

OFFICE ERGONOMIC PRODUCT ALTERNATIVES

Below are several products that have worked well to address ergonomic needs. They offer features, which include adjustability, improved fit, and improved posture. Note that how well the product fits and performs depends on the environment, work setup, duration, and person. Contact EHS at ergonomics@yale.edu for more guidance.

For more information, visit <https://ehs.yale.edu/office-ergonomics>.

CHAIRS	SIT-STAND ADAPTERS
- Preferred features: - Meets Business and Institutional Furniture Manufacturing Association (BIFMA) or comparable standards - Reputable supplier and manufacturer - Padded seat rather than mesh (solid and cleanable materials required for labs) - Adjustable seat pan - Adjustable lumbar support - Adjustable height - Adjustable arm rests - Five wheel/caster base - Chairs in labs must be cleanable and not fabric Leap Freedom Amia Gesture	- Preferred features: - Keyboard and mouse tray that is below the desk surface level when lowered - Adjustable monitor supports - Selected to appropriately accommodate weight, size and quantity of monitor(s) WorkFit-TX WorkFit-S (heavy capacity versions available)
FOOTRESTS	KEYBOARD AND MOUSE TRAYS
Mind Reader Mount-It Eureka	- Preferred features: - Adjusts below the desk surface to allow for proper wrist and arm alignment - Negative tilt Humanscale
WIRELESS KEYBOARD AND MICE	SIT-STAND DESKS
Logitech keyboards Logitech mice Lenovo Go RollerMouse	- May require a separate keyboard tray for use when seated Fully WorkFit-D Vari Uplift
MONITOR/LAPTOP ARMS	TEXT TO VOICE
Flo (may help with progressive lenses) Ergotron Mounts Humanscale	Nuance Trint