



UNIVERSITY OF
CALGARY

Staff Wellness – Occupational Health

Proactive Ergonomics Program

Desktop Accessory Guide

Staff Wellness Occupational Health Proactive Ergonomics Program Desktop Accessory Guide





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Preferred Providers

Equipment and Furniture Purchases

The employee's department is responsible for the purchase of ergonomic equipment and furniture.

UCalgary has specified preferred vendors for office supplies and furniture. As per the "[Supply Chain Management Policy](#)" (section 4.13), "Employees will only use suppliers from this list to procure goods or services. When specific categories are not listed or when Preferred Suppliers cannot meet Requestors requirements, SCM will work with the Requestor to source an appropriate supplier." Vendors are listed according to University of Calgary policy and do not reflect the Ergonomic Program Advisor's selection or preference.

Refer to University of Calgary [Supply Chain Management Policy](#) for more information.

Other Retailers

Equipment

ErgoCanada: <https://www.ergocanada.com/> Email: sales@ergocanada.com Tel: 866-335-3746

Grand and Toy: Kevin Jackson Kevinjackson@grandandtoy.com 780-443-5061



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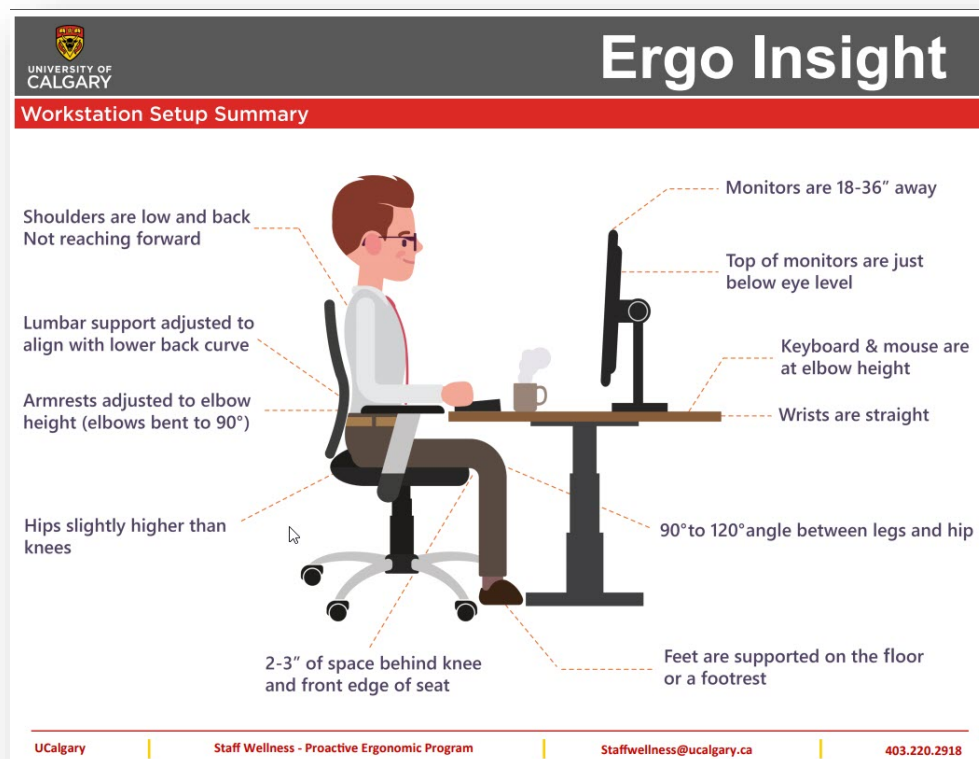
Proactive Ergonomics Program

The Proactive Ergonomics Program equipment and furniture list assists leaders and staff/faculty with office equipment and furniture. It is a guideline for workstation setup and is not specifically endorsed by the University of Calgary, Proactive Ergonomics Program. Contact the Preferred Provider sales representative for preferred pricing and furniture and equipment specifications.

Prior to purchasing furniture and equipment, follow the Staff Wellness, [Proactive Ergonomics Program Steps](#) to ensure proper workstation setup is completed with existing equipment.

Short-Term Loan Equipment Program

Staff and Faculty who require recommended equipment or furniture for their workstation may be approved for a short-term loan through the Staff Wellness, Proactive Ergonomics Program. Contact [Staff Wellness](#) for eligibility.





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Document Holders, Lamps, Antiglare Screens and Wrist Rests

<p>3M In-Line Copyholder</p>  <p>Angle and height adjustable, can stand alone with stable weighted base or hang over edge with 3M command adhesive, sold separately</p> <p>Easily adjustable elastic line guide keeps pages open and marks your place</p> <p>Extra wide - Holds up to 300 sheets, letter, legal and A4- size paper</p> <p>18" wide transparent back plate supports wide and heavy documents 18" W x 4" D x 12 " H Non-skid base</p> <p>ErgoCanada Grand and Toy</p>	<p>Fellowes Copyholder</p>  <p>Easel style for desktop use</p> <p>Adjust for height and viewing angle</p> <p>Holds up to 125 sheets of letter size paper</p> <p>Adjustable tilt</p> <p>Includes removable line guide for highlighting text</p> <p>Collapsible for easy portability and storage</p> <p>ErgoCanada Grand and Toy</p>	<p>Safco LED wireless charging Lamp</p>  <p>Features on/off switch and 6 level touch slide brightness dimming</p> <p>Dual pivot</p> <p>ErgoCanada Grand and Toy</p>
<p>3M Anti-Glare Filter for 23" Widescreen Monitor</p>  <p>Diffuses light, making it easier to see your screen in changing light conditions</p> <p>Helps reduce mirror-like reflections from indoor bright lights</p> <p>Clear screen in bright lights</p> <p>ErgoCanada Grand and Toy</p>	<p>3M Anti-Glare Filter for Desktop LCD Monitors for 19"</p>  <p>Diffuses light, making it easier to see your screen in changing light conditions</p> <p>Helps reduce mirror-like reflections from indoor bright lights</p> <p>Clear screen in bright lights</p> <p>ErgoCanada Grand and Toy</p>	<p>Fellowes Plush Touch Wrist Rest</p>  <p>With foam fusion technology</p> <p>Fellowes Keyboard Palm Support</p>  <p>Palm support Keyboard platform with wrist pillow</p> <p>Grand and Toy</p>









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Headsets

<p>Plantronics CS 510 Headset With Plantronics HL 10</p>  <p>Allows you to be more mobile</p> <p>Hands free up to 350 feet</p> <p>Audio controls volume/mute at your fingertips</p> <p>Noise cancelling microphone reduces background noise interruptions, ensuring great audio quality and decreasing listener fatigue</p> <p>ErgoCanada Grand and Toy</p>	<p>Plantronics CS 540 Headset With Plantronics HL 10</p>  <p>One-touch call answer/end, mute and flash controls</p> <p>Energy efficient adaptive power system optimizes for range and talk time</p> <p>Conference call option for collaboration</p> <p>Noise counseling headphone reduces background noise</p> <p>ErgoCanada Grand and Toy</p>	<p>Poly CS 540 Spare Headset</p>  <p>One-touch call answer/end, mute and flash controls</p> <p>Energy efficient adaptive power system optimizes for range and talk time</p> <p>Conference call option for collaboration</p> <p>Headsets can subscribe to a base by simply docking the headset</p> <p>Light DECT wireless headset</p> <p>Choice of up to three comfortable, customizable wearing styles</p> <p>Elegant magnetic headset docking</p> <p>Advanced wide band audio using CAT-iq technology for high definition voice quality</p> <p>Voice detective DECT technology eliminates Wi-Fi interference</p> <p>Noise counseling microphone reduces background noise an interruptions</p> <p>Enhanced digital signal processing (DSP) provides more natural voice sounds</p> <p>Grand and Toy</p>
<p>Jabra Engargre 65 Mono-Headset</p>  <p>Can connect to multiple phones at once</p> <p>4 way calling handling</p> <p>Built-in ringer in the headset</p> <p>Easy installation then upgrades</p> <p>Grand and Toy</p>	<p>Jabra Evolve 75e UC Earphones with mic</p>  <p>Professional sound</p> <p>Noise cancelling</p> <p>Grand and Toy</p>	<p>Logitech Stereo Headset H111</p>  <p>Noise cancelling microphone</p> <p>Rotating boom allows for you to move it away when not use</p> <p>Adjustable headband</p> <p>Computer headset</p> <p>Grand and Toy</p>