

# Wrist/Palm Rest GELLYC for keyboard

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Comfortable and gentle touch

## Ergonomic benefits

The support provided by the Wrist/Palm Rest GELLYC helps to reduce carpal tunnel symptoms, such as tingling, numbness or coldness in the hands. The rest helps to maintain straight wrist postures both during keystrokes and periods of inactivity.



## Important ergonomic hints

- The proper ergonomic use benefits the palm (We haven't dropped the term 'wrist rest' because people would otherwise not easily 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.

GELLYC has soft and gentle touch.



GELLYC Wrist/Palm Rest is wide enough for full-size keyboards.

## Environment-friendliness

- Reusable plastic bag thanks to slide-fastener. Bag can be used several times for storage of other things before recycling which reduces the need to make new bags.
- Plastic bag material polyethylene is recyclable.



Reusable plastic bag thanks to slide-fastener.

## Technical specification

|                   |                  |
|-------------------|------------------|
| Dimensions        | 493 x 90 x 20 mm |
| Interior material | soft gel         |
| Cover             | lycra fabric     |
| Base              | anti-slip        |

## Product Code

12111 Wrist/Palm Rest GELLYC for keyboard