

# Kensington®



## Wherever You Work, Work Like A Pro

### The Ultimate Guide to Maximising Comfort with an External Monitor

Perfect for:

- Work from Home
- No Dedicated Workspace
- Flexible Office Workers



# Top Four Things to Consider when Choosing Ergonomic Equipment



## Monitor Height

Whether you use a monitor stand/riser or a monitor arm, you want the top of your monitor to be at or just below eye level (and at arm's length) for proper ergonomic alignment.



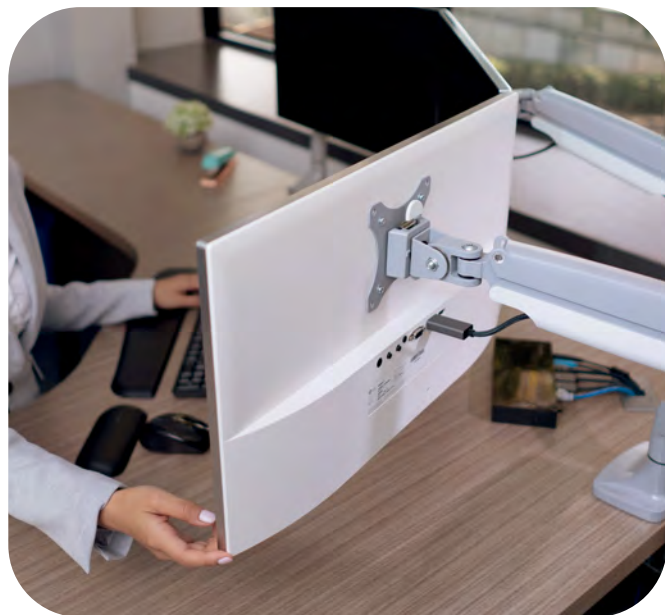
## Work Surface

No matter the surface, it should be the same for your keyboard and mouse and it should be at or just below elbow height.



## Support

Make sure that your back is supported and you're not hunched. Armrests should be set such that your elbows are barely touching them and you feel relaxed. Consider a wrist rest for added support.



## Adjustability

Chairs, desks, laptop trays, monitor stands, arms, risers, footrests and lumbar supports - the more adjustability built-in to these products, the more you'll be able to dial in the perfect setup for your body and needs.

# Four Main Areas of Your Body to Consider when Choosing Ergonomic Equipment



## Head, Neck and Shoulders

You'll want equipment that keeps your head up with the top of your monitor at or just below eye level.



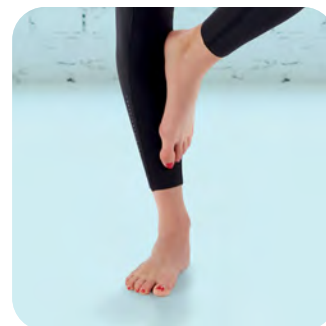
## Torso and Lower Back

Look for products that keep your back straight and offer support, especially to your lower back/lumbar region.



## Arms, Elbows and Wrists

Proper alignment is key. Make sure to keep pressure off these areas, especially your wrists.



## Legs and Feet

Again, alignment is vital. Legs should be bent at a 90° angle at the knees and feet should be flat. If using a stand-up desk, consider an anti-fatigue mat.

**Workplace MSD's (Muscular Skeletal Disorders) are the second greatest cause of disability globally.\***

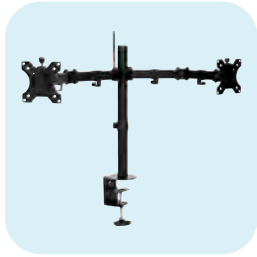
Find your Personalised Wellness Solution at [kensington.com/product-finder/wellness-solutions](https://kensington.com/product-finder/wellness-solutions)

\* Source: Today, The Devastating Consequences of Ignoring Workplace

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# Most Recommended Kensington Ergonomic Products for Monitors

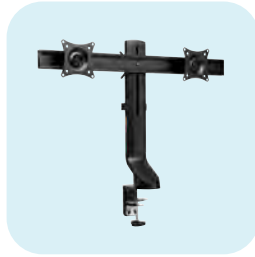
## Top 3 Monitor Arms



**SmartFit® Ergo  
Extended Monitor Arm**  
K55409WW – Dual, Black  
K55408WW – Single, Black



**SmartFit® One-Touch  
Height Adjustable  
Monitor Arm**  
K55471EU – Dual, Grey  
K59601WW – Dual, Black  
K55470EU – Single, Grey  
K59600WW – Single, Black



**SmartFit® Space-Saving  
Monitor Arm**  
K55513WW – Dual, Black  
K55512WW – Single, Black



## Top 5 Monitor Stands



**WellView™  
Monitor Stands** (27")  
K55855EU – CoolView™  
K55464EU – WarmView™  
K55460EU – FreshView™



**Extra Wide  
Monitor Stand** (32")  
K55726EU



**SmartFit® Monitor  
Stand with Drawer** (30")  
K55725EU

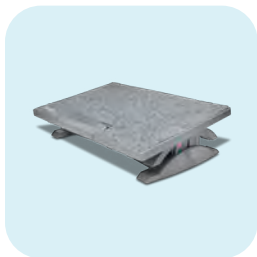


**SmartFit® Monitor  
Stand Plus Wide** (27")  
K52797WW



**SmartFit® Height  
Adjustable Monitor  
Stand** (24")  
K52785WW

## Top 3 Footrests



**SmartFit® SoleMate™ Pro  
Elite Ergonomic Foot Rest**  
K50345EU



**Rocking  
Foot Rest**  
K58303WW



**SmartFit®  
SoleMate™ Plus**  
K52789WW - Black  
56146 - Grey



# Most Recommended Kensington Ergonomic Products for Monitors

## Top 3 Keyboards



### Pro Fit® Ergo Wireless Keyboard

K75401UK (UK English)  
(Also available as K75401DE,  
ES, FR, IT, PN & WW)



### Advance Fit™ Slim Wireless Keyboard

K72344UK (UK English)  
(Also available as K72344DE,  
ES, FR, IT, PN and WW)



### Pro Fit® USB Washable Keyboard

K67704UK (UK English)(Also  
available as K64407DE, ES, FR,  
IT, PN and WW)



## Top 5 Mice and Trackballs



### Pro Fit® Ergo Vertical Wireless Mouse

K75501EU



### Pro Fit® Ergo Wireless Mouse

K75404EU



### SureTrack™ Dual Wireless Mouse

K75298WW – Black  
K75350WW – Blue  
K75351WW – Grey  
K75352WW – Red  
K75353WW – White



### Orbit® Fusion™ Wireless Trackball

K72363WW



### Pro Fit® Ergo Vertical Wireless Trackball

K75326WW

## Top 2 Keyboard and Mouse Sets



### Pro Fit® Ergo Wireless Keyboard and Mouse

K75406UK

(Also available as K75406DE, ES, FR, IT, PN  
& WW)

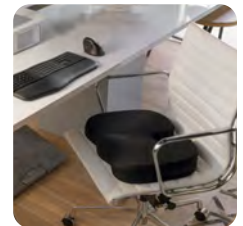


### Pro Fit® Low-Profile Wireless Desktop Set

K75230UK

(Also available as K75230BE, DE, ES, FR, IT,  
PN and US)

Businesses  
have a  
significant  
**28% fewer  
sick days** to  
deal with  
when workplace wellness  
programs are in place.



Source: Institute for Healthcare Consumerism

## Top 10 Accessories to Maximise Comfort

### Neck



**OfficeAssist™ Multi-Function Copyholder**  
K55910EU



**SmartFit® Sit/Stand Desk**  
K52804WW

### Back

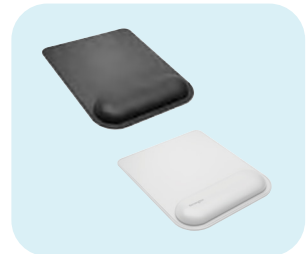


**SmartFit® Conform™ Back Rest**  
K60412WW



**Premium Cool-Gel Seat Cushion**  
K55807WW

### Wrists



**ErgoSoft™ Wrist Rest Mouse Pad**  
K52888EU - Black  
K504327EU - Grey



**ErgoSoft™ Wrist Rest for Standard Mouse**  
K52802WW - Black  
K50432EU - Grey



**ErgoSoft™ Wrist Rest for Slim Keyboards**  
K52800WW - Black  
K50434EU - Grey



**Comfort Gel Mouse Pad**  
62386

### Eyes



**Anti-Glare and Blue Light Reduction Filters**  
627555 - 21.5" 16:9  
627556 - 23" 16:9  
627557 - 23.8" 16:9  
627558 - 24" 16:9  
627559 - 24" 16:10  
627560 - 27" 16:9  
627561 - 32" 16:9  
627562 - 34" 16:9



**MagPro™ Magnetic Privacy Screen Filters for Monitors**  
Limited viewing angle with blue light reduction and low reflective coating.  
K58354WW - 21.5" 16:9  
K58355WW - 23" 16:9  
K58356WW - 23.8" 16:9  
K58357WW - 24" 16:9  
K58358WW - 24" 16:10  
K58359WW - 27" 16:9

# 65% reduction in lost work days

with proper use of ergo equipment.

Source: McGowan, The Case for Ergonomics, Communicating Value to Business Stakeholders



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