

Kensington®



Wherever You Work, Work Like A Pro

The Ultimate Guide to Maximising Comfort for Laptop Users

Perfect for:

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



Challenges of Working on a Laptop - How you can Increase Your Productivity



Posture

Too often, laptop users are hunched over their laptop. A set-up where the body is not properly aligned could cause issues associated with bad posture including fatigue, repetitive strain on the shoulders, upper back, neck and reduced productivity.



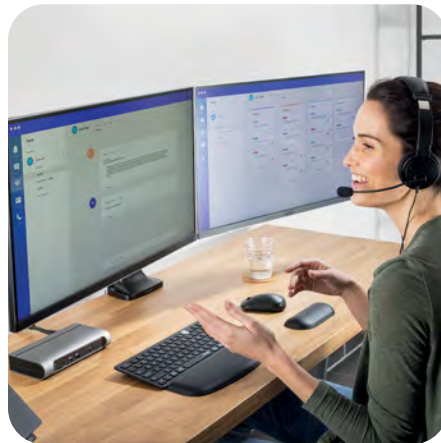
Repetitive Injury

Repetitive use of the laptop's keyboard and trackpad, improper alignment & uneven surfaces can cause wrist strain and may even contribute to carpal tunnel syndrome.



Eyestrain

Since laptop screens are generally smaller than traditional desktop monitors, laptop users often have eyestrain due to the close proximity to the screen and the blue light it emits. Eyestrain can lead to near-sightedness.



Increased Productivity

A second monitor can help you increase your productivity by 20-30%. According to the University of Utah, a second monitor can save you 2.5 hours each day. Choosing a full-size keyboard with a proper ergonomic layout can improve your typing speed and productivity.



Four Main Areas of Your Body to Support when Working on a Laptop



Neck

- Your head weighs the same as an average bowling ball.
- Any time you look down at your laptop, this weight can be multiplied by as much as two or three times.
- When your body works that hard, fatigue or discomfort can settle in quickly.
- The solution is to maintain an eye-level viewing position by using a laptop riser, monitor stand or adjustable monitor arm.



Back

- Sitting in an uncomfortable or unsupported chair can quickly amplify discomfort.
- Without proper support in your lumbar (lower back), you are forced to compensate by hunching, crossing your legs or fidgeting, resulting in discomfort or increased body fatigue.
- An adjustable lumbar support (built into the chair, or adding on an external adjustable support) helps maximise comfort.



Forearms

- Non-neutral positions (tight angles, pressure points, repetitive rotations) cause the most common ergonomic injuries in wrists and elbows.
- Maintain a flat bridge from your arm to your hand while typing and using a mouse for optimal comfort.
- Consider a 'handshake' or vertical-type mouse or trackball that creates a neutral position for your wrist and forearm.
- If your wrist is already in a neutral position and you still experience soreness or pain, consider adding a palm support (most are called wrist rests, however not meant to rest your wrist on).
- A cushioned or gel-like surface helps keep the delicate carpal tunnel area free of any pressure.



Feet

- You don't have to be short to need a footrest.
- Support your feet by resting them flat on the ground, on a footrest, or - if standing while working - on an anti-fatigue mat.
- A footrest also helps you sit back into your supportive chair.

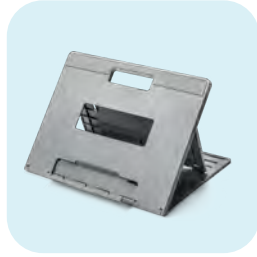


Most Recommended Kensington Ergonomic Products for Laptops

Laptop Risers



**SmartFit™ Easy Riser™
Laptop Cooling Stand**
K52788WW – Black
60112 - Grey



**SmartFit® Easy Riser™ Go
Adjustable Ergonomic
Riser**
K50421EU Up to 14" - Grey
K50420EU Up to 17" - Grey



**SmartFit®
Laptop Riser**
K52783WW



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)

Average typing speed increased in less than two weeks of use of Pro Fit® Ergo Keyboard, and study participants showed **68% less bilateral ulnar deviation** and **77% less bilateral wrist extension** than when using their old keyboard.



Source: Kensington, Ergonomic Keyboard White Paper

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

Most Recommended Kensington Ergonomic Products for Laptops

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)



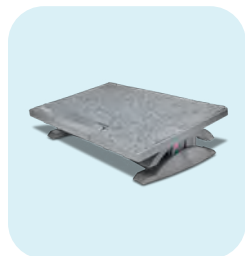
Maximise Comfort

Neck and Back



SmartFit® Conform™ Back Rest
K60412WW

Feet and Legs



SmartFit® SoleMate™ Pro Elite Ergonomic Foot Rest
K50345EU

Eyes



Anti-Glare and Blue Light Reduction Filters
627551 - 12.5" 16:9
627552 - 13.3" 16:9
627553 - 14" 16:9
627554 - 15.6" 16:9

Wrists and Forearms



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



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



Premium Cool-Gel Seat Cushion
K55807WW



Rocking Foot Rest
K58303WW



Inhibits bacteria growth by up to 99%.*
(* Matte side only - tested to JIS Z 2801 : 2010E for Escherichia coli and Staphylococcus aureus.)



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



Comfort Gel Mouse Pad
62386



All specifications are subject to change without notice. Products may not be available in all markets. Kensington and the ACCO name and design are registered trademarks of ACCO Brands. Kensington The Professionals' Choice is a trademark of ACCO Brands. All other registered and unregistered trademarks are the property of their respective owners. Thunderbolt and the Thunderbolt logo are trademarks of Intel Corporation in the U.S. and/or other countries. © 2021 Kensington Computer Products Group, a division of ACCO Brands. All rights reserved. CBT32621EN

Kensington
The Professionals' Choice™

FOR MORE INFORMATION CONTACT: contact@kensington.com