

# Portable, design notebook stand Ergo-Q 220



**5 different height settings:** height range at back: 11-24 cm

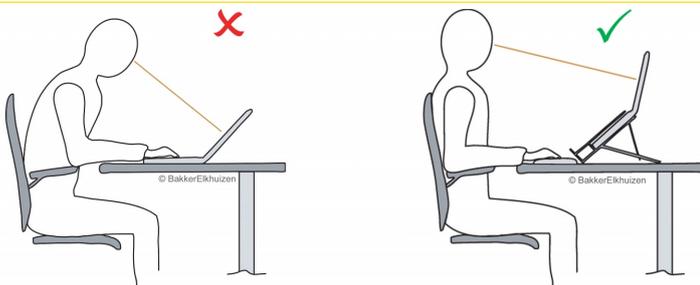
**Patented:** integrated inline document holder, increases data input speed

**Ultra mobile:** lightweight, completely foldable, fits in any notebook case

**High quality:** Hylite aluminum, rubber anti-slip feet and protective foam inside results in a rigid workstation

**Design classic:** winner of Ergonomics Excellence, Dutch Teleworking and Good Industrial Design Award

**Suitable:** for all laptops up to 15 inch

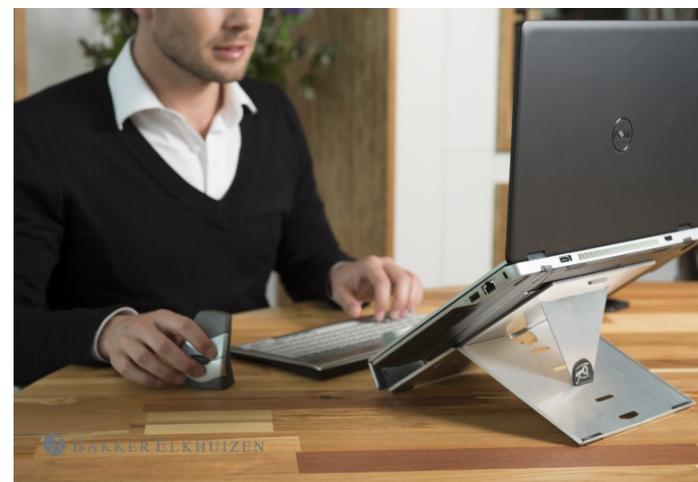


## Specifications

Dimensions:	230 x 9 x 310 mm (W x H x D)
Weight:	430 gr
Product code:	BNEQ220

## Health & Safety Regulations

Recent scientific studies in the Netherlands and Sweden have shown that working with the Ergo-Q results in: 17% increased productivity, 21% increased comfort and 32% decreased neck torque (Lindblad 2003).



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1. mobile 'ergo-kit'
2. ultra mobile
3. elegant design

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## 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..