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Ergorest

BE RELIEVED.



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ERGOREST | COMPANY

Ergorest is a world's leading manufacturer of forearm supports since 1988. Our solutions are designed to improve ergonomics in multiple areas such as computer usage, office work and industrial applications.

Ergorest's mission is to help businesses build better ergonomic environments in order to prevent work-related health issues.



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Ergorest was established in 1978 in Finland and is a pioneer and innovator of forearm supports designed for use in computer, office and industrial applications.

Over 35 years of scientific research and product development anchored in a knowledge of the human body have ensured that **Ergorest** is known worldwide for its high-quality products.



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ERGOREST | PROMISE

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[from pain, discomfort and stress from lack of productivity, sick leaves and healthcare expenses]



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ergonomics is economy

“Annually up to 50 billion dollars are lost in business because of musculoskeletal injuries in the USA.” Musculoskeletal injuries are the most common office work injuries, often caused by bad ergonomics.

That's why we created Ergorest.



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50% less

neck and shoulder symptoms
in office work with Ergorest.

[Long-term effects of Ergorest forearm rests on subjective complaint in office work, University of Eastern Finland]



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Less sick leaves.
Less extra costs.

Musculoskeletal problems are the most common work-related injuries in modern office work. The most common cause of these injuries is bad ergonomics.

Musculoskeletal complaints are some of the most common amongst office workers. The use of Ergorest forearm supports decreases neck and shoulder injury symptoms and related sick leaves by up to 50%.

Ergonomics pays back

Improved wellbeing.
Improved work efficiency.

Computer work strains your neck, shoulders, wrists and hands, causing serious illnesses such as carpal tunnel syndrome.

Ergonomics is a worthwhile investment in productivity and job satisfaction. An investment which pays itself back, over and over. Ergorest forearm supports offer many financial and health-related benefits.



Less sick leaves	_____	Increased productivity
Less work stress	_____	Better quality of work
Fewer healthcare expenses	_____	Increased profit



Be relieved

Ergorest brings immediate relief to hand, neck and back strain. It supports arms and eases work related tension by directing the whole body to the correct working position.

Ergorest forearm supports are designed with functionality in mind. Their durable double support structure is made of cast aluminum guaranteeing firm support and a smooth movement.



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- An ergonomic work position **HELPS** you to concentrate on your work and keep your mind active.
 - Ergorest **REDUCES** the amount of strain on the neck, preventing neck complaints arising from muscular tension.
 - Ergorest **RELAXES** the shoulders and prevents complaints arising from muscular tension or strain.
 - Ergorest **PREVENTS** tennis elbow and other elbow ailments.
 - Ergorest **PREVENTS** carpal tunnel syndrome and tenosynovitis.
 - Ergorest forearm **SUPPORTS** guide the body into a better working position, thereby preventing complaints arising from strain on the lower back.
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PRODUCT LINE



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330-Series – Support and ergonomics for all work involving display screen equipment



Product ID: 330000

- **The Ergorest 330 000** is a basic model which provides help for those working with display screen equipment, which places strain on the arms, neck and back.
- It supports the arms, easing the tension caused by working with computers and helps guide the body to the correct working posture.
- Durable double support structure is made of cast aluminium and guarantees firm support and an unlimited range of movement. The support pad is upholstered in genuine leather, making it easy to maintain and a pleasure to use.

- The 330 series also includes **the Ergorest 330 013**, which is equipped with a longer support structure and has a larger operating radius, and **the Ergorest 330 016**, which is equipped with a longer support pad providing more support surface area.



Product ID: 330011



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350-Series -Keep your mouse hand fit for work



Product ID: 350000

- **The Ergorest 350 000** provides the same benefits as the 330 000 but is equipped with a separate mouse station. This ensures that the wrist remains in a natural position, even when working extensively with a mouse.
- Unlike a mousemat, which can strain the wrist, **the Ergorest 350 000** effectively prevents unpleasant symptoms and even carpal tunnel syndrome, which can result in an inability to work. **The Ergorest 350 000** also ensures the correct distribution of strain on the neck, shoulders and back.
- The support's aluminium double support structure and support pad, upholstered in genuine leather, guarantee a supportive feel and unlimited range of movement.



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331-Series – Support and reach for demanding situations



Product ID: 331000

- Industrial line
- The extension pole increases support, allows you to hold arms higher than average desk surface
- **The Ergorest 331 000** is highly suitable for work in e.g. laboratories, industrial or dressmaking applications, or any other tasks which require precision work. It can also be used while standing, thereby significantly decreasing widespread muscular tension caused by strenuous working positions.
- The support's aluminium double support structure and support pad, upholstered in genuine leather, guarantee a supportive feel and unlimited range of movement



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ESD 338 / ESD 339 – with electrostatic discharge protection



Product ID: 338000

- The supports are highly suitable for working environments for tasks which demand precision, such as assembly stations. They effectively prevent occupational health hazards caused by working postures which place strain on the arms, neck, shoulders and back.
- The support's durable double support structure is entirely conductive and the support pad is coated with long-lasting and conductive imitation leather.

- The Ergorest ESD 338 000 and ESD 339 000 provide effective protection against electrostatic discharge at two support heights.
- ESD supports are excellent for use in the electronics industry.



Product ID: 339000

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