








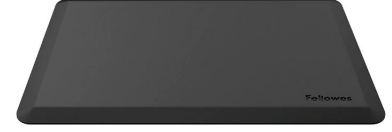
HSE Division Preferred Equipment Guide

The equipment listed below is intended to provide options to configure a computer workstation that will fit the specific needs of an individual and are not a requirement or a solution for every employee. This list does not replace the recommendations that could be made after an ergonomics assessment.




Products are generally available via www.chairlines.com or www.staples.ca. Links are also provided to the source manufacturer.

Product	Description	Information
Chairs		
 <p>ergoCentric geoCentric Mid-back Multi-tilt (Notes: standard chair at BCIT)</p>	<ul style="list-style-type: none"> ✓ Seat pan: 20" w x 19" d (medium) with other size options ✓ Seat height: 125 mm Pneumatic Lift (17.25" – 22") ✓ Infinite Forward Tilt Lock Out ✓ Infinite Lock Free Float ✓ Back Angle Adjustment 	<p>BCIT Purchasing</p>
  <p>ergoCentric tCentric ergoCentric airCentric</p>	<p>Configurable ergonomic chair for size and seat mechanism. Multi-tilter allows for forward seat pan tilt.</p>	<p>https://chairlines.com/products/ergo-centric-tcentric</p> <p>https://chairlines.com/collections/office-chairs/products/ergo-centric-aircentric</p>
Height Adjustable Keyboard and Mouse Trays		
 <p>Houdini and PU27 Keyboard Tray (Combo)</p>	<p>The Houdini pulls out far enough to work in a corner, but still retracts fully on a short, 17 3/4" track. PU27 is a thin, phenolic board 27" across with a mouse guard (left or right). Curved edges make this ideal for corner or rounded workstations.</p> <ul style="list-style-type: none"> ✓ Height adjustment: Up 3", down 5", total height adjustment of 8" ✓ Tilt adjustment + 10 degrees / – 20 degrees ✓ Keyboard tray: 27" x 10" wide ✓ Available with or without clip on palm rest 	<p>https://chairlines.com/products/houdini-and-pu27-keyboard-tray-combo</p>





HSE Division Preferred Equipment Guide

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 <p>ISE Leader 6</p>	<p>Manufactured by Ergonomic Accessories single surface platform, allowing continuous same plane mousing and is designed for straight work surfaces.</p>	<p>https://chairlines.com/products/ise-leader-7?_pos=1&_sid=3b58aa8d8&_ss=r</p>
 <p>ISE Leader 8</p>	<p>single surface platform and allows for same plane mousing and is designed for diagonal corner work surfaces.</p>	<p>https://chairlines.com/products/ise-leader-8?_pos=1&_sid=1ed684c20&_ss=r</p>
Sit/Stand Workstations		
 <p>ErgoCentric upCentric 2L</p>	<p>Depending on the work being done, height adjustable tables may be a better option.</p> <p>Sit/Stand assessments will only be completed after approval from Disability Management.</p>	<p>https://chairlines.com/collections/shop-height-adjustable-tables/products/ergo-centric-up-centric</p>
Anti-Fatigue Mats		
 <p>Fellowes Anti-Fatigue Mat</p>	<p>24" x 36", Black</p> <p>Anti-fatigue mats are recommended with sit/stand tabletop accessories and height adjustable tables.</p>	<p>https://www.staples.ca/products/2792426-en-fellowes-anti-fatigue-wellness-mat-for-standing-desks-24-x-36-black</p>
Footrests		

HSE Division Preferred Equipment Guide





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 <p>Kensington Solemate Footrest</p>	<p>Memory foam footrest soothes tired feet and eliminates pressure points Convenient foot pedal control lets you adjust the footrest to a comfortable angle without leaving your chair Height adjusts from 3.5" to 5", angle adjusts up to 30 degrees for individual comfort Set up the footrest quickly and easily by using the SmartFit® System and your own personal comfort color Non-skid foot surface provides added control Dimensions: 4.2 x 22 x 14.1 inches</p>	<p>https://www.staples.ca/products/971196-en-kensington-solemate-footrest</p>
Alternate Keyboards		
 <p>Kinesis Freestyle 2 Keyboard with VIP3 Accessory</p>	<p>Separate right and left keyboard can be positioned to improve wrist and shoulder posture. VIP3 Accessory allows the keyboard to be tilted to improve forearm and wrist posture, and adds an integrated palm rest.</p> <p>Separate number pad also available.</p>	<p>https://www.kinesis-ergo.com/shop/freestyle2-vip3-accessory/</p> <p>https://chairlines.com/collections/keyboards-mice/products/kinesis-freestyle-2-keyboard</p>
 <p>Microsoft Sculpt Ergonomic Desktop (L5V-00002)</p>	<p>Contoured keyboard that is narrower than typical because the number pad is separate. This allows the mouse to reside closer to the midline of the body, reducing lateral reach. Integrated palm rest on the keyboard. Preferred configuration for most work is mouse beside keyboard with numpad to the right of the mouse.</p> <p>Also available as keyboard or mouse separately.</p>	<p>https://chairlines.com/collections/keyboards-mice/products/microsoft-sculpt-ergonomic-desktop</p>
 <p>Compact Keyboard by Evoluent EVUEKB</p>	<ul style="list-style-type: none"> ✓ No number pad allows employees to position their mouse closer to them ✓ Ideal for mobile workers and those who use their number pad infrequently ✓ Low-profile, low-force keys ✓ Wired 	<p>https://www.staples.ca/products/2967248-en-evoluent-wired-essentials-full-featured-compact-keyboard</p>
Alternate Mouse - Vertical		

HSE Division Preferred Equipment Guide



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 <p>Adesso iMouse Vertical Mouse E10 or E1</p>	<p>Adesso iMouse E1 (wired) or E10 (wireless). Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.</p>	<p>Vertical Ergonomic Illuminated Mouse - Adesso Inc :: Your Input Device Specialist ::</p> <p>https://www.adesso.com/product/imouse-e1-vertical-ergonomic-illuminated-mouse/</p>
 <p><i>Evolution Vertical Mouse</i></p>	<p>Regular or small size for right hand (check size chart). Regular size for left hand. Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.</p>	<p>https://www.bestbuy.ca/en-ca/product/evoluent-vertical-mouse-4-small-with-adjustable-optical-sensor-vm4s/11681417</p>
 <p><i>Logitech MX Vertical Mouse</i></p>	<p>Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.</p> <p>Bluetooth wireless.</p> <p>Mac or Windows.</p>	<p>https://www.staples.ca/products/2907790-en-logitech-mx-vertical-mouse-graphite-910-005447</p>
 <p><i>Logitech MX Ergo Trackball</i></p>	<p>Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.</p> <p>Thumb trackball for navigation rather than movement of the entire mouse.</p> <p>USB wireless.</p> <p>Mac or Windows.</p>	<p>https://www.staples.ca/products/2764655-en-logitech-mx-ergo-trackball-mouse-910-005178</p>

Monitor Risers

HSE Division Preferred Equipment Guide

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 <p>Fellowes Standard Monitor Riser</p>	Stackable riser from 2" to 4"	https://chairlines.com/collections/monitor-arms-risers/products/fellowes-standard-monitor-riser
Document Holders		
 <p>3M DH640 or DH630 In-line document holder</p>	Document holder	https://www.staples.ca/en/3M-In-Line-Document-Holder-Large/product_972768_1-CA_1_20001 https://chairlines.com/collections/document-holders/products/3m-dh630-in-line-document-holder
 <p>VuRyte 18DC</p>	Document holder	https://vu-ryte.com/product/vur-18dc https://chairlines.com/collections/document-holders/products/vision-vu-document-stand
Mouse Pads and Keyboard Wrist Rest		
 <p>ErgoSoft Wrist Rest for Standard Keyboards (Model 52799)</p>	Padding for raised edges or postural correction for wrist extension. Helps to raise the palm and reduce the amount of wrist extension for keyboards that do not have an integrated wrist rest.	https://www.staples.ca/en/ErgoSoft-Wrist-Rest-for-Standard-Keyboards/product_2708820_2-CA_1_20001

HSE Division Preferred Equipment Guide

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 <p>Staples Mouse Pad, Black</p>	<p>Provides a smooth surface and target zone for the mouse.</p>	<p>https://www.staples.ca/en/Staples-Mouse-Pad-Black/product_382955_2-CA_1_20001</p>
Back rests – chair inserts		
 <p>Obusforme Low Back Support</p>	<p>Provides seat back padding and support when none exists. Can be used to reduce seat pan depth on a chair that is too deep for the employee.</p>	<p>https://chairlines.com/collections/back-seat-supports/products/obusforme-low-back-support</p>