

Proper Ergonomics Makes Good Business Sense



Ergonomics is the science behind making your office a more comfortable place to work and helps reduce repetitive strain injuries. Inspire productivity with a healthy, comfortable, and ergonomic work environment.

Pain Points

Upper Back And Shoulders

What You May Be Feeling:

Muscle tightness, aching, burning, soreness, fatigue, tingling sensation, throbbing pain

Products That Can Help:

1, 3, 4, 7, 10, 12

Elbows

What You May Be Feeling:

Aching, burning, soreness, fatigue, tingling sensation, throbbing pain

Products That Can Help:

1, 3, 4, 5, 6, 11

Lower Back

What You May Be Feeling:

Muscle tightness, aching, burning, soreness, fatigue, tingling sensation in the legs, throbbing pain

Products That Can Help:

1, 2, 3

Neck

What You May Be Feeling:

Muscle tightness, aching, burning, soreness, fatigue, tingling sensation, throbbing pain

Products That Can Help:

1, 2, 5, 7, 9, 10, 11

Eyes / Head

What You May Be Feeling:

Itchy, dry or tired eyes, headaches, blurred vision

Products That Can Help:

1, 7, 8, 9, 10

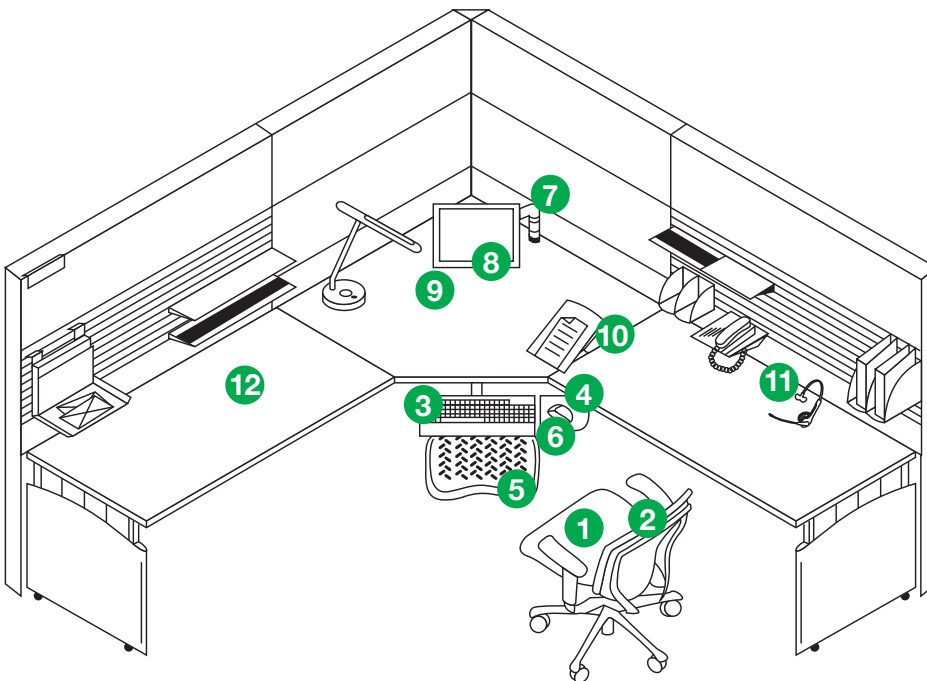
Wrists

What You May Be Feeling:

Aching, burning, soreness, fatigue, tingling sensation, throbbing pain

Products That Can Help:

1, 3, 4, 6, 12



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“Paying attention to workplace ergonomics is a critical step in maintaining a healthy and happy staff. There’s so much available to us now so there’s no reason to let yourself work in an uncomfortable or potentially unsafe environment.”

— Ronalda Francis, B.Sc. (Human Kinetics), C.E.S, Advisor, National Research Council Canada



<ul style="list-style-type: none"> • Wrists • Upper Back • Neck • Elbow • Lower Back  <p>1 Ergonomic Chairs</p>	<ul style="list-style-type: none"> • Neck • Lower Back  <p>2 Back Supports</p>	<ul style="list-style-type: none"> • Wrists • Upper Back • Elbow  <p>3 Keyboard Trays</p>
<ul style="list-style-type: none"> • Upper Back • Elbow • Wrist  <p>4 Wrist Rests</p>	<ul style="list-style-type: none"> • Neck • Elbow • Lower Back  <p>5 Footrests</p>	<ul style="list-style-type: none"> • Wrists • Elbow  <p>6 Mouse</p>
<ul style="list-style-type: none"> • Eyes/Head • Neck • Upper Back  <p>7 Monitor Arms</p>	<ul style="list-style-type: none"> • Eyes/Head  <p>8 Glare Screens</p>	<ul style="list-style-type: none"> • Eyes/Head • Neck  <p>9 Monitor Stands</p>
<ul style="list-style-type: none"> • Eyes/Head • Neck • Upper Back  <p>10 Document Holders</p>	<ul style="list-style-type: none"> • Neck • Elbow  <p>11 Headset</p>	<ul style="list-style-type: none"> • Wrists • Upper Back  <p>12 Adjustable Tables</p>

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