



UNIVERSITY OF
CALGARY

Staff Wellness – Occupational Health

Proactive Ergonomics Program

Equipment Guide

Staff Wellness Occupational Health Proactive Ergonomics Program Equipment 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.

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



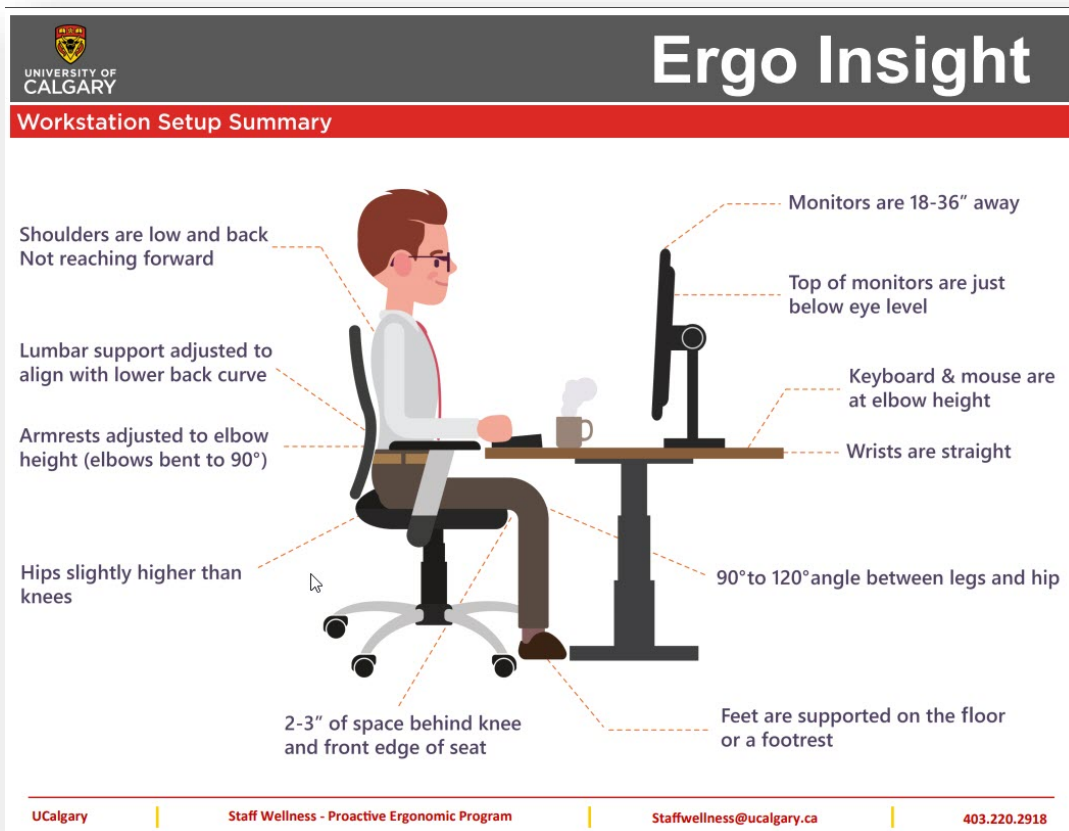
Proactive Ergonomics Program Guide

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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Risers and Stands

Fellowes Notebook Riser



15 9/16"W x 11 9/16"D x 6 1/2" H-

Supporting front edge, non-skid rubber feet and tilt adjustment

Supports 17" notebook or 10 lbs max.

[Grand and Toy](#)

Fellowes Professional Series Laptop Riser



Workstation with 4-port USB hub

Notebook stand

[Grand and Toy](#)

Fellowes Designer Suites Monitor Riser



16"W x 9 9/16" D
(Range between 4 3/8" & 6")

Supports monitors up to 21" or 40lbs

[Grand and Toy](#)

Herman Miller Ollin Laptop and tablet mount



Mount only
Order arm separately

[Contemporary](#)

Matias - iRizer Adjustable Stand



A portable stand for standard-size tablet devices. Adjustable to five angle settings (20°, 30°, 40°, 50°, and 70°).

[ErgoCanada](#)



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Keyboard & Mouse Purchasing Checklist

An external keyboard and mouse are essential for proper workstation setup.

- ☐ Wireless or wired:
 - Wireless typically require battery replacement and a small USB.
 - Wired require space for extra USB ports and cords.
- ☐ Size:
 - Compact keyboards fit most keyboard trays. The small size decreases reaching distance to the mouse, however if you have wide shoulders, compact keyboards are not recommended.
 - Measure the worksurface to ensure the keyboard size allows for comfortable mousing.
 - Do you require a number pad? Some keyboards have detached number pads, left hand number pads or retractable pads to assist with decreased reaching when mousing.
- ☐ Type:
 - Vertical mice and sculpted keyboards allow for a more neutral forearm position. Some vertical mice can be cumbersome when alternating between mousing and keyboarding, and some sculpted keyboards are too wide or too large. If shopping in-person, try various keyboards and mice, using a proper wrist and elbow position.
 - If you do not require a specialized keyboard or mouse, you can purchase standard equipment for low cost, similar to the brands in the catalogue.



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Keyboards

<p>KeyboardsMicrosoft Sculpt Comfort Keyboard</p>  <p>Contoured design keeps wrists in neutral position</p> <p>Includes ergonomic palm support</p> <p>Includes right-handed mouse</p> <p>ErgoCanada Grand and Toy</p>	<p>Microsoft Sculpt Ergonomic Keyboard</p>  <p>Split keyboard layout keeps wrists & forearms in relaxed position</p> <p>Cushioned palm rest</p> <p>Reverse tilt Design</p> <p>Detached wireless numeric pad and mouse</p> <p>17.8" W x 8.39" D ErgoCanada Grand and Toy</p>	<p>Adesso Win Touch Pro with Guide Point Touchpad</p>  <p>Mouse pad on keyboard (similar to a laptop bracket)</p> <p>45.7 cm x 22.9cm x 2.5 cm ErgoCanada Grand and Toy</p>
<p>Kinesis Freestyle 2 for PC Keyboard</p>  <p>Split keyboard</p> <p>Ergonomic tilt</p> <p>39.05 cm x 18.1 cm x 2.22 cm</p> <p>Freestyle 2 keypad sold separately</p> <p>ErgoCanada Grand and Toy</p>	<p>Matias Ergo Pro Keyboard Split Wired</p>  <p>Split and sculpted</p> <p>Can tilt</p> <p>Ghost-busted: types keys you missed</p> <p>Palm supports</p> <p>38.6 cm x 16.5 cm x 3.5 cm ErgoCanada Grand and Toy</p>	<p>Adesso Luminous AKB -132UY Keyboard</p>  <p>Designed for people with visual impairments</p> <p>Large black print on bright yellow keys decreases visual strain</p> <p>ErgoCanada Grand and Toy</p>







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<p>Evoluent Reduced Reach Keyboard</p>  <p>Left hand number pad for right hand mousing</p> <p>40.3 cm x 17.1 cm x 2cm</p> <p>ErgoCanada Grand and Toy</p>	<p>Posturite Number Slide Keyboard</p>  <p>Compact keyboard for employees who use their number pad infrequently and mobile workers</p> <p>Low profile keys</p> <p>Wired or wireless</p> <p>ErgoCanada</p>	<p>Logitech Wireless Compact Keyboard</p>  <p>Compact</p> <p>Long battery life</p> <p>Six hot keys</p> <p>12 programmable F-keys</p> <p>Advanced 2.4 GHz wireless Logitech unifying receiver</p> <p>Plug and play simplicity</p> <p>Whisper quiet, framed keys</p> <p>Grand and Toy</p>
<p>Logitech Keys-to-go Keyboard</p>  <p>Portable keyboard</p> <p>Bluetooth wireless pairing</p> <p>Easy to keep clean</p> <p>ErgoCanada Grand and Toy</p>		




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Mice

<p>Kinesis DXT 2 Fingertip Mouse</p>  <p>Allows for a neutral wrist position while allowing hand to work with a light touch fingertip hold</p> <p>Precision cursor control</p> <p>Ambidextrous</p> <p>Wired or wireless</p> <p>ErgoCanada Grand and Toy</p>	<p>Adesso iMouse E1</p>  <p>Vertical design allows for neutral wrist positions</p> <p>Two buttons on the side of the mouse allow for back and forth browsing</p> <p>Grand and Toy</p>	<p>Evoluent Vertical Mouse 4</p>  <p>Supports hand in upright neutral position</p> <p>Pointer speed controls on the side allow convenient adjustment</p> <p>Right or left</p> <p>Medium/large hand size</p> <p>ErgoCanada Grand and Toy</p>
<p>Posturite Penguin Ambidextrous Vertical Mouse</p>  <p>Allows for hand to rest alongside the vertical structure</p> <p>Encourages whole arm movement</p> <p>Fine cursor control still possible</p> <p>Central Bow-Tie switch allows for switch between left and right hand</p> <p>Ambidextrous</p> <p>ErgoCanada Grand and Toy</p>	<p>Logitech MX Master 3</p>  <p>15"W x 9"D x 3.5"H</p> <p>Comfortable hand position</p> <p>ErgoCanada Grand and Toy</p>	<p>Logitech MX Vertical</p>  <p>USB</p> <p>Bluetooth, 2.4 GHz</p> <p>Vertical position for neutral wrist position</p> <p>ErgoCanada Grand and Toy</p>



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<p>Contour Unimouse</p>  <p>Adjustable thumb and tilt position</p> <p>Fits various hand sizes</p> <p>Left or right</p> <p>ErgoCanada Grand and Toy</p>	<p>Contour Rollermouse Pro3</p>  <p>Roller bar to mouse</p> <p>PC and Mac</p> <p>Reduce reaching</p> <p>Open relaxed hand</p> <p>ErgoCanada Grand and Toy</p>	<p>Cirque Smart Cat Pro</p>  <p>Highly responsive cursor control combined with advanced functionality. Cursor tracking with the Smart Cat Pro is accurate.</p> <p>Both single and multi-finger gestures to provide quick access to standard functions of left and right clicking, zoom, scroll, pan and as well as other actions.</p> <p>Four one-touch zones that can be custom programmed for a wide range of shortcuts or actions. The four mechanical buttons by default perform standard left, right and middle clicks but can also be programmed to complete custom commands or functions.</p> <p>ErgoCanada Grand and Toy</p>
<p>Logitech TrackMan Marble Mouse</p>  <p>Ambidextrous</p> <p>Button controls for the internet</p> <p>Smooth tracking</p> <p>ErgoCanada Grand and Toy</p>	<p>Hippus HandShoe Mouse</p>  <p>Small, medium and large</p> <p>Left or Right</p> <p>Hand relaxed</p> <p>Mainly move arm versus hand and wrist</p> <p>ErgoCanada Grand and Toy</p>	<p>Handshoe Mouse Shift</p>  <p>Small, medium and large</p> <p>Ambidextrous</p> <p>Hand relaxed</p> <p>Mainly move arm versus hand and wrist</p> <p>ErgoCanada</p>