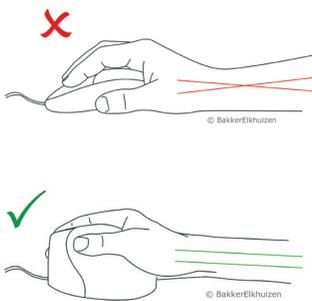


# How to create the ideal mobile workstation?

As more and more organizations are bound to let their employees work from home, new unpredicted challenges arise. How do you ensure that your employees can work from home in a healthy way and as productively and comfortably as in the office?

## Vertical mice

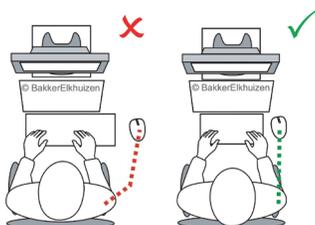
Vertical mice are grasped in a 'handshake' position. This position keeps the wrist from bending as much to the side while the forearm also turns inward to a lesser degree. In other words, using a vertical mouse decreases ulnar deviation and pronation (Schmid, et al., 2015). This means that muscle activity in the forearm and wrist is less than it would be when using a conventional mouse (Quemelo & Vieira, 2013).



	PRF Mouse	Handshake Mouse
Unique feature	Light and comfortable mouse	For small and medium hands
Hand	Right	Right
Connection	Wireless	Wired and wireless
Number of buttons	5	3
DPI	800/1200/1600	400/1600/3200
Available versions	-	Handshake Left VS4, Left Wireless VS4, Right VS4 und Right Wireless VS4

## Compact keyboards

Research has shown that 90% of keyboard users seldom if ever use the numeric pad. Working with a compact keyboard results in greater comfort because it reduces the reaching distance to the mouse (Cook, C., et al., 1998). This puts less strain on the shoulder and forearm. Dark letters on a light background make them easier to read (ISO 9241), and contribute to increased productivity (Snyder, 1990). BakkerElkhuizen keyboards have high-quality scissor mechanism keys for an ergonomic key stroke.



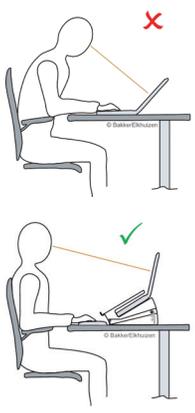
	UltraBoard 950	S-Board 840
Unique feature	Compact keyboard	Compact keyboard
Connection	Wireless	Wired
USB Hub	-	2
Size(mm)	285 x 19 x 147	305 x 20 x 165
Optional	UltraBoard 955 Numeric	S-Board 840 Numeric



# How to create the ideal mobile workstation?

## Laptop stands

With a laptop stand you strain on the upper body is reduced and you work more comfortably. An ergonomic laptop stand with a document / tablet holder also increases productivity.



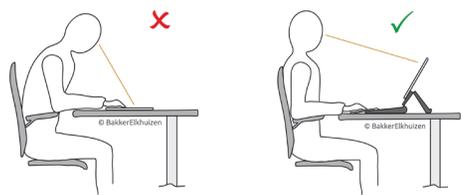
Semi-fixed	Ergo-T 340	Ergo-Top 320
Unique feature	Desktop laptop stand with integrated documentholder	100% circular
Adjustment Range (mm)	90 to 210	70 to 120
Material	ABS Plastic & Metal	Recycled (PET) material
Weight (g)	2800	501
Size (mm)	325 x 85 x 310	215 x 140 x 350



Mobile	Ergo-Q 260	Ergo-Q 330	FlexTop 270	ProStand
Unique feature	Thin and an integrated documentholder	Integrated documentholder	Can be attached to the laptop	Click on Macbook Pro 13"
Adjustment Range (mm)	90 to 210	110 to 190	90 to 220	50 to 120
Material	Hylite Aluminium	ABS Plastic & Metal	Hylite Aluminium	ABS Plastic
Weight (g)	390	490	320	125
Size (mm)	230 x 7 x 310	228 x 13 x 310	300 x 6 x 275	310 x 15 x 219

## Tablet holder

A good tablet stand places the tablet higher and at an angle, so that both neck posture and viewing angle improve. Use a separate keyboard and mouse if you are planning to do a lot of typing on the tablet.



Ergo-Q Hybrid	
Unique Feature	Ideal with the Microsoft Surface Pro
Adjustment Range (mm)	80 to 250
Material	Hylite Aluminium
Weight (g)	600
Size (mm)	202 x 15 x 293