

# Wrist/Palm Rest CombiRest Uplift

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Maintains straight wrist postures – by means of special Raised Mouse Pad

## Ergonomic benefits

- + The support provided by wrist/palm rest helps reduce carpal tunnel symptoms, such as tingling, numbness or coldness in hands. The rest helps maintain straight wrist postures both during keystrokes and periods of inactivity.
- + Rest and raised mouse pad together do the same also during mousing and periods of inactivity.
- + The wrist/palm rest of CombiRest Uplift gives the best possible support and avoids the formation of fabric creases under the wrist which could hinder wrist movements.
- + The coating of the metal baseplate is non-reflective matt.
- + The baseplate allows changeable positions as the keyboard and mouse can be held alternatively on the desk top or on the lap. Posture changes are considered ergonomically advantageous.



Usual Mouse Pad and vertical mouse



Raised Mouse Pad and vertical mouse



Usual Mouse Pad and usual mouse



Raised Mouse Pad and usual mouse



Raised Mouse Pad comes with the product



Raised Mouse Pad placed right-handed

## Important ergonomic hints

The proper ergonomic product use benefits the palm (We haven't dropped out the term 'wrist rest' because people would not find our product and instructions).

When typing, you should support your palms or hand heels, but not your wrist, on the rest. If you support your wrist on the rest then the underside pressure on your wrist may decrease blood flow and compress the carpal tunnel.

Without a wrist/palm rest, you tend to lay your hands on the desk, keeping the fingers on the keyboard which will lead to a bent wrist posture. Still worse, if you rest your wrists on the desk edge.

## Other benefits

- + Additional space is gained on the desktop when CombiRest Uplift is placed to fill desk corners as a corner piece. CombiRest Uplift is extraordinary because of wrist/palm rest and mouse pad is included in price.
- + CombiRest Uplift comes with a raised mouse pad.
- + Suitable for both for left- and right-handed users – the mouse pad can be placed on either side.



Raised Mouse Pad placed left-handed



CombiRest Uplift in use as ergonomic corner piece



CombiRest Uplift on chair arms

## Environment-friendly materials

- + The wooden board used under the padding is made of FSC certified material. The Forest Stewardship Council certificate means that wood has been sourced in an environmentally-friendly, socially responsible and economically viable manner.
- + Steel plate is fully recyclable. Powder coating of plate emits zero or near zero VOCs (volatile organic compounds).



## Technical specifications

Dimensions	Outer dimensions of baseplate 700 x 275 x 20 mm Palm/Wrist rest 700 x 90 mm Mouse pad 180 x 220 mm
Baseplate	Powder-coated steel, matt
Wrist rest	covered with fabric (alternatively artificial leather cover)
Mouse pad	of raised type, placing optionally on the right or the left side
Anti-slip pads	Under baseplate to hinder sliding on desk



## Product codes

12108-xx – Wrist/Palm Rest CombiRest Uplift on baseplate, fabric cover

12109-06 – Wrist/Palm Rest CombiRest Uplift on baseplate, artificial leather cover

In above codes xx according to colour:

xx = 06 Black

xx = 01 Red

xx = 02 Dark Red (Bordeaux)

xx = 03 Orange

xx = 04 Blue

xx = 05 Dark Blue (Navy Blue)

3 year guarantee