

## Designed to provide support for the forearm

The ErgoRest articulating forearm support relieves muscle strain and tension from the neck and shoulder area. The users arm glides freely in a semi-weightless state with virtually no lateral resistance.

## High quality design and construction

Forearm support is lightweight and easy movable. The support is made of aluminium alloy and polyamid, the pad is upholstered with genuine leather.

## When made part of a ergonomically designed arrangement

Conditions such as Repetitive Strain Injury (RSI), Carpal Tunnel Syndrome (CTS) and back pain can be minimised by the correct use of ErgoRest. Height adjustment ensures optimum operation for keyboarding and mouse use.

## Reduces strain on the shoulders and neck

Without appropriate arm support the weight of the arms and hands must be borne by the muscles of the shoulders and neck. This constant load on the smaller muscles of the upper body can lead to strain and injury. The ErgoRest supports the weight of the arms and hands to relieve the strain on these overstressed muscles.

## Reduces wrist extension

A correctly adjusted ErgoRest Forearm Support can significantly reduce the risk of developing pain in the wrist and forearms. When the weight of the hand and forearm is borne by the ErgoRest, wrist extension is less likely to occur because the user is less likely to drop the palm to the worksurface for support while mousing or keyboarding.

## Specifications

Maximum operating span	235mm
Clamp openings	15-43mm
Adjustable height of arm	75mm
Maximum load	15kg
Clamp end swivels	180 degrees
Centre of arm and armrest pad swivel	360 degrees

# ErgoRest Models

The ErgoRest is available in 4 models



## **330 000**

The base model, it supports the arms, thereby preventing occupational health problems, easing the tension caused by working with computers and helps guide the body to the correct working posture.



## **330 011**

The base model, with a longer arm support pad. The 330 011 accommodates larger users and those who require additional support.



## **350 000**

Provides the same benefits as the 330 000 but is equipped with a separate mouse platform. This ensures that the wrist remains in a natural position, even when working extensively with a mouse.



## **331 000**

The extension pole of the 331 000 allows users to hold their arms higher than the average desk surface.

Suitable for work in laboratories, industrial, dressmaking applications, or any tasks that require precision work. It can also be used while standing.