trackball	1	\$139.95	12 months
KEYBOARD DRAWERS				
60044	Fully Adjustable & Articulating Keyboard Platform	1	\$499.95	12 months
60006	Desktop Comfort Keyboard Drawer with SmartFit®	1	\$119.95	12 months
60004	Underdesk Comfort Keyboard Drawer with SmartFit®	1	\$109.95	12 months
FOOT				
FOOT REST				
56146	Solemate Plus Footrest with SmartFit®	1	\$89.95	12 months
56148	SoleRest Footrest	1	\$99.95	12 months
56150	Rocking Footrest	1	\$34.95	12 months
56155	Solemassage Footrest	1	\$69.95	12 months
52482	Adjustable Footrest	1	\$84.95	12 months
56151	Ergonomic Footrest	1	\$184.95	12 months

Selecting the right equipment



The following pages focus on our range of ergonomic products, which assist in fighting against neck, back, wrist and feet/leg pain. Use the colour guide to choose a product from the corresponding area.

A. Neck

B. Back

C. Wrist

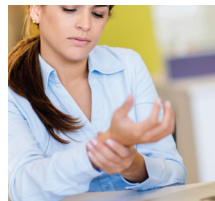
D. Foot



Monitor Supports
Monitor Risers
Copy Holders



Back Support



Keyboard Drawers
Wrist Pillows and
Mouse Rests



Footrests



A. Neck

It is often important to look at workplace ergonomics as part of treatment and prevention of neck pain. Perhaps the placement of the desk, computer workstation and/or placement of the computer monitor and keyboard can be improved to encourage improved upper back and neck posture.

When sitting straight or upright at a desk and looking straight ahead:

- Eyes should point directly at the top third of the screen
- Forearms should be approximately parallel with the floor when typing
- Elbows should be at the side
- Feet should be flat on the floor with the thighs parallel to the floor

Monitor Arm



Dual Monitor Arm w/
SmartFit®
60900



Single Monitor Arm
w/ SmartFit®
60903



Extended Monitor
Arm w/ SmartFit®
60904



Monitor Stand Plus
w/ SmartFit®
60089

Spin Station



Spin Station w/
SmartFit®
60049

Document Holder



Monitor Stand
w/ SmartFit®
60087

Risers



Inline Document
Holder w/ SmartFit®
60112

Risers



Easy Riser™ Laptop Cooling
Stand w/ SmartFit®
60112

B. Back

Back pain is one of the most common work-related injuries and is often caused by ordinary work activities such as sitting for long hours in an office chair.

People who work in offices are more likely to suffer chronic back pain. How your body is positioned throughout the day is a major contributor to back pain.

Here are some tips to optimise your workstation in order to reduce back pain:

- Customise your chair by adding a seat and back rest
- Optimise your posture when you make a call for example
- Get out of your chair and move around

Back/Seat Rest



Memory Foam
Seat Rest
82024



Lumber Back Rest
with SmartFit®
62823



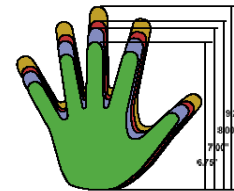
How it works

SET UP ANY WORKSTATION CORRECTLY
AND SAFELY IN THREE EASY STEPS

*Ergonomic
workstation
setup is as
easy as 1,2,3*

Step #1

Measure



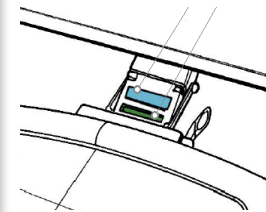
With every SmartFit® product, you will receive a hand chart in the box. This hand chart will assist you in finding your specific SmartFit® colour to customise your fit.

How do you measure?

With your right wrist on the baseline of the hand chart, lay your entire hand over the diagram. The tip of your middle finger will point to your SmartFit® colour.

Step #2

Adjust



The next step is to adjust the colour wheel on your SmartFit® product to your specific colour, and you're ready to go.

Not all SmartFit® products have a colour wheel, please make sure you read the instructions to understand how to adjust each SmartFit® product.

Step #3

Fit



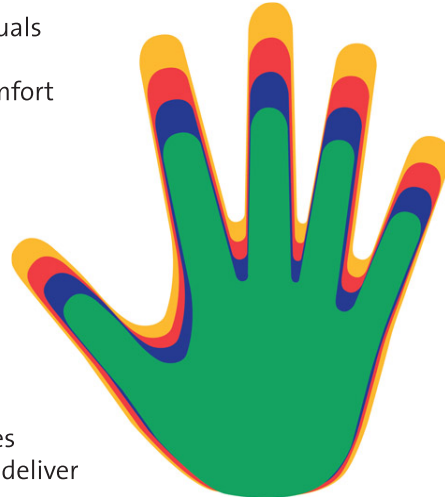
The final step is to validate the fit of your SmartFit® product at your workstation. Because we make many different SmartFit® products, please refer to the user guide in each product package.

What is SmartFit®?

SmartFit® demystifies ergonomics for individuals making it easy to install and customise their workspace accessories to their ergonomic comfort requirements.

SmartFit® was developed using US Army research that found a direct correlation between the size of hand and body measurements.

Many Kensington products feature the SmartFit® system. Every SmartFit® product includes a hand chart in the box. This indicates the specific SmartFit® colour setting that will deliver optimum ergonomic comfort for each user.



*Fit is everything...
One size does NOT fit all*

C. Wrist

If you sit behind a desk for hours at a time, you're destined for a career of sore wrists and fingers.

Use a wrist rest to minimise stress on your wrists and prevent awkward wrist positions. While typing, hold your hands and wrists above the wrist rest. During typing breaks, rest the heels or palms of your hands - not your wrists - on the wrist rest.



Wrist rest



Adjustable Memory Foam Wrist Rest w/ SmartFit®
62682

Track Balls



Orbit™ Scroll Rolling
72337



Orbit™ Wireless Mobile Trackball
72352



Expert Mouse Optical Trackball
64325



Slimeblade™ Trackball
72327

Keyboard drawer



Desktop Comfort Keyboard Drawer w/ SmartFit®
60006



Underdesk Comfort Keyboard Drawer w/ SmartFit®
60004



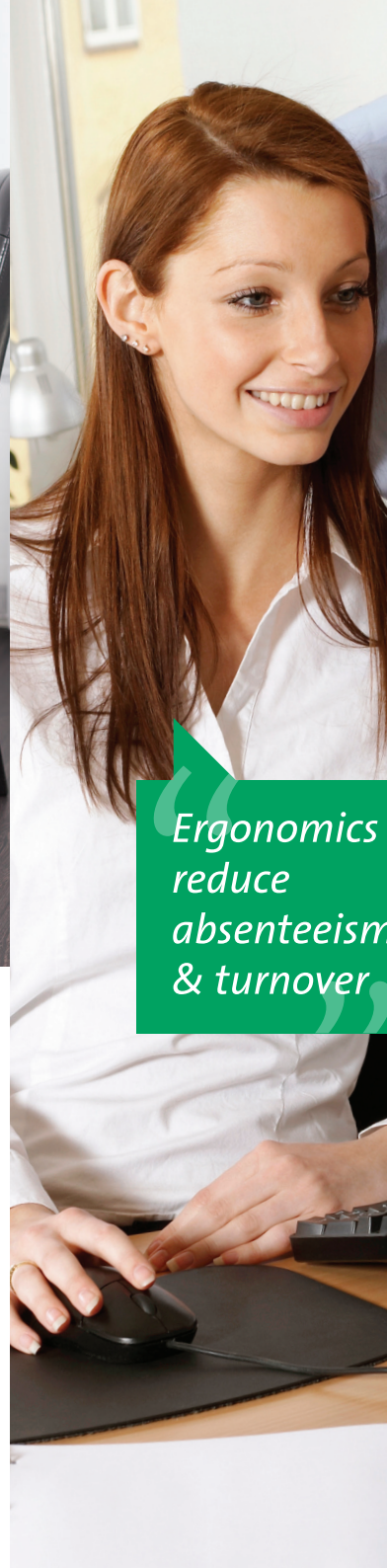
Fully Adjustable & Articulating Keyboard Platform
60044

D. Foot

Footrests provide ergonomic benefit in the workplace by ensuring correct posture, improving circulation, easing leg pain and lessening lower back issues.

Each footrest should be adjusted to the right angle between the thigh and upper body, and the employee's entire foot must be supported by either the floor or footrest with hips slightly higher than the knees.

By changing positions regularly and adjusting your feet, you promote movement and circulation and decrease risk of issues such as blood clots.

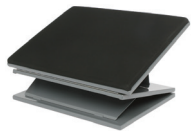


*Ergonomics
reduce
absenteeism
& turnover*

Benefits of an ergonomic workplace

- 1 The best ergonomic solutions will improve productivity. By designing a space that allows for good posture, less exertion, fewer motions and better height and reach, the workstation becomes more efficient.
- 2 Ergonomics improves quality of work. Poor ergonomics leads to frustrated and fatigued workers that don't do their best work.
- 3 An ergonomic environment improves employee engagement. Employees notice when the company is putting health and safety interests first. If an employee does not experience fatigue and discomfort during their workday, it reduces turnover, decreases absenteeism, improve morale and ultimately increases employee involvement.
- 4 Ergonomics shows your company's commitment to safety and health as a core value. The cumulative effect of the previous three benefits of ergonomics is a stronger safety culture for your company. Healthy employees are your most valuable asset; creating and fostering the safety & health culture at your company will lead to better human performance for your organisation.

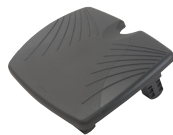
Footrest



Ergonomic Footrest
56151



**SoleMate Plus Footrest
w/ SmartFit®**
56146



SoleRest Footrest
56148



Rocking Footrest
56150



SoleMassage Footrest
56155



Adjustable Footrest
52482