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A Guide to Adaptive and Ergonomic Equipment

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Ergonomic Chairs

Benefits of Ergonomic Chairs

- ✓ **Enhance Posture and Spinal Alignment**
  - Encourage proper posture by supporting the natural curves of the spine, reduce slouching and promote an upright position(1)
- ✓ **Reduced Back Pain**
  - Provide lumbar support and a healthy sitting posture reducing discomfort associated with prolonged sitting(1)
- ✓ **Decreased Neck and Shoulder Pain**
  - Many feature adjustable headrests and armrests that help to alleviate strain when working on a computer for extended periods(1)
- ✓ **Increased Comfort and Reduced Fatigue**
  - Ergonomic chairs are designed to provide maximum comfort, allowing longer periods of sitting without fatigue or discomfort(1)
- ✓ **Boost Productivity**
  - When comfortable, you are less likely to be distracted by pain or discomfort(2)
- ✓ **Reduced Risk of Musculoskeletal Disorders**
  - Promoting proper posture and reducing strain can help minimize risk of developing disorders like carpal tunnel syndrome or tendonitis(2)

1. 6 Health Benefits of Ergonomic Chairs At Work (nd) Preferred Ergonomics https://preferredergonomics.com/blogs/news/6-health-benefits-of-ergonomic-chairs-at-work
2. 7 Health Benefits of Ergonomic Chairs (2022May5) RISEDESK https://risedesk.io/blogs/blog/7-health-benefits-of-ergonomic-chairs

Sit-Stand Chair



Picture: ErgoWorks.com

Average Cost: $600-700

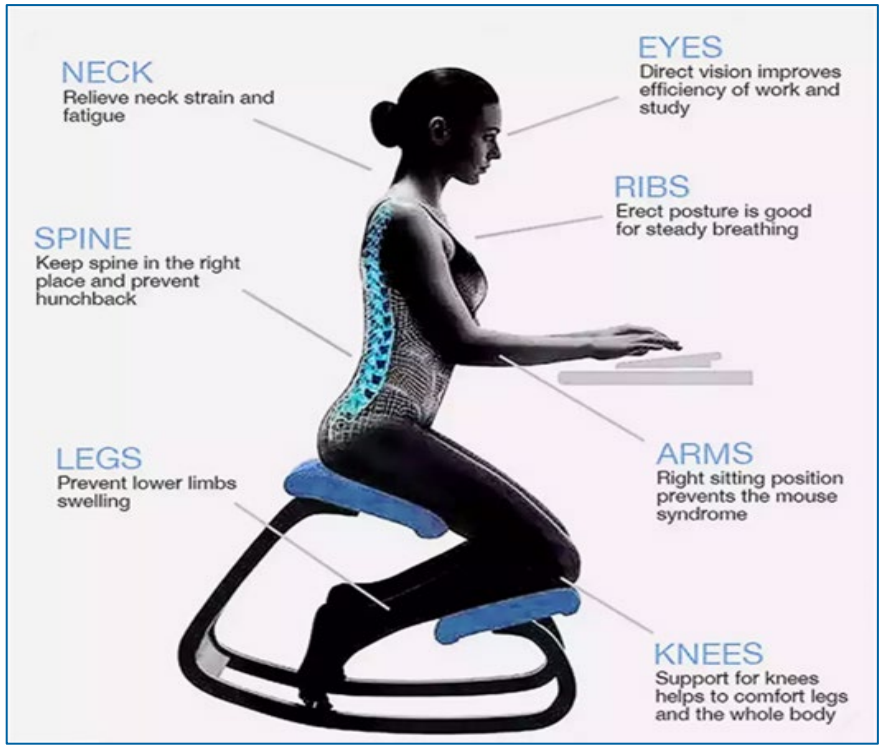
Lumbar Support Chair



Picture: Officedepot.com

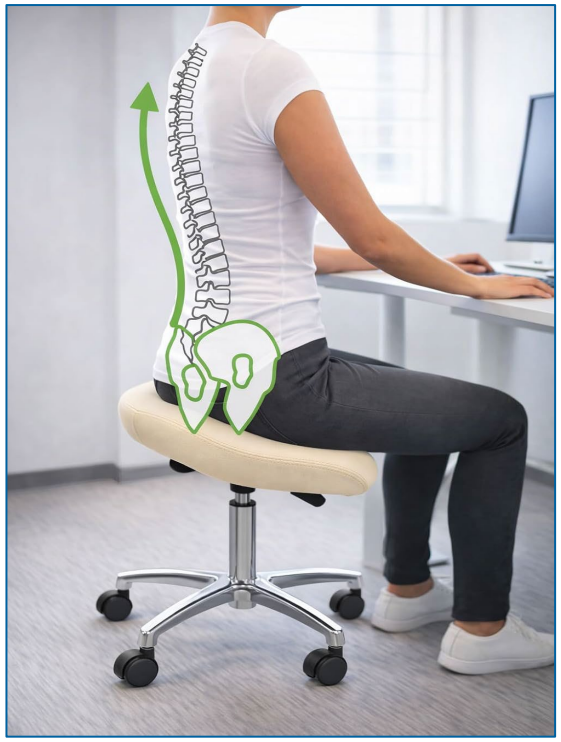
Average Cost: $350-500

Backless Chair



Picture: amazon.com

Average Cost: $300-$400



Picture: amazon.com

Average Cost: $80-$400

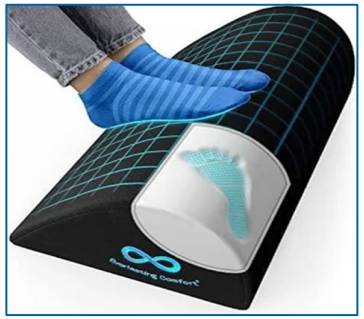
Footrests and Ottomans

Benefits of Footrests and Ottomans

- ✓ **Encourage Active Sitting**
  - Some footrests, especially those with a rocking or tilting design, promote subtle movement that engage leg muscles and promote circulation[3]
- ✓ **Reduced Back Pain**
  - When feet are unsupported, the lower back muscles may compensate, leading to discomfort[3]
- ✓ **Boost Productivity**
  - When comfortable, you are less likely to be distracted by pain or discomfort[3]
- ✓ **Corrects Leg and Hip Angles**
  - Can help achieve a more ergonomic 90-degree angle at knees and hips which can prevent discomfort in these areas[4]
- ✓ **Allows for Elevation of Lower Extremities**
  - Elevating one or both feet can reduce pressure and improve bloodflow helping to minimize swelling and discomfort[5]

3. How an Adjustable Footrest Can Improve Your Productivity and Health (nd) Arteil https://www.arteil.com.au/blog/adjustable-footrest-benefits/#:~:text=Footrests%20elevate%20your%20feet%2C%20helping,at%20a%2090%2Ddegree%20angle.
4. Ten Benefits of a Footrest (nd) Worksite International https://www.worksiteinternational.com/blog/to-footrest-or-not-to-footrest#:~:text=Intermittently%20extending%20the%20legs%20onto,7.
5. Key Benefits of Using an Ergonomic footrest Under Your Desk 9nc) Ergofoam https://ergofoam.co/blogs/home-office-ergonomics/key-benefits-of-using-an-ergonomic-footrest-under-your-desk#:~:text=Improve%20blood%20circulation,sitting%20for%20an%20extended%20time.

Soft Footrest



Picture: amazon.com

Adjustable Footrest



Picture: Walmart.com



Picture: amazon.com

Mobile Ottoman



Picture: amazon.com

Stationary Ottoman



Picture: amazon.com

Average Cost: $55-95

Ergonomic and One-Handed Keyboards

Benefits of Ergonomic Keyboards

- ✓ **Reduce Risk of Injuries**
  - Promote a natural typing posture to help minimize muscle strain[6]
- ✓ **Improve Posture**
  - Encourage better posture by aligning hands, wrists and forearms which has a positive impact on overall body posture, reducing risk of neck, back and shoulder pain[6]
- ✓ **Increased Comfort**
  - Prioritizes user comfort, making it easier to type for extended periods without discomfort or fatigue[6]
- ✓ **Boost Productivity**
  - When comfortable, you are less likely to be distracted by pain or discomfort[7]

6. What is an Ergonomic Keyboard? Complete Guide (2024June25) taken from Ergodesks https://ergodesks.co.uk/blogs/news/ergonomic-keyboard-guide
7. Top 5 Reasons Why You Need an Ergonomic Keyboard (2024June20) taken from Kensington https://www.kensington.com/news/ergonomic-workspace-blog/top-5-reasons-why-you-need-an-ergonomic-keyboard/?

Benefits of One-Handed Keyboards

- ✓ **Improve Accessibility**
  - Enables the ability to type and control their computers[8]
- ✓ **Boosts Productivity**
  - Assist individuals who enter data on a computer but have limited or no use of one hand [8]
- ✓ **Customized**
  - Can be configured for the left or right hand [8]

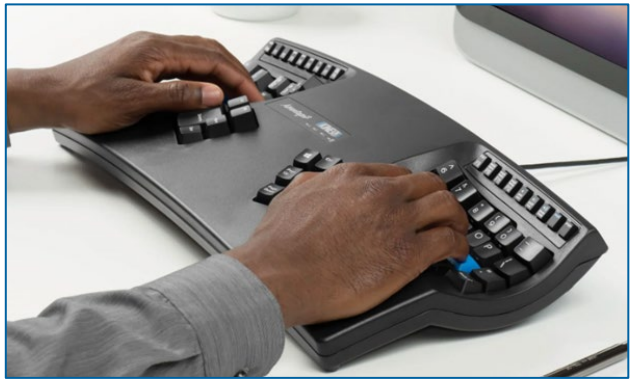
Considerations when choosing a one-handed keyboard:

- ✓ Those that may benefit from a one-handed keyboard will need time to learn a new way of typing [8]

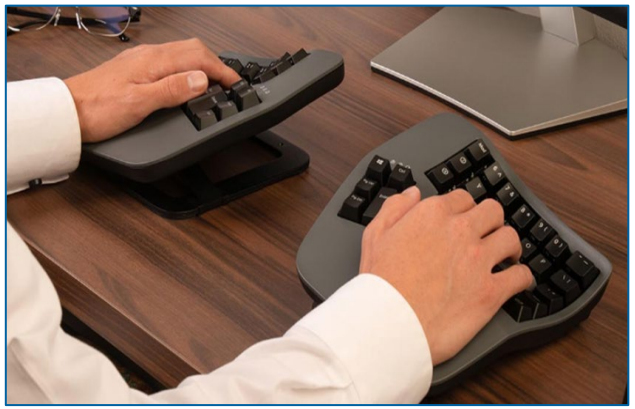
8. One-Handed Keyboards (nd) taken from Job Accommodation Network https://askjan.org/solutions/One-Handed-Keyboards.cfm

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Ergonomic Keyboards



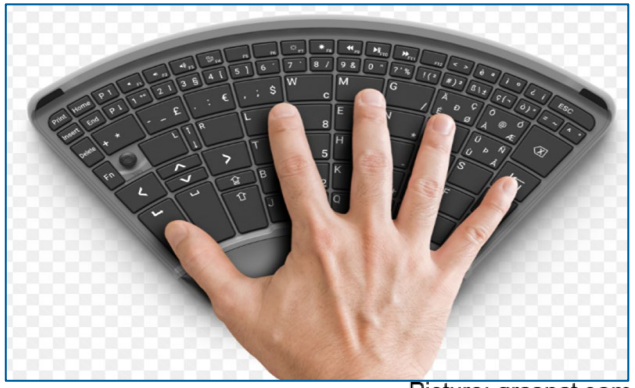
Picture: ergo.com



Picture: ergo.com

Average Cost: $300-500

One-Handed Keyboards



Picture: graspat.com



Picture: amazon.com

Average Cost: $500-$1,500

Ergonomic Computer Mice

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Benefits of Ergonomic Computer Mice

- ✓ **Reduce Strain and Discomfort** (9)
  - Promote a more natural hand and wrist position, minimizing strain and allowing greater comfort
- ✓ **Improved Precision and Control**(9)
  - Provides smoother and more accurate cursor movement, enhancing productivity and efficiency

Considerations when choosing a mouse(10) :

- ✓ Left or right-handed
- ✓ Size-small to large options
- ✓ Position of wrist-degree of rotation
- ✓ Grip-styles range from traditional style to joy sticks or a snug fit
- ✓ Functionality-basic to one with programmable buttons

9. What is an Ergonomic Mouse and How Does it Help Improve Workplace Comfort (nd) taken from ergoequip https://www.ergoequip.com.au/what-is-ergonomic-mouse-how-does-it-help-improve-workplace-comfert/
10. All you need to know about ergonomic mice (nd) taken from ergolink https://www.ergolink.com.au/

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Ergonomic Computer Mice



Picture: microsoft.com

Adaptive Mouse Tail and Thumb Support

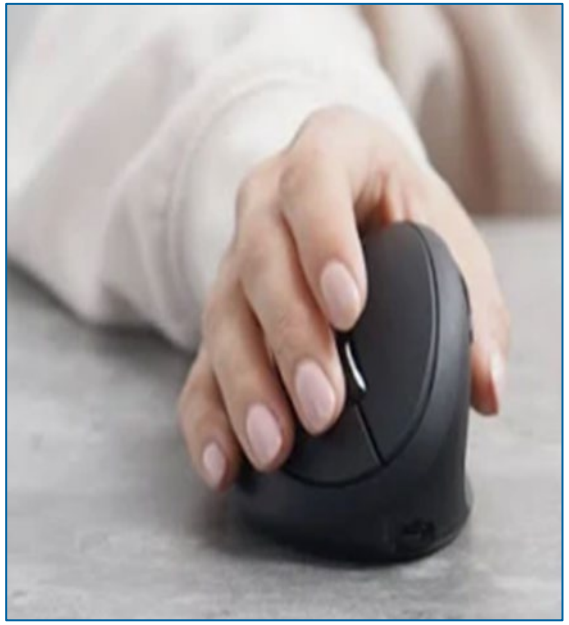
Average Cost: $10-$15



Picture: Logitech.com

Vertical Ergonomic Mouse

Average Cost: $70-$90



Picture: perixx.com

Wireless Ergonomic Vertical Mouse

Average Cost: $30-$40



Picture: askergoworks.com

Vertical Mice, Wired & Wireless and Ambidextrous

Average Cost: $95-$110

Ergonomic Computer Monitors

Benefits of Ergonomic Computer Monitors

- ✓ **Reduce Eye Strain**
  - Allows user to position screen at eye level, avoiding need to tilt head or squint
- ✓ **Decrease Risk of Musculoskeletal Disorders**
  - Promotes more upright posture, reducing strain on muscles and joints, to help prevent conditions like carpal tunnel syndrome, neck and back pain
- ✓ **Enhance Productivity**
  - Being comfortable and free from pain or discomfort improves focus and efficiency, leading to increased productivity
- ✓ **Better Overall Well-Being**
  - Promoting a healthier work environment, ergonomic monitors can contribute to overall sense of well-being

11. Are Ergonomic Monitor Stands Worth the Upgrade over Traditional Monitor Stands (18Jan2024) take from S CUBE https://www.scube-ergo.com/blog/ergonomic-monitor-stands-vs-traditional-monitor-stands

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Ergonomic Computer Monitors



Picture: amazon.com

Dual Monitor Stand

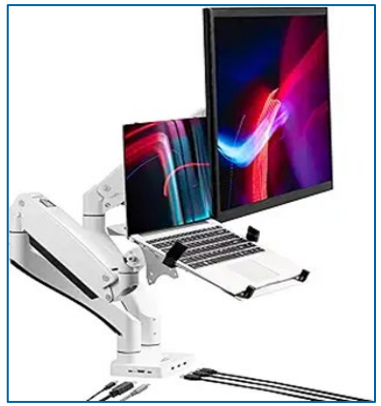
Average Cost: $30-$200



Picture: amazon.com

Floor Stand

Average Cost: $120-$140



Picture: amaxon.com

Dual Monitor Arm Desk Mount with Laptop Tray

Average Cost: $150-$300



Picture: amazon.com

Ultrafine Display Ergo Monitor

Average Cost: $725-$950



Picture: nomad.com



Picture: nomad.com

Portable Monoscreen Space Saving Display

Average Cost: $295-$350

Hearing Assistive Devices

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Benefits of Hearing Assistive Devices

- ✓ **Enhance Communication**
  - Reduce background noise, allowing clearer understanding of speech [12]
- ✓ **Foster Independence**
  - Improve ability to hear[12]
- ✓ **Supports Remote and Hybrid Work**
  - Bluetooth and captioning compatible assisted hearing devices can help with audio quality during video calls, virtual meetings and online trainings[12]
- ✓ **Create More Inclusive Work Environments**
  - Making sure everyone feels like they belong and can properly do their job. Improve morale and foster stronger teamwork[12]

12. The Role of Assistive Listening Devices in Workplaces https://hearingconsultantsinc.com/blog/assistive-listening-devices-at-work//

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Hearing Assistive Devices



Picture: amazon.com

Personal Sound Amplifier

Average Cost: $50-$100



Picture: amazon.com

Captioned Telephone Display

Average Cost: $75-$100



Picture: amazon.com

Wireless, Noise Cancelling Headset

Average Cost: $85-$95



Picture: amazon.com

Vibrating Alarm Clock

Average Cost: $25-150



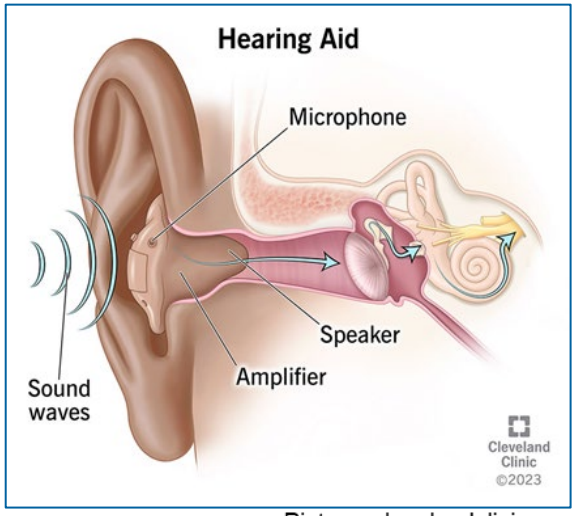
Picture: amazon.com

Tinnitus Sound Therapy System

Average Cost: $20-50

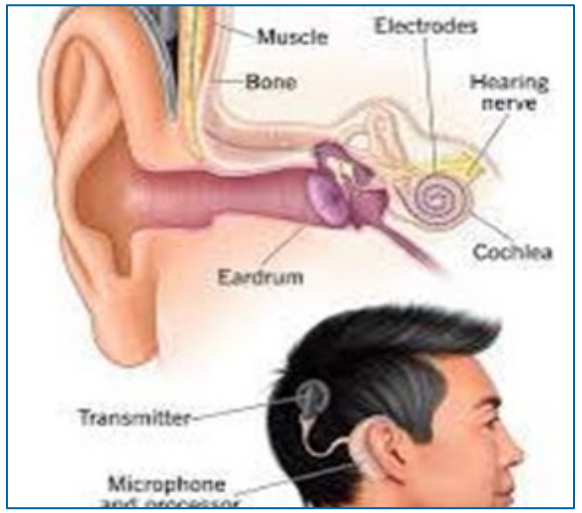
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Advanced Hearing Assistive Devices



Picture: clevelandclinic.org

Hearing Aid
Worn in or behind the ear to amplify sound



Picture: clevelandclinic.org

Cochlear Implant
Surgically implanted electronic device that bypass damaged parts of the inner ear

Average Cost: $300-$1,000+

Considerations for Light Sensitivity

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Benefits of Adaptive Equipment: Light Sensitivity

- ✓ **Reduce Visual Discomfort**
  - Light sensitivity can be caused by too much light[13]
- ✓ **Prevent Damage to Your Eyes**
  - UV and blue light can damage the eyes[13]
- ✓ **Reduction in Glare**
  - Reducing glare can sharpen appearance of images and decrease light sensitivity[13]
- ✓ **Prevent Headaches**
  - Most people with migraine disease are very sensitive to light, especially glare. Bright lights may trigger migraine attacks[14]

13. Protecting your eyes (nd) taken from Macular Society https://www.macularsociety.org/support/daily-life/practical-guides/healthy-living/protecting-your-eyes/
14. Environmental & Physical Factors (nd) taken from National Headache Foundation https://headaches.org/environmental-factors

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Adaptive Equipment for Light Sensitivity



Picture: amazon.com

Anti Blue Light and Anti Glare Screen Protector

Average Cost: $10-$15



Picture: amazon.com

Laptop Hood Sunshade Light Visor

Average Cost: $15-$100



Picture: amazon.com

Fluorescent Light Covers

Average Cost: $25-$75



Picture: axonoptics.com

Prescription and Non-Prescription Migraine Glasses

Average Cost: $350-$600



Wide Brimmed-Hat

Average Cost: $10-$75

Low Vision Devices

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Benefits of Adaptive Equipment: Low Vision

- ✓ Types of devices that aid in making an object easily readable or visible [15]

  Electronic aids include projectors, tablets, screen readers, and video magnifiers
  Optical aids include binoculars, magnifiers, spectacles, and telescopes

- ✓ **Fosters Independence**
  - Increases access to information without assistance and the ability to engage in work
- ✓ **Boosts productivity**
  - Improves the ability to perform activities that require visualization of details

15. Low vision aids (24Nov2015) taken from American Academy of Ophthalmology https://www.aao.org/eye-health/diseases/low-vision-aids

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Low Vision: Adaptive Equipment



Picture: humanware.com

Portable Video Magnifier System

Average Cost: $1600-$1900



Picture: Lowvisionmiami.com

Low vision spectacles

Average Cost: $150-$200



Picture: walmart.com

Computer Screen Magnifier

Average Cost: $75-$100



Picture: amazon.com

Portable Laptop Screen Magnifier

Average Cost: $55-$70



Picture: amazon.com

Large Print Keyboard

Average Cost: $35-$105



Picture: freedomscientic.com

Screen Reader-Speech or Braille Output

Average Cost: $500-$4,000

Accessible Storage

Benefits of Accessible Storage

- ✓ **Promotes Accessibility**(16)
  - Ensure that individuals with various disabilities can access office related items
- ✓ **Fosters Independence**(16)
  - Increases access to information without assistance and the ability to engage in work
- ✓ **Boosts productivity**(16)
  - Improves the ability to perform activities that require the use of office supplies or equipment

16. The Importance of Accessibility https://www.theorganizingzone.com/the-importance-of-accessibility-in-commercial-spaces/

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Accessible Storage



Picture: hermanmiller.com

Trolley, Top & Bottom Shelf

Average Cost $500-$600



Picture: machine-solution.com

Rotary File Cabinet

Average Cost $4,000-$4,500



Picture: amazon.com

File Cabinet/Vertical Storage Cabinet

Average Cost $600-$1200

Voice Recognition Software

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Benefits of Voice Recognition Software

- ✓ **Promotes accessibility**
  - Allows users with limited use of the hand or fingers to navigate and interact with software
- ✓ **Fosters Independence**
  - Generates captions of live conversations for users with hearing deficits
  - Used to input commands and recite information for users that are blind or have low vision
- ✓ **Boosts productivity**
  - Helps language translation to written text [17]

17. Assistive Technology: Voice Recognition Software https://www.kent.edu/equalaccess/news/assistive-technology-part-3-4-voice-recognition-software

Voice Recognition Software



Picture: dragons-stores.com

Dragon Professional Individual –Speech Recognition Software

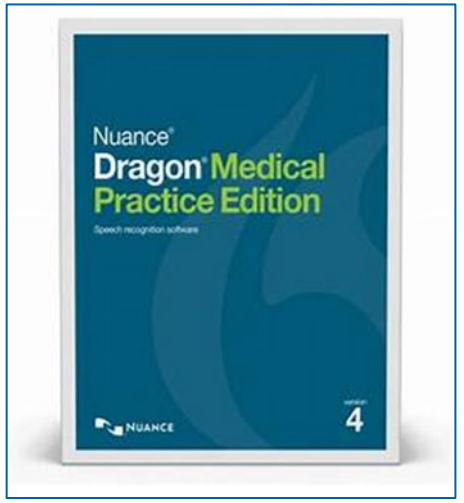
Average Cost $300-$700



Picture: faast.org

MathTalk Speech Recognition Software

Average Cost $4,000-$4,500



Picture: dragons-stores.com

Dragon Medical Practice

Average Cost $1,500-2,000

Touch Screen and Protective Gloves

Benefits of Touch Screen and Protective Gloves

- ✓ **Workplace Safety**
  - Lowers the chances of burns or rashes due to exposure to chemicals[18]
  - Encourages consistent glove use by making it easier to work safely without removing gloves[19]

- ✓ **Boosts productivity**
  - Touchscreen capable gloves allows workers to use digital devices while maintaining protection, improving efficiency and workflow[19]

Considerations for Protective Glove Use [18]:

- ✓ Each type of glove material has special strengths
- ✓ Glove selection should be based on actual or potential exposure to specific chemicals or hazards

18. The Importance of Chemical Resistant Gloves: Protecting Your Hands in Hazardous Environments https://www.intcoglove.com/news/the-importance-of-chemical-resistant-gloves-protecting-your-hands-in-hazardous-environments
19. Three Reasons to Use Touchscreen Work Gloves https://www.safetygearonline.com/blog/three-reasons-to-use-touchscreen-work-gloves/?srsltid=AfmBOoqbOz8xVF67mXeDigTYvtIyMaaWJu8vSikB98KMqrX6T5Hn1w4L

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Touch Screen and Protective Gloves



Picture: uline.com

Chemical Resistant Butyl Rubber Gloves

Average Cost $15-$45



Picture: industrialsafety.com

Puncture Resistant Gloves, HDPE Liner with Puncture Resistant Palm and Fingers

Average Cost $40-$50



Picture: uline.com

Polyurethane Coated Gloves-touch screen compatible

Average Cost $40-$50

Workstation Accessories

Benefits of Utilizing Workstation Accessories

- ✓ **Create an Ergonomic Workstation**
  - Ensure the placement of monitors at the correct ergonomic position to minimize neck and back strain
  - Prevent unnecessary bending, twisting or reaching for frequently used office supplies and equipment
- ✓ **Improved Comfort and Focus**
  - Increase comfort and reduce distractions from physical discomfort
  - Make longer work sessions more comfortable and manageable[20]

20. What are the Benefits of Ergonomic Computer Accessories https://www.lenovo.com/us/en/knowledgebase/what-are-the-benefits-of-ergonomic-computer-accessories

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Examples of Workstation Accessories



Picture: theofficeoasis.com

Dual Computer Monitor Stand

Average Cost $75-$100



Picture: amazon.com

Monitor Mount with Spring Arm

Average Cost $10-$20



Picture: amazon.com

Desktop Document Holder Stand with Adjustable Positions

Average Cost $10-$20



Picture: amazon.com

Clamp-on Desk Drawer

Average Cost $65-$75



Picture: amazon.com

Adjustable Electric Standing Desk

Average Cost $75-$200

Environmental Solutions

Benefits of Utilizing Environmental Solutions

- ✓ **Maintain a Safe Working Environment**
  - Masks and respirators provide a barrier and can filter particles like smoke, mold, dust and germs from the air (21)
  - Air purifiers can remove pollutants including dust, pollen, smoke and other particulate matter promoting a healthier workforce and decreasing health related absences (22)
  - Ear protection can help prevent hearing loss due to exposure to excessive noise (23)

21. When and Why to Wear a Mask or Respirator https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Respiratory-Viruses/When-and-Why-to-Wear-a-Mask.aspx
22. 6 Best Reasons to Invest in an Air Purifier for the Workplace https://www.initial.com/sg/blog/air-care/6-reasons-to-invest-in-an-air-purifier
23. Occupational Noise Exposure https://www.osha.gov/noise

Examples of Environmental Solutions



Picture: amazon.com

Medical Disposable Face Masks

Average Cost $12-$15/box



Picture: amazon.com

N95 mask NIOSH Approved, Particulate Respirator

Average Cost $10-$15/box



Picture: uline.com

Deluxe Disposable Face Shield-Personal Protection Over Glasses

Average Cost $60-$65/box



Picture: uline.com

Air Purifier-Carbon and HEPA Filters (office)

Average Cost $140-$300



Picture: globalindustrial.com

Commercial Air Scrubber & Negative Air Machine (industrial/construction/dust)

Average Cost $1,000-$1,500



Picture: abt.com

Noise Cancelling Over-Ear Headphones

Average Cost $50-$250

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Mobility Aids

Benefits of Using Mobility Aids

- ✓ **Improved Safety**
  - Provides stability and support for individuals at risk of falls or those with balance difficulties, helping them move safely throughout the workplace
- ✓ **Encourage Autonomy**
  - Reduces the need to rely on others for assistance, empowering individuals to complete tasks with greater confidence and self-sufficiency[24]

24. Benefits of Using a Power Scooter for Independence and Mobility https://www.millermobility.com/benefits-of-using-a-power-scooter-for-independence-and-mobility

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Examples of Mobility Aids



Picture: amazont.com

3 Wheel Folding Mobility Scooter & Standing Desk Adjustable Height

Average Cost $1,500-$1,800



Picture: amazont.com

4 Wheel Powered Mobility Scooters, Folding

Average Cost $1,000-$1,500

References

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2. 7 Health Benefits of Ergonomic Chairs (2022May5) RISEDESK https://risedesk.io/blogs/blog/7-health-benefits-of-ergonomic-chairs
3. How an Adjustable Footrest Can Improve Your Productivity and Health (nd) Arteil https://www.arteil.com.au/blog/adjustable-footrest-benefits/#:~:text=Footrests%20elevate%20your%20feet%2C%20helping,at%20a%2090%2Ddegree%20angle.
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5. Key Benefits of Using an Ergonomic footrest Under Your Desk 9nc) Ergofoam https://ergofoam.co/blogs/home-office-ergonomics/key-benefits-of-using-an-ergonomic-footrest-under-your-desk#:~:text=Improve%20blood%20circulation,sitting%20for%20an%20extended%20time
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11. Are Ergonomic Monitor Stands Worth the Upgrade over Traditional Monitor Stands (18Jan2024) take from S CUBE https://www.scube-ergo.com/blog/ergonomic-monitor-stands-vs-traditional-monitor-stands
12. The Role of Assistive Listening Devices in Workplaces https://hearingconsultantsinc.com/blog/assistive-listening-devices-at-work//
13. Protecting your eyes (nd) taken from Macular Society https://www.macularsociety.org/support/daily-life/practical-guides/healthy-living/protecting-your-eyes/
14. Environmental & Physical Factors (nd) taken from National Headache Foundation https://headaches.org/environmental-factors
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