









Preferred Office Equipment

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
<p>Chairs</p>  <p>ergoCentric geoCentric Mid-back Multi-tilt (notes: commonly used as a 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</p>  <p>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-t-centric</p> <p>https://chairlines.com/collections/office-chairs/products/ergo-centric-air-centric</p>




Preferred Office Equipment

Product	Description	Information
 <p>Global Tritek Series</p>	<p>Configurable ergonomic chair for size and seat mechanism. Multi-tilter allows for forward seat pan tilt.</p>	<p>https://chairlines.com/products/global-tritek-series</p>
<p>Alternate Keyboards</p>		
 <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. 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>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</p>	<p>https://www.microsoft.com/accessories/en-ca/products/keyboards/sculpt-ergonomic-desktop/l5v-00002</p>




Preferred Office Equipment

Product	Description	Information
Microsoft Sculpt Ergonomic Desktop (L5V-00002)	beside keyboard with numpad to the right of the mouse. Also available as keyboard or mouse separately.	https://chairlines.com/collections/keyboards-mice/products/microsoft-sculpt-ergonomic-desktop
 <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 	https://www.staples.ca/products/2967248-en-evoluent-wired-essentials-full-featured-compact-keyboard
Alternate Mouse - Vertical		
 <p>Adesso iMouse Vertical Mouse E10 or E1</p>	Adesso iMouse E1 (wired) or E10 (wireless). Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.	http://www.adesso.com/products/product-detail-211.html




Preferred Office Equipment

Product	Description	Information
 <p><i>Evolution Vertical Mouse</i></p>	<p>Regular or small size for right hand (check size chart). Regular size for left hand.</p> <p>Vertical orientation reduces strain on wrist, forearm, elbow and shoulder.</p>	<p>https://www.staples.ca/en/Evoluent-VM4R-VerticalMouse-4-Right/product_2125901_1-CA_1_20001</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>
<p>Height Adjustable Keyboard and Mouse Trays</p>		

Preferred Office Equipment



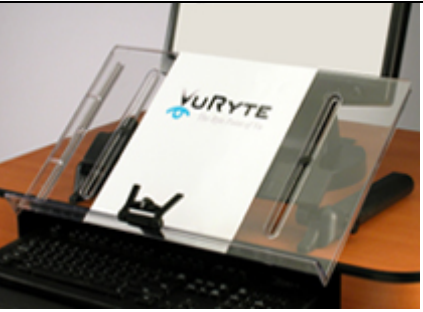
Product	Description	Information
 <p><i>Humanscale 6G-500</i> (or 6G-550 is slightly smaller)</p>	<p>wider to accommodate mouse and keyboard on same platform. Easy to switch mouse left-right.</p>	<p>http://www.chairlines.com/product/human-scale-6g-500-keyboard-tray-combo/</p>
 <p><i>Humanscale 6G-900-90H-F</i></p>	<p>mouse platform allows it to reside closer to centre (above numeric keypad).</p>	<p>http://www.chairlines.com/product/human-scale-6g-900-90h-f-keyboard-tray-combo/</p>
 <p>ISE Leader 6</p>	<p>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>

Preferred Office Equipment




Product	Description	Information
 <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>
 <p>Neo-Flex Underdesk Keyboard Arm (#97-582-009)</p>	<p>Clamps to front surface of desk, requires no drilling or screws to mount.</p>	<p>https://www.ergotron.com/en-ca/products/product-details/97-582#/</p> <p>(Available through Chairlines)</p>
 <p><i>ergoCentric Chameleon</i></p>	<p>similar to HS-900-90H</p>	<p>http://www.chairlines.com/product/ergo-centric-chameleon-standard-ch/</p>
<p>Monitor Risers</p>		



Preferred Office Equipment

Product	Description	Information
 <p>Fellows Standard Monitor Riser</p>	Stackable riser from 2" to 4".	https://chairlines.com/collections/monitor-arms-risers/products/fellows-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-Documents-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://vuryte.com/product/vur-18dc https://chairlines.com/collections/document-holders/products/vision-vu-document-stand
Mouse Pads and Keyboard Wrist Rest		

Preferred Office Equipment

Product	Description	Information
 <p>ErgoSoft Wrist Rest for Standard Keyboards (Model 52799)</p>	<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.</p>	<p>https://www.staples.ca/en/ErgoSoft-Wrist-Rest-for-Standard-Keyboards/product_2708820_2-CA_1_20001</p>
 <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>
<p>Back rests – chair inserts</p>  <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>



Preferred Office Equipment