**Furniture and Equipment Recommendations**

New furniture or equipment may be required or recommended after a work station is [evaluated](https://adm.viu.ca/sites/default/files/2018_-08_-_viu_self_assessment_office_ergonomics.pdf) and set up or for [Employment Accommodations](https://www.google.com/url?q=https://isapp.viu.ca/policyprocedure/docshow.asp%3Fdoc_id%3D26251&sa=U&ved=0ahUKEwihib-YhqLdAhXTHDQIHS5YAVU4ChAWCA4wBA&client=internal-uds-cse&cx=015849746502942928064:nbyhbbu0ycm&usg=AOvVaw1zzwDxocb3cFmf7JD0eSnu). Below is a list of items to consider as ergonomic interventions, accommodations or when replacing equipment. These are examples of acceptable VIU standard ergonomic products. Comparable products from other suppliers should also be considered. Questions about specific items can be directed to safety@viu.ca or procurementservices@viu.ca. Departments are responsible for the cost of new furniture and equipment.

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| **Ergonomics Accessories**  |
| **Keyboards** |
|   |
| product image | [Adesso Slim Touch Mini Keyboard](https://www.eway.ca/Eway/en/Shopping/Product/ADSAKB510HB)Compact keyboard without the number pad to save space. Helps petite individuals or those that have discomfort reaching for the mouse.  |
| product image | [Evoluent Essentials Compact Keyboard](https://www.eway.ca/Eway/en/Shopping/Product/EVUEKB) Compact keyboard without the number pad to save space. Helps petite individuals or those that have discomfort reaching for the mouse. |
| product image | [Microsoft Sculpt](https://www.eway.ca/Eway/en/Shopping/Product/MSFL5V00002)Keyboard and mouse set with a separate number pad. Keyboard has a slightly raised centre and low profile keys. Can help alleviate pain in wrists or forearms from wrist extension.  |
| product image | [Microsoft Natural](https://www.eway.ca/Eway/en/Shopping/Product/MSFB2M00013)Wired keyboard with raised centre. Can help alleviate pain in wrists or forearms from wrist extension. Helpful for individuals with mild carpal tunnel syndrom. |
|  |
| **Mice** |
|   |
| product image | [Microsoft Sculpt Ergo Mouse](https://www.eway.ca/Eway/en/Shopping/Product/MSFL6V00002)This a large mouse designed to encourage a more natural hand, wrist and forearm posture. Can help alleviate wrist and elbow pain. |
|  |
| **Other Accessories** |  |
| product image | [3M Adjustable Footrest](https://www.eway.ca/Eway/en/Shopping/Product/MMMFR530)This has a sturdy metal base. This is used when using a fixed height workstation to keep your knees at 90 degrees when sitting.  |
| product image  | [3M Adjustable Document Holder](https://www.eway.ca/Eway/en/Shopping/Product/MMMDH640)Document holder can reduce neck strain and are useful for individuals who reference documents while using their computer (e.g. data entry, marking, reading etc.)  |

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| **Furniture** |
| **Chairs** |
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| V:\6 Occupational Hygiene\Ergonomics\VIU Ergonomic Program\Chair photos\amia.jpg | [Steelcase Amia](https://store.steelcase.com/seating/office-chairs/amia)Height adjustable with numerous adjustments to create a comfortable fit. \*Please contact the Procurement Services for pricing options. |
| V:\6 Occupational Hygiene\Ergonomics\VIU Ergonomic Program\Chair photos\series 1.jpg | [Steelcase Series 1](https://store.steelcase.com/seating/high-performance-seating/steelcase-series-1-ready-to-ship?cartID=)CarbonNeutral certified and full adjustability. \*Please contact the Procurement Services for pricing options. |
| V:\6 Occupational Hygiene\Ergonomics\VIU Ergonomic Program\Chair photos\teknion projek.jpg | [Teknion Projek](https://www.teknion.com/products/product-details?productlineid=b45c336e-8e7a-673b-a6c8-ff00004460c4)Allows for work at varying heights, has an adjustable footrest.\*Please contact the Procurement Services for pricing options |
| V:\6 Occupational Hygiene\Ergonomics\VIU Ergonomic Program\Chair photos\ergocentric saffron tall back.jpg | [Ergocentric Saffron (tall back)](https://www.ergocentric.com/product/saffron-r-tall-back/)Full adjustability, with I higher back for taller individuals.\*Please contact the Procurement Services for pricing options |
| **Height Adjustable Desks** |
| **C:\Users\shadee\Downloads\15-00129821.jpg** | [Steelcase Migration](https://www.steelcase.com/products/height-adjustable-desks/migration-se/) |
| **C:\Users\shadee\Downloads\14-0000195.jpg** | [Solo Sit-to-Stand Desk](https://www.steelcase.com/products/height-adjustable-desks/solo-sit-to-stand-desk/)This height adjustable desk come in many configurations so can work with existing furniture and office space.  |
| **A picture containing text, display  Description automatically generated** | [VariDesk Pro Plus](https://www.vari.com/ca/en/sit-stand-converter-varidesk-pro-plus-36/DC-PP36.html)Turns any standard desk into a standing desk. Offers a tiered design with a lower deck for a keyboard. |

\*Please contact procurementservices@viu.ca for an up-to-date quote on furniture.