## Ergo-Top 320









## **Health & Safety Regulations**

Recent scientific studies in the Netherlands and Sweden have shown that working with a laptop stand in combination with a external keyboard and mouse results in: 17% increased productivity, 21% increased comfort and 32% decreased neck torque (Lindblad 2003).



- 1. Your ergonomic workplace
- 2. Easy height adjustment
- 3. Security





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Ideal: for (home) office use and "hot desking"

**Ergonomic:** positions laptop screen on comfortable viewing level

Cable management: for connected peripherals

Patented: Built-in document holder

**Security:** Secure Ergo-Top and connected peripherals with one computer cable lock

Suitable: for all laptops up to 17 inch

## **Specifications**

Dimensions: 245 x 157 x 370 mm (W x H x D)

Weight: 1.3 kg
Product code: BNETOP320



## Research

Using a notebook stand in combination with an external keyboard and mouse increases productivity by 17%.

It also significantly improves sitting posture. Neck strain is reduced by 32% and comfort is improved by 21% (Lindblad, 2002). The forearms are also in a more neutral position. Physical complaints are substantially reduced (Boersma, 2002).

We advise working no longer than two hours a day with a laptop unless it is combined with a notebook stand with an external keyboard and mouse.