

# CONTOH PRODUK ERGONOMIS

# DeskRite 200 Crank Sit-Stand Desk

- What is it? – Ergonomic desk  
Why is it ergonomic? – Superb design with the comfort of the end user in mind  
Notable feature – Crank handle to change desk height
- Posturite is a company that produces a myriad of ergonomic product – we have featured several of their items in our list. Office desks are a fantastic example of this type of design process. We sit for prolonged periods of time at our desks.
- The typical office working day is at least 7 hours – that's 7 hours you sat in the same position. To that end, your office desk must provide maximum comfort and usability. If you have a desk that is in the wrong position or makes you uncomfortable, your working days can be a nightmare.
- The DeskRite 200 Crank Sit-Stand desk addresses many common issues. Its main ergonomic feature is the crank handle – you can easily adjust the height of the desk to suit your own height and posture. Moreover, you can even make it a standing desk if you wish. This means that you can break up your day with periods of standing if you wish. Moreover, the desk area is spacious and made from sturdy but comfortable material – your wrists and arms will not suffer during the course of the day.



# SUS VG248QE 24-Inch Monitor LED

- What is it? – Ergonomic gaming monitor  
Why is it ergonomic? – Swivel, tilt, and pivot adjustments  
Notable feature – 144 Hz rapid refresh rate
- For our second item, we look at another important piece of office/home equipment – a computer monitor. We use monitors regularly in our daily lives, and a good quality one is especially useful for [freelance product designers](#). Some people use a monitor at work. Others may have a home computer or gaming rig. Whatever the use, a monitor must be ergonomic. If you're looking at a monitor for prolonged periods of time, it must not put a strain on your eyes. Moreover, it should not strain your neck or back.
- ASUS is a premier producer of computer peripherals such as monitors, keyboards, and storage. The VG248QE is a superb model that has a myriad of ergonomic qualities. To start with, the display has a refresh rate of 144 Hz, which puts less strain on our eyes. Additionally, the stand is extremely flexible. It has a swivel, tilt, and pivot feature. Furthermore, you can easily adjust the height. Basically, you can position it easily to provide you with maximum comfort.



# Microsoft Sculpt Ergonomic Mouse

- What is it? – Computer mouse  
Why is it ergonomic? – Smooth design that mimics the natural curves of your hand  
Notable feature – Indented side to fit thumb and palm of the hand
- Microsoft is not really known for their ergonomic products. However, they do actually have a magnificent range of devices that offer exceptional levels of comfort. We have two items in our list from Microsoft – they can be used together as a pair.
- This item is an ergonomic mouse. When using a computer for office work, your mouse must be comfortable to use. Using a mouse can place a strain on your fingers and wrists. You have to cup the mouse in your hand and repetitively click with your fingers.
- The Microsoft Sculpt Ergonomic Mouse has a beautiful, smooth design. The shape of the mouse fits perfectly in your hand. You can hold it in a natural position that puts minimal strain on your ligaments and muscles.
- In addition to this, the design has been created to encourage a natural wrist posture. Everything about this mouse has been created with comfort and ease of use in mind. It does not contain flashy buttons or gimmicks – just a logical design that benefits the consumer.



# Microsoft Sculpt Ergonomic Keyboard

- What is it? – Computer keyboard  
Why is it ergonomic? – Split design for keyboard and number pad  
Notable feature – Curved design with large wrist support
- This is the second entry from Microsoft in our list, and it accompanies the Sculpt Ergonomic Mouse. You can use these two items together for maximum comfort when using your computer in the office or at home. Typing on a keyboard can place a similar strain on your wrists and fingers as a mouse. You have to position your arms in such a way that your wrists are comfortable and that your fingers can type without much strain.
- The Microsoft Sculpt Ergonomic Keyboard has an unusual but effective design. It is split into two parts – the main keyboard and the number pad. This means you can position the two parts in such a way that maximizes the comfort of your arms.
- Furthermore, the arc of the keyboard is natural and encourages a wrist position that gives minimal strain. In addition to this, the keyboard has tilt adjustments that allow you to lower or raise the keyboard depending on the size of your wrists and hands. It really is an ergonomic design that can maximize your workspace. If you work for long hours on a computer, as most [CAD services](#) do, you'll want this keyboard.



# Herman Miller Sayl Chair

- What is it? – Office chair  
Why is it ergonomic? – Intelligent backrest that can flex to support your posture  
Notable feature – Back support maintains the natural curve of your spine
- Herman Miller is a renowned company that creates a host of ergonomically designed chairs. The Sayl model may look simple, but it has been expertly engineered with comfort in mind. The developers have looked at the shape of our spine and typical seating postures.
- As a result, the backrest is actually “intelligent” – the mesh material used can mold to the shape of your spine to produce ultimate comfort. It allows you to move and provides support exactly where you need it.
- In addition to this, the armrests can be adjusted in height and tilt – you can position them in such a way that complements your stance. The seat itself also has excellent padding and is comfortable to sit on for long periods of time. We were impressed at the level of detail that has been placed into the design of this product. It is clear that Herman Miller understands the importance of ergonomics.



# Q-Doc 400 Document Holder

- What is it? – Office document holder  
Why is it ergonomic? – Perfect for typing printed work  
Notable feature – Adjustable stand to change height and tilt
- This might seem like a strange one, but it has a dual level of ergonomic design. The basic purpose of a document holder is ergonomic in itself. You use a document holder to place paper on so that you can either read it or look at it to copy onto a computer.
- By using such an accessory, you can reduce strain on your neck and eyes. If you did not have a document holder, you would simply have to place the paper on your desk and strain your neck by looking down.
- The Q-Doc 400 document holder has an ergonomic design and can really help transcribing and document reading. The item can actually be placed in 6 different positions, due to the ergonomic backrest. Moreover, it can be completely folded for easy transportation. This document holder could even be used as a tablet holder if you wished.



# Jabra BIZ 2400 Duo Binaural Noise Cancelling Headset

- What is it? – Headset and microphone  
Why is it ergonomic? – Noise-cancelling and changeable microphone attachments  
Notable feature – Three wearing styles (ear hook, neckband, or headband)
- People working in call centers or sales teams may have to use a headset. Wearing a headset can be uncomfortable on your head and ears. Moreover, if the headset is heavy, it can put a strain on your neck. Jabra has addressed these issues when creating their ergonomic BIZ 2400 headset.
- This ergonomic product has a plethora of useful features that will improve the user's experience. To start with, the headphones are noise canceling – this means you won't get interference from noise happening around you. Next, the headset comes with three different wearing options – neckband, headband, and ear hook. You can choose whichever one is the most practical and comfortable for you.
- Thirdly, the headband style has a t-band design – this puts minimal strain on your head and also prevents tangling in your hair. Finally, the headset is lightweight and sits comfortably on your head. Jabra has created an excellent product that offers ultimate usability and flexibility for the consumer.





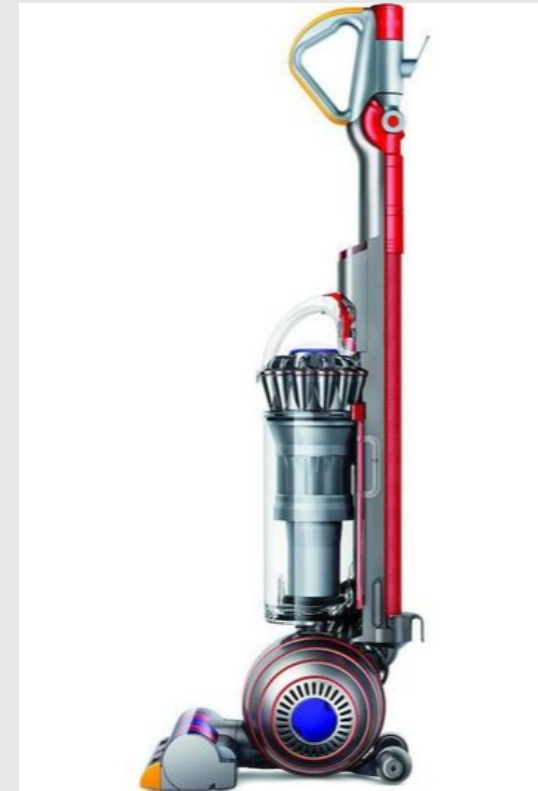
# Just Mobile ShutterGrip

- What is it? – Camera control for smartphone  
Why is it ergonomic? – Allows easy usage of your smartphone camera  
Notable feature – Adjustable height to fit numerous phones
- You may have noticed how annoying it can be to take a photo with your smartphone. If you have shaky hands, it can be a nightmare trying to reach the shutter button and keep your phone still at the same time. Who would have thought that there was an ergonomic device that can solve this problem?
- Just Mobile creates a myriad of useful gadgets and accessories for smartphones and the ShutterGrip product is a superb example. It fits onto your smartphone and acts as a shutter button for your camera. It mimics the design and format of a shutter button on a DSLR camera – it is much easier to use. The device can be adjusted to fit different phones. Moreover, the button is positioned in such a way that it can easily be pressed while still holding your phone still.
- In addition to this, it has been designed for ambidextrous use. It also has a non-slip grip that allows you to hold both the device and your smartphone comfortably.



# Dyson Big Ball Animal 2

- What is it? – Vacuum cleaner  
Why is it ergonomic? – Easy to maneuver and lightweight  
Notable feature – Adjustable pole to ease back strain
- We have all used a vacuum cleaner that is hard to use – old vacuum cleaners were not ergonomically designed. They were bulky, hard to maneuver, and put unnecessary strain on your back and arms. Luckily, companies such as Dyson have pioneered ergonomic vacuum cleaners. We are now spoilt for choice with a myriad of easy to use designs.
- The Big Ball vacuum cleaner is a joy to use. It has a small power unit that is easy to move along your carpets. Moreover, the vacuum pole itself can be adjusted in height – this means you do not have to bend over when vacuuming.
- Furthermore, the pole has several different attachments that can make it easier to clean certain areas, such as skirting boards and furniture. One final awesome ergonomic feature is that it self-rights if toppled. Everything about the Big Ball has been carefully engineered with usability in mind.



# Wolky E-Walk Red Stretch Nubuck Shoe

- What is it? – Trainer/shoe  
Why is it ergonomic? – Allows comfortable long-distance walking  
Notable feature – Made from stretchable leather for comfort and flexibility
- Orthopedic shoes and trainers are ergonomic by definition. They are specifically engineered to help improve comfort for those with foot conditions. Wolky is a company that manufactures a range of comfortable shoes and trainers that combine style and practicality. Their E-Walk range enables users to walk long distances with minimal discomfort.
- This model of shoe has a myriad of ergonomic features. Firstly, the cover material is made from a soft leather. This leather can stretch and provides excellent movement and flexibility. Secondly, the footbed can be removed – this helps those with foot complaints to have extra room. Thirdly, the shoe is designed in such a way that it promotes foot rolling action – this reduces the strain on your feet and ankles.
- Fourthly, the sole is lightweight and spongy and helps cushion impacts from your steps. Finally, the lacing is fully adjustable. Basically, every aspect of the E-Walk shoe is ergonomic – it is one of the most comfortable and practical items of footwear on the market.

