## Trapezium Wrist Rest Compact



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

275 g BNETWRC

330 x 13 x 80 mm (W x D x H)

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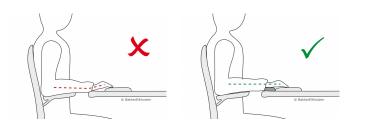
Eco: recycled material

Specifications Dimensions:

Product code:

**Health & Safety Regulations** 

Weight:



## Research

A too soft wrist rest can result in fixation of the wrist, which in turn results in even greater muscle strain. Holding one's wrist at the right height is important, it must be kept as level as possible with the keyboard. This keeps the wrist posture most neutral.



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1. with compact keyboard

2. robust, yet comfortable





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When working with a keyboard and mouse it is important that the

arm is sufficiently supported. This can be done by using a good armrest on the desk chair or a separate armrest. A armrest reduces muscle tension in one's arm and shoulder and promotes comfort. A wrist support helps to keep the wrist straight during typing and can be used "to rest" for a moment during one's work.