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We believe passionately in combining health, comfort and performance. WORK & MOVE is software that demonstrably and structurally improve the working comfort and efficiency of each individual knowledge worker and of the organisation as a whole.

WORK & MOVE is your personal coach, providing enough alternation between digital screen work and mental and physical movement. Insight and feedback are given on your computer behaviour.

**WORK & MOVE**

**Tips:** proactive personal tips for smarter and healthier working.
**Insight gain:** insight into your progress on health, skills, movement and concentration on tasks.
**Workspace passport:** record your personal workstation settings in your passport.
**Reward:** WORK & MOVE rewards healthy behaviours. You will receive trophies, cups and compliments for healthy behaviour.
**Variation:** by varying your posture, moving more and working smarter your concentration and productivity increases.

Product code: BNEPITSTOPS1Y3

AltMOUSE

**Personalized learning:** Live coaching on only the shortcuts relevant to the individual.
**Work smarter:** Reducing slow and pain causing mouse use by over 50%
**Training on the job:** No downtime for learning relevant shortcuts
**Feedback:** Positive feedback and reports to encourage behavior change.
**Efficiency gains:** shortcuts are on average 30% faster than using a mouse.

Product code: ESCWAM
Interactive: Direct feedback on typing errors for continuous improvement.
E-learning: Online access enables practice anywhere, anytime.
Feedback: Personalized advice for keys that need extra attention.
Attitude: Being able to touch type has a positive effect on work performance.
Inclusive: Globally recognized typing exams included.
Ergonomics: Touch typists adopt better postures as they look up at the screen.

Product code: BNEWMTICKEN

Watch product online
Watch video online
Unnatural postures which occur using a standard mouse increase the risk of discomfort in wrists and forearms. Ergonomic mice reduce muscle tension in comparison with standard flat mouse devices and are much more comfortable. There are many options and the most suitable depends on the type of work carried out, existing injuries and personal preference.

BakkerElkhuizen PRF Mouse Wireless

- **Design:** its black colour gives the PRF Mouse a sleek design and luxurious look.
- **Wireless:** the mouse has a wireless range of up to 20 metres.
- **Buttons:** 4 conveniently placed buttons + clickable scroll wheel
- **Ergonomic:** vertical grip improves arm and wrist position.
- **Simple:** it is easy to adjust the speed of the cursor to the desired speed.
- **Unique:** you grow accustomed to this mouse very quickly.

**Dimensions:** 111.3 x 76 x 71.4 mm (W x D x H)
**Weight:** 90 gr
**Product code:** BNEPRF10

DXT Precision Mouse

- **Ergonomic:** Relaxed, neutral wrist and hand position.
- **Productive:** Precision grip for accurate navigation and pointer movement.
- **Unique:** Button instantly switches between right or left-handed use.
- **Universal design:** Suitable for both large and small hands.
- **Convenience:** Easy to use, familiar pen grip, 4 dpi settings.
- **Mobile:** Most compact ergonomic mouse.

**Dimensions:** 45 x 56 x 81 mm (W x D x H)
**Weight:** 85 gr
**Product code:** BNEDXT
**DXT Precision Wireless**

**Ergonomic:** Relaxed, neutral wrist and hand position.

**Unique:** Button instantly switches between right and left-handed use.

**Convenience:** Easy to use, familiar pen grip, 4 dpi settings.

**Mobile:** Wireless and most compact ergonomic mouse.

**Rechargeable:** Recharge whilst in use.

**Connection:** Wireless RF USB receiver.

Dimensions: 55 x 44 x 80 mm (W x D x H)

Weight: 160 gr

Product code: BNEDXTW

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**HandShoeMouse**

**Comfort:** Low muscle tension due to relaxed finger and wrist posture.

4 right handed versions: based on distance from wrist to top of ring finger:
Up to 6 inches - Extra Small, 6 - 6.7 inches - Small, 6.7 - 7.5 - Medium and 7.5 - 8.25 inches - Large.

3 left handed versions: based on distance from wrist to top of ring finger:
Up to 6.7 inches - Small, 6.7 - 7.5 inches - Medium and 7.5 - 8.25 inches - Large.

**Technology:** Blu-Ray track sensor for optimal tracking.

**Ergonomics:** Mouse that fits like a glove or a shoe fits a foot.

Note: also available in a wireless design.

Weight: 190 gr

Product code: BNEP170R (Multiple versions)

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**HandShoeMouse Wireless**

**Comfort:** Low muscle tension due to relaxed fingers and wrist posture.

Six versions: right and left-handed and 3 sizes: distance wrist to top of ring finger:
up to 170 mm: Small, 170 - 190 mm: Medium and 190 -210 mm: Large.

**Handy:** 2 buttons at an ergonomic position and a scroll wheel.

**Ergonomics:** Mouse that fits a glove.

**Technology:** BlueRay Track sensor for optimal tracking.

Product code: BNEP170RW (Multiple versions)

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**Grip Mouse**

**Ergonomic:** Eliminates arm twisting by keeping the forearm in a neutral position.

**Buttons:** 2 click buttons plus scroll wheel featuring third button.

**Optical:** Optical sensor for precise movements.

**Price:** Favorable price/quality.

**Connection:** USB.

**Options:** Wireless version also available.

Dimensions: 75 x 127 x 65 mm (W x D x H)

Weight: 150 gr

Product code: BNEGM
Grip Mouse Wireless

Ergonomic: eliminates arm twisting by keeping the forearm in a neutral position
Buttons: 2 buttons and separate scroll wheel (third button)
Optical: optical sensor for precise movements
Price: favorable price/quality
Connection: wireless USB
Dimensions: 82 x 138 x 76 mm (W x D x H)
Weight: 200 gr
Product code: BNEGMW

Oyster Mouse

Choose your angle: Mouse angle can be positioned in 5 settings.
Universal design: Suitable for left and right hands.
Buttons: 5 buttons and separate scroll wheel.
Accurate: resolution 1200 dpi
Connection: USB; cable length: 5 feet.
Options: Wireless version also available.
Dimensions: 90 x 100 x 53 mm (W x D x H)
Weight: 150 gr
Product code: BNEOYML (Oyster Mouse large)
Product code: BNEOYM (Oyster Mouse)

Oyster Mouse Wireless

Ergonomic: eliminates arm twisting by keeping the forearm in a neutral position
Choose your angle: mouse angle is repositionable in 5 settings (both left and right-handed)
Universal design: suitable for left and right hands
Buttons: 5 buttons and separate scroll wheel
Accurate: resolution 1200 dpi
Wireless connection
Dimensions: 90 x 95 x 45 mm (W x D x H)
Weight: 145 gr
Product code: BNEOYMW

BakkerElkhuizen HANDSHAKE Mouse

Size: for smaller hands (width up to 3.5 inches, measured flat at the hand’s widest point, excluding the thumb).
Ergonomic: healthy arm and wrist posture.
Unique: short adjustment period.
Adjustable DPI: 400, 800, 1600, 3200.
Dimensions: 68 x 120 x 70 mm (W x D x H)
Weight: 147 gr
Product code: BNESRML (Left)
Product code: BNESRMR (Right)
Compact keyboards brings the mouse within comfortable reach, thereby reducing stress on the arms and shoulders. Using a compact keyboard is more comfortable than using standard keyboards (Van Lingen et al., 2003).

Around 90% of users never or rarely use the numeric part of the keyboard (Cakir, 2008) so for the most part it is not required. When the numeric pad is used it should be possible to place it for left or right handed use.

**UltraBoard 950**

- **Compact:** The keyboard is thinner, narrower and shallower than the S-Board 840.
- **Ergonomic:** Its compact shape enables you to adopt a better working posture, with fewer lower arm complaints as a result.
- **Modern:** The UltraBoard 950 has a modern and stylish design.
- **Keys:** A light keystroke, dark letters on a light background and less noise when typing.

**Dimensions:** 285 x 147 x 19 mm (W x D x H)
**Weight:** 455 gr
**Product code:** BNEU950US (Multiple versions)

**BakkerElkhuizen UltraBoard 940**

- **Double connectivity:** USB cable or Bluetooth.
- **Multi-pairing:** Up to 5 devices.
- **Keys:** Full size responsive keys with dark letters on a light background for easier viewing.
- **Compatible:** Mac and Windows OS.
- **Compact:** For a healthier posture.
- **Ultra thin:** Only 0.75 inches.

**Dimensions:** 285 x 147 x 19 mm (W x D x H)
**Weight:** 430 gr
**Product code:** BNEU940US (Multiple versions)
**BakkerElkhuizen S-board 840 Design USB**

- **Handy**: Multimedia keys and 2 USB ports.
- **Optimal layout**: Full size keys, extra wide space-bar and easy access arrow keys.
- **Numeric**: Optional numeric pad available.
- **Ergonomic**: Responsive typing feeling for touch typists.
- **Mobile**: Only 0.8 inches thick and 1 lb.

**Dimensions**: 305 x 165 x 20 mm (W x D x H)

**Weight**: 480 gr

**Product code**: BNES840DUS (Multiple versions)

**BakkerElkhuizen S-board 840 Design Numeric**

- **Compatible**: Pair with the S-board 840 or the UltraBoard 940 compact keyboard.
- **Including**: Calculator functionality.
- **Smart**: Extendable USB cable.
- **Quality**: Comfortable responsive keys.
- **Unique**: Multiple calculation shortcut keys for quick number processing.

**Dimensions**: 95 x 165 x 21.5 mm (W x D x H)

**Weight**: 120 gr

**Product code**: BNES840DNUM

**BakkerElkhuizen M-board 870**

- **Wireless**: Bluetooth 3.0 technology (compatible with iOS, Android and Windows).
- **Multi-pairing**: Quick switching between typing on laptop, tablet or smartphone.
- **Ergonomic**: Responsive keystrokes and feedback due to scissor mechanism instead of membrane.
- **Mobile**: Only 0.8 inches ‘thick’ and 13 oz.
- **Compact**: Reduces reaching for the mouse.

**Dimensions**: 286 x 132 x 19 mm (W x D x H)

**Weight**: 368 gr

**Product code**: BNEM870BDE (German lay-out)

**Product code**: BNEM870BFR (French lay-out)

**BakkerElkhuizen Q-board**

- **Improved posture**: Decrease reach to the mouse.
- **Conventional**: Desktop PC key Caps.
- **Numeric pad**: Integrated.
- **Practical**: 10 extra multi media keys.
- **Ergonomic**: Arrow keys are easy to find.

**Dimensions**: 336 x 165 x 32 mm (W x D x H)

**Weight**: 690 gr

**Product code**: BNEQ885
Goldtouch Adjustable V2

Meets individual needs: Adjust keying position both vertically and horizontally for increased comfort.
Ergonomic: Compact design means less reaching to operate the mouse.
Keys on the left side: Better allocation of work between left and right arm.
Additional: Wrist rest (BNEGTWR).

Connection: PS2 and USB.
Dimensions: 388 x 178 x 25 mm (W x D x H)
Weight: 1.2 kg
Product code: BNEGTBUS (Multiple versions)

Goldtouch Travel Go2

Adjustable: 0° - 30° adjustment along the horizontal and vertical plane.
Ergonomic: Compact design means less reaching to use the mouse.
Mobile: Folds in half for storage and traveling.
Options: Wired and Bluetooth versions available.

Connection: USB.
Dimensions: 343 x 152 x 22.9 mm (W x D x H)
Weight: 500 gr
Product code: BNEGTTUS (Multiple versions)

Goldtouch Numeric

Multi-functional: Escape, Backspace, Tab and other useful keys.
Extra: 2 USB ports (left and right).
Colours: Available in black or white.

Dimensions: 153 x 97 x 31 mm (W x D x H)
Weight: 300 gr
Product code: BNEGTWNUM (Numeric White)
Product code: BNEGTBNUM (Numeric Black)
Notebook stands raise the screen of a laptop to a comfortable viewing height. This places much less stress on the neck enabling more comfortable work.

BakkerElkhuizen notebook stands that have an inbuilt document holder have been independently tested. Our stands increase productivity by 17%, reduce stress on the neck by 32% and result in a 21% increase in comfort (Lindblad et al., 2004).

**BakkerElkhuizen UltraStand**

- **Unique:** The thinnest and lightest notebook stand ever.
- **Made-to-measure:** Fits every type of laptop, including those with docking station ports.
- **Ergonomic:** Laptop screen always at the correct height
- **Convenience:** Always attached so never forgotten.
- **Portable:** Create a mobile workstation wherever it’s used

Weight: 250 gr  
Product code: BNEUS**

**BakkerElkhuizen Ergo-Q 260**

- **5 height settings:** 3.5 - 8.25 inches.
- **Patented:** Integrated document holder to increase data input speed
- **Ultra mobile:** Weighs just 13.7 oz and is 0.25 inches thick so fits in any notebook case.
- **High quality:** Hylite aluminum, rubber anti-slip feet and protective foam to hold laptop.
- **Easy laptop set-up:** Document holder folds open for easy access to laptop.
- **Suitable:** For laptops up to 15.6 inch.

Dimensions: 230 x 310 x 7 mm (W x D x H)  
Weight: 390 gr  
Product code: BNEQ260
BakkerElkhuizen Ergo-Q 330

- **6 height settings**: 4.3 - 7.5 inches.
- **Patented**: Integrated document holder to increase data input speed.
- **Portable**: Lightweight and folds flat to fit in any notebook case.
- **Material**: ABS plastic with protective rubber feet.
- **Award winning design**: Ergonomics Excellence Award.
- **Suitable**: for laptops up to 17 inch.

**Dimensions**: 228 x 310 x 13 mm (W x D x H)
**Weight**: 490 gr
**Product code**: BNEQ330

BakkerElkhuizen Ergo-T 340

- **Fully equipped**: Height adjustable (3.5 - 10.2 inches) and includes a built-in document holder, a swivel base, cable management and laptop cooling vents.
- **Port Replicator Module PRM340**: Unique, universal feature enabling connection to any port replicator (docking station) to the Ergo-T340.
- **Unique device**: Secures Ergo-T 340 and all connected accessories with just one cable lock.
- **Suitable**: For all laptops up to 17 inch (min. laptop depth 7.8 inches)
- **Ideal**: For office, hot-desking and home use.

**Dimensions**: 325 x 310 x 85 mm (W x D x H)
**Weight**: 2.8 kg
**Product code**: BNET340

BakkerElkhuizen FlexTop 270

- **7 adjustable height positions (backside height): 9-22 cm**.
- **Lightweight**: only weighs 320 gr.
- **Money-saver**: an external monitor is not needed and you will have more workspace.
- **Material**: Hylite aluminium and rubber anti-slip brackets
- **Always handy**: the FlexTop 270 can be easily attached to the laptop.
- **Fit**: the FlexTop 270 fits all laptops up to 15.6” screen size.

**Dimensions**: 300 x 275 x 6 mm (W x D x H)
**Weight**: 320 gr
**Product code**: BNEFT270

BakkerElkhuizen Ergo-Top 320

- **Ideal**: Use at the office, at home and for hot-desking.
- **Ergonomic**: Positions laptop screen at a comfortable viewing height.
- **Cable management**: For connected peripherals.
- **Patented**: Built-in document holder.
- **Security**: Secure Ergo-Top and connected peripherals with one computer cable lock.
- **Suitable**: For laptops up to 17 inch.

**Dimensions**: 245 x 370 x 157 mm (W x D x H)
**Weight**: 1.3 kg
**Product code**: BNETOP320
Using a tablet holder raises the device higher improving neck posture and the viewing angle. If the tablet is used regularly for typing, a separate keyboard and mouse should be used.

**BakkerElkhuizen Ergo-Q Hybrid**

- **Multifunctional**: compatible with many tablets. Can also be used as a laptop stand.
- **Layout**: has 4 adjustable heights for tablets.
- **Unique**: the Ergo-Q Hybrid was developed especially for the Microsoft Surface Pro 4. You can lock the tablet into position (lock functionality).
- **Compatible**: the Ergo-Q Hybrid can also be used with many tablets, like the Galaxy Tab A 10.1, iPad (2017), iPad Air 2, Galaxy Tab S2 9.7", iPad Pro, Galaxy Tab 3, Surface Pro (2017) and Surface Pro 3 without lock functionality.
- **Ultra-thin**: Only 0.5 inches.
- **Ergonomic**: Finally a solution for tablet users to achieve healthy posture.

**Dimensions**: 202 x 293 x 15 mm (W x D x H)
**Weight**: 600 gr
**Product code**: BNEQH

**BakkerElkhuizen TabletRiser**

- **Universal**: for all tablets from 9.7 to 10.5 inch (max size tablet: 12.5 x 7.6 inches).
- **Unique**: adjust the tablet to the correct and most comfortable angle and height.
- **Convenient**: attach and remove your tablet easily and rotate to view in portrait or landscape.
- **Mobile**: perfect for working on the go, at home or in the office.
- **Safe**: robust, strong case to keep your tablet safe.
- **Design**: stylish anodized aluminum design.

**Dimensions**: 230 x 326 x 40 mm (W x D x H)
**Weight**: 700 gr
**Product code**: BNTER
BakkerElkhuizen Ergo-Q 260

**5 height settings:** 3.5 - 8.25 inches.

**Patented:** integrated document/tablet holder. Use a laptop and tablet at once and in line.

**Ultra-mobile:** the Ergo-Q260 ergonomic tablet holder has an A4 format, is 7 mm thin, and weighs only 390 gr.

**Top quality:** Hylite aluminium, anti-slip brackets, and protective inner lining

**Document holder:** the document holder can be put in front, making it easy to position the laptop.

**Suitable:** For laptops up to 15.6 inch.

- **Dimensions:** 230 x 310 x 7 mm (W x D x H)
- **Weight:** 390 gr
- **Product code:** BNEQ260

[Link to watch product online] [Link to watch video online]
Document holders bring keyboard, document and screen into a straight line for comfortable working. When documents are placed to the side this causes unnecessary strain on the neck.

Using an in-line document to bring everything into a straight line shortens viewing distances, increasing productivity.

**BakkerElkhuizen FlexDesk 640**

- **Multi-functional**: Refer to documents and make notes using the writing slope, which slides over the keyboard when needed.
- **High quality**: Smooth work surface, easy gliding rails, and rigid design using thick acrylic.
- **Storage**: Built in pencil storage and storage space for keyboard underneath.
- **In-line workstation**: Creating a straight line of vision from keyboard to screen.
- **Height adjustable**: 4.5 - 7 inches for good alignment with the screen.

- Dimensions: 515 x 380 x 110 mm (W x D x H)
- Weight: 2.2 kg
- Product code: BNEFDESK640

**BakkerElkhuizen Q-doc 515**

- **In-line workstation**: Creating a straight line of vision from keyboard to screen.
- **Ergonomic**: Decreases neck pain, eye strain and discomfort and increases data input speed.
- **Height adjustable**: 7 positions (12° - 46°) for best viewing angle and alignment to the screen (4.75 - 9.5 inches at the back).
- **Strong**: Supports all kinds of document, even heavy files.
- **Handy**: allows storage of full-size keyboard

- Dimensions: 515 x 290 x 120 mm (W x D x H)
- Weight: 1.2 kg
- Product code: BNEQDOC515
**BakkerElkhuizen Q-doc 415**

- **In-line workstation**: Creating a straight line of vision from keyboard to screen.
- **Ergonomic**: Decreases neck pain, eye strain and discomfort and increases data input speed.
- **Height adjustable**: 7 positions (12° - 46°) for best viewing angle and alignment to the screen (4.75 - 9.5 inches at the back).
- **Strong**: Supports all kinds of document, even heavy files.
- **Handy**: Allows storage of a compact keyboard.

**Dimensions**: 390 x 275 x 115 mm (W x D x H)

**Weight**: 1.1 kg

**Product code**: BNEQDOC415

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**BakkerElkhuizen Q-doc 500**

- **In-line workstation**: Creating a straight line of vision from keyboard to screen.
- **Ergonomic**: Decreases neck pain, eye strain and discomfort and increases data input speed.
- **Strong**: Supports all kinds of documents including heavy files.
- **Fixed angle document holder**: 30 degrees.
- **Space under front side**: 43 mm to store compact keyboard when not needed.

**Dimensions**: 500 x 280 x 200 mm (W x D x H)

**Weight**: 1.2 kg

**Product code**: BNEQDOC500

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**BakkerElkhuizen Q-doc 400**

- **Ergonomic**: Decreases neck pain, eye strain and discomfort and increases data input speed.
- **In-line workstation**: Creating a straight line of vision from keyboard to screen.
- **Range of angles**: 6 positions (4.7 - 9.4 inches).
- **Multi-functional**: Suitable for office, home and hot-desk workstations.

**Smart**: Lightweight and portable, folds flat.

**Dimensions**: 370 x 280 x 27 mm (W x D x H)

**Weight**: 480 gr

**Product code**: BNEQDOC400
The top of a monitor should be roughly in line with users eyes. This optimum position increases comfort and reduces the risk of injury. Productivity also goes up by 10% compared with an incorrectly positioned screen (Sommerich et al., 1998).

To reduce eye strain and ensure easy long term viewing of the screen it should be placed roughly an arms length away when a user is sat correctly.

**BakkerElkhuizen Q-riser 100**

- **Fixed height:** 4 inches.
- **Suitable:** For both flat screen and CRT monitors.
- **Smart:** Space to store a full-size keyboard.
- **Cable management:** Integrated.
- **Material:** Clear acrylic.

- **Dimensions:** 310 x 280 x 105 mm (W x D x H)
- **Weight:** 1.1 kg
- **Product code:** BNEQR100

**BakkerElkhuizen Q-riser 130**

- **Adjustable height:** 5 settings for optimal viewing angle (2 - 3 - 4 - 5 - 6 inches).
- **Smart:** Storage underneath stand.
- **Cable management:** Integrated cable holder.
- **Suitable:** For flat screen monitors.
- **Material:** Clear acrylic.

- **Dimensions:** 310 x 265 x 60 mm (W x D x H)
- **Weight:** 1.1 kg
- **Product code:** BNEQR130
**BakkerElkhuizen Q-riser 140**

**Adjustable Height:** 5 settings for optimal viewing angle (2 - 3 - 4 - 5 - 6 inches).

**Smart:** Maximize storage with space under stand.

**Cable management:** Integrated cable holder.

**Suitable:** For both flat screen and CRT monitors.

**Material:** Clear acrylic.

**Dimensions:** 370 x 300 x 60 mm (W x D x H)

**Weight:** 1.7 kg

**Product code:** BNEQR140
The top of a monitor should be roughly in line with users eyes. This optimum position increases comfort and reduces the risk of injury. Productivity also goes up by 10% compared with an incorrectly positioned screen (Sommerich et al., 1998).

A monitor arm allows the screen to be easily positioned for different tasks and when the user moves position for comfort. Another benefit of a monitor arm is that more space is created on the desk.

**Space-arm Single**

Ergonomic: height range 33-62 cm (top of 19-inch screen), depth range 25-58 cm.
Modular: can be extended from single to double or triple screen.
Gas spring technology: quickly and easily adjustable by any user. Ideal for flex workspaces.
Universal: VESA 75/100, clamp range up to 100 mm, grommet (eyelet) up to 60 mm
Load-bearing capacity: 10 kg, 2.25-7.5 kg, 7-14 kg (stronger gas spring on request)
Practical: 1-8 monitors on a single hub (or base)

Dimensions: 521 x 65 x 464 mm (W x D x H)
Weight: 3.3 kg
Product code: BNESP (Multiple versions)

**Space-arm Dual**

Practical: 1-8 monitors on a single Hub.
Universal: VESA 75/100, clamp range up to 100 mm, grommet (eyelet) up to 60 mm.
Ergonomic: height range 33-62 cm (top of 19-inch screen), depth range 25-58 cm.
Gas spring technology: quickly and easily adjusted by any user. Ideal for flexwork stations.
Load-bearing capacity: 10 kg, 2.25-7.5 kg, 7-14 kg (stronger gas spring on request)

Dimensions: 500 x 65 x 500 mm (W x D x H)
Weight: 6.9 kg
Product code: BNESPD
Smart Office 11

Universal: Suitable for virtually any monitor.
Installation: Easy installation using a clamp and bolt mechanism.
Layout: Cables are concealed inside the arm.
Handy: Base features a USB port and audio slots.
Flexible: Screen can be used flat, vertically and horizontally.

Dimensions: 550 x 115 x 520 mm (W x D x H)
Weight: 3.0 kg
Product code: BNESO11

Smart Office 12

Universal: Suitable for virtually any monitor.
Installation: Easy installation using a clamp and bolt mechanism.
Layout: Cables are concealed inside the arm.
Handy: Base features a USB port and audio slots.
Flexible: Screen can be used flat, vertically and horizontally.
Ergonomic Work with two screens.

Dimensions: 1085 x 140 x 478 mm (W x D x H)
Weight: 5.5 kg
Product code: BNESO12
Switching between sitting and standing while working creates more variation in posture throughout the day. This reduces discomfort in the back, neck and shoulders compared with sitting at a regular desk (Choi, 2010; Rabbit et al., 2008; Hedge and Ray, 2004; Karlqvist, 1998).

The effect of alternating between standing and sitting postures results in concentration levels remaining higher for longer (Ebara, et al., 2008). Work performance and the quality of output also improves. (Garrett et al, 2016; Choi, 2010; Hedge and Ray, 2004).

InnoDesk

Easy: No tools required for assembly thanks to our patented Twist & Lock™ system
Automatic: Height-adjustable using the WORK & MOVE (SitStandCOACH en PitStops) software supplied or the on table controls.
Design: Award winning modern European design
Assembly time: Under 5 minutes.
Height: 25.5 - 52.75 inches
Dimensions: 1600 x 800 x 650 mm (W x D x H)
Weight: 55.3 kg
Product code: BNEIQSSD

BakkerElkhuizen Honeycomb

Multi-functional: Suitable for a variety of uses such as meetings, seminars, touchdown working, lunch or a reception.
Easy: Adjust the height using the central button
Height: 23.8 - 49.8 inches
Mobile: Place anywhere thanks to its rechargeable battery
Shape: Honeycomb, allowing for modular use and multiple set-up options.
Dimensions: 900 x 900 x 605 mm (W x D x H)
Weight: 57.5 kg
Product code: BNEHCT
BakkerElkhuizen Sit-Stand Desk Riser

- **Easy and smooth**: adjustable in height by integrated gas springs
- **Unique**: the adjustment mechanism maintains the centre of gravity and prevents instability.
- **Convenient**: standard integration with tablets and smartphones.
- **Height**: 15 different adjustable positions.
- **Range**: extra large adjustment range (150-500 mm) that will fit all users.
- **Simple**: easy to operate with conveniently placed lever handles.

Dimensions: 890 x 590 x 150 mm (W x D x H)
Weight: 23.0 kg
Product code: BNEASSDR
Footrests are essential for people who cannot sit with their feet flat on the floor when the rest of their workstation has been set up to support a good posture. This often happens with fixed height desks.

The adjustable range, the angle and a wear-resistant surface are important.

**Basic 952**

**Ergonomic:** Height adjustable (2.25 - 10.5 inches) and adjustable angle provides stable support for the feet.

**Comfortable:** Contoured foot platform to minimize slip.

**Adjustable:** Easy to adjust with feet.

- **Dimensions:** 420 x 320 x 80 mm (W x D x H)
- **Weight:** 5.9 kg
- **Product code:** BNEFRB952
A desktop PC placed on a desk under the monitor takes up a lot of space. The alternative is often to place the PC under the desk on the ground. This increases the risk of dust getting into the PC, makes cleaning more difficult and crucially; reduces the space to move legs and feet under the desk.

A CPU holder enables the PC to be hung under the desktop keeping the PC off the floor and creating space.
We experience various types of noise pollution. If the sounds we hear are too loud they can become distracting especially when noise continues over a long period. If you can hear the conversations being held around you or other annoying sounds the ability to focus on work may be negatively affected.

**MindPod**

**Simple:** No tools needed to build.

**Design:** Lots of glass combined with smooth, matted black steel gives an open and modern look.

**Modular:** Expand from a single to a double or quadruple configuration.

**Including:** LED lighting, ventilator and acoustic panels.

**Peace of mind:** We take care of transport and installation.

**Safe:** Safety glass and fire-proof materials.

**Dimensions:** 1920 x 1880 x 2400 mm (W x D x H)

**Weight:** 441.0 kg

**Product code:** BNEMP
Experts recommend not carrying loads heavier than 8 to 14 lbs by hand. The variation depending on distance, frequency and gender (Mital et al., 1993).

A bag containing a laptop and other content regularly weighs in excess of this recommended maximum. A trolley or rucksack is suggested as a safer alternative to avoid discomfort and injury.

BakkerElkhuizen ErgoTraveller

Ergonomic: quickly and easily open your laptop directly from its case, and position your screen at a comfortable height.

Mobile: in the train, hotel lobby, airplane: anywhere you are, you can quickly and easily get set up to work on your laptop.

Comfortable: keeps your legs cool for comfort when you place the laptop on your lap.

Carry-on luggage: ideal for customs, as it doesn’t need to be removed from the case for customs control.

Top design: exceptional, unique sleek design; fits laptops up to 15.6 inches.

Dimensions: 391 x 64 x 374 mm (W x D x H)

Weight: 1.8 kg

Product code: BNEET

Laptop trolley TR15

Ergonomic: telescopic arm (max. 98cm) means that you can transport your laptop and accessories easily thus avoiding back issues.

Top design: smart and professional, suitable till 15.6” laptops and I-pad 10.1”

Shock-absorbing foam parts for optimum laptop protection

Lightweight, hard-wearing handle and large wheels

Organized and efficient: a place for everything easily accessible storage compartments for travel documents and CDs.

Dimensions: 450 x 240 x 390 mm (W x D x H)

Weight: 3.3 kg

Product code: BNTR15
Mouse Pads & Wrist Rests

Wrist rests provide a guide that helps keep the arm, wrist and hands straight. This prevents over extension of the wrist which occurs when the wrist bends beyond neutral. Holding the wrist in this position for an extended period, which happens when typing and using the mouse, is a cause of discomfort and injury. Keeping the wrist off of the cold, hard desk surface also has benefit.

BakkerElkhuizen The Egg Ergo Mouse Pad

Unique design: The Egg-form follows the natural mousing pattern.
Hygienic: Antibacterial surface.
Comfortable: Thermal-insulating top surface keeps your hand away from the cold, hard desk surface.
Productive: Smooth surface provides accurate mouse control.
Eco: Recycled material.

Dimensions: 230 x 2 x 300 mm (W x D x H)
Weight: 60 gr
Product code: BNEEMP

BakkerElkhuizen Trapezium Wrist Rest Compact

Unique design: Trapezium form follows the natural arm and wrist position.
Options: For standard or compact keyboards.
Hygienic: Antibacterial technology.
Comfortable: Cushioning gel supports wrists.
Ergonomic: Keeps your wrist in line with hand and arm.
Size: 13 inches wide for compact keyboard or 19.25 inches for full-size keyboards.

Dimensions: 330 x 80 x 13 mm (W x D x H)
Weight: 275 gr
Product code: BNETWRC
BakkerElkhuizen Trapezium Wrist Rest Standard

**Unique design:** Trapezium form follows the natural arm and wrist position

**Hygienic:** antibacterial technology

**Comfortable:** soft and firm cushioning gel supports wrists

**Ergonomic:** keeps your wrist in line with hand and arm

**Size:** 49 cm wide is ideal for full-size keyboards (33 cm wide for compact keyboards also available)

**Eco:** recycled material

**Dimensions:** 490 x 80 x 15 mm (W x D x H)

**Weight:** 490 gr

**Product code:** BNETWRS
Privacy filters protect laptops and mobile devices against others looking at your screen by blocking the image from everyone except the user of the device. This means that mobile employees can work safely while travelling and in public places. This reduces the risk of expensive data breaches and can help organizations comply with data protection standards such as ISO27001.
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