

3M *Ergonomics*

FOR A MORE PRODUCTIVE AND COMFORTABLE WORKSPACE



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Ergonomic Products That Work Beautifully

Designers have wrestled with the question of form versus function for centuries. 3M Ergonomics has put that question to rest with a line of products that balance attractive design with functional excellence.

3M is a pacesetter in the ergonomic industry. Our products are carefully designed to make office tasks and environments healthier and more comfortable. 3M's commitment to the science of ergonomics has resulted in several products being endorsed by leading health care associations.

American Physical Therapy Association



When a product page features this logo, it indicates that the American Physical Therapy Association has determined this product meets general ergonomic

principles. The APTA is a national, professional organization representing more than 75,000 members that strives to foster advancement in physical therapy practice, research and education.

Selecting the Right Product for You

Consumers should choose ergonomic products with their individual needs in mind. Body dimensions, physical condition, and workspace configuration are just some of the factors that should be considered when picking an ergonomic product. Proper fit and use of these products are only part of a comprehensive approach to office safety and comfort. If you have been diagnosed with a repetitive motion disorder or other health-related problem that impacts your work, or if you suspect you may have one, please consult your health care provider prior to using these products.

American Optometric Association



The American Optometric Association has given its Seal of Acceptance to 3M™ Anti-Glare and Circular Polarizing Filters for meeting their guidelines for glare reduction on video display terminals.

Lifetime Warranty



3M stands behind its worldwide reputation for creating products that are both innovative and reliable. As you read through this brochure, you'll see that most of our products come with a lifetime warranty for the original purchaser. Built for comfort and a healthier working environment, 3M Ergonomic Products are also built to last.

3M™ Professional Keyboard Drawers

3M Keyboard Drawers are designed for comfort and quality and come in a variety of models to meet your specific needs. All feature quality oil-free 3M™ Gel Wrist Rests, Precise™ Mousing Surface for smooth, accurate tracking, and quality cord management systems that really work. All above desk models are steel-reinforced to support 21" monitors up to 80 lbs. KD85 and KD75 are compatible with ergonomic keyboards.

KD95 HEIGHT AND TILT ADJUSTABLE KEYBOARD DRAWER



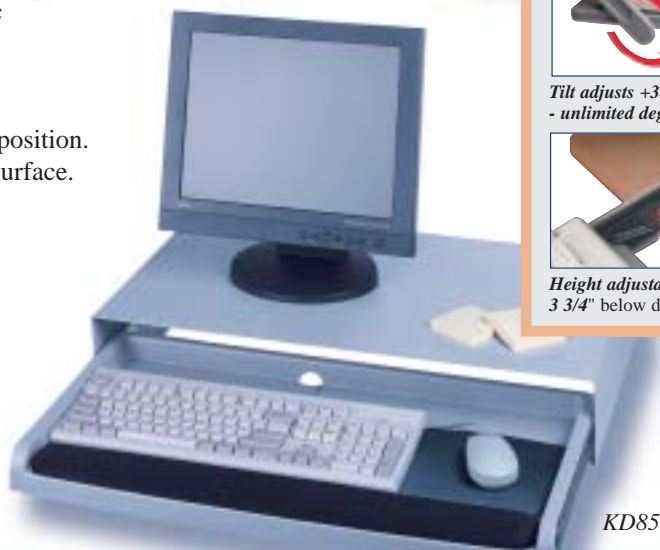
- Easy to use height and tilt adjustment assists ergonomic alignment of the keyboard platform with your wrists.
- Wide platform places mouse next to keyboard for less reach and more comfort.
- Lower case height keeps monitor in a more ergonomic position.
- Height adjusts 3/4", 1-1/2", 2-5/8", 3- 3/4" below work surface.
- Smooth underside won't snag clothing.
- *Lifetime Warranty*

KD85 WIDE PLATFORM KEYBOARD DRAWER

- Wide drawer places mouse next to keyboard for less reach and more comfort.
- Full-width gel wrist rest provides greater comfort and is removable for ergonomic keyboard use.
- *Lifetime Warranty*



KD95



KD85

KD95 Adjustability



Tilt adjusts +30 degrees/
- unlimited degrees



Height adjustable down to
3 3/4" below desktop

3M™ Space-Saving Keyboard Drawers

KD75BE DESKTOP KEYBOARD DRAWER

- Extra wide and deep drawer fits virtually any keyboard including Microsoft™ Elite™ model
- Oversized mouse platform and "Secret Drawer" are interchangeable and self-stowing when platform is stored

KD50BE UNDER DESK KEYBOARD DRAWER

- Same great features as the KD75BE for under desk use
- Three height positions assure correct positioning



KD75BE



KD50BE

Product No.	Dimensions (Width x Depth x Height)	Weight
KD95	27.87" x 16.82" x 4"	19.5 lbs.
KD85	27.5" x 18.75" x 4.1"	19.5 lbs.
KD75BE	23.13 X 16.31 X 4.56	15.1 lbs.
*KD50BE	23.13 X 16.06 X 2.31	7.8 lbs.

*Available in Australia as firm order only

Spaces

3M™ Professional Gel Wrist Rests

SERIES I- HEIGHT ADJUSTABLE

Soothing medical gel is cool to touch and reduces contact pressure. Medical-grade fabric is silky-smooth, non-irritating and non-chafing. Durable construction with easy clean fabric. 3M™ Precise™ Mousing Surface improves grip and traction of mouse trackball at fast speeds. Height adjustable to better match keyboard height. Light Grey with Charcoal Fabric. APTA endorsed.



Product Number	Dimensions (Width x Depth x Height)	Weight
WR410*	19.5" x 3.37" x 1-1.38"	1.1 lbs.
WR510*	19.62" x 10.6" x 1"	2.9 lbs
WR511*	9.5" x 11.37" x 1-1.38"	1.1 lbs.
WR512*	26.87" x 11" x 1-1.38"	3.2 lbs.

*Gel is 3" across on all pads (front to back)

Ergonomic

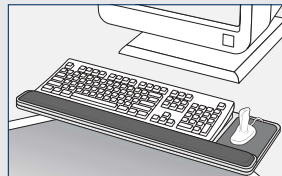
SERIES II-TILT ADJUSTABLE

Sleek designs with tapered wrist rests and rounded edges. Softer gel for a more cushiony feel. Silky smooth fabric lets wrists glide easily, is non-irritating to skin. Adjustable tilt helps match individual wrist angle for a more ergonomic fit. (See inset box) Black/Metallic Grey. APTA endorsed.

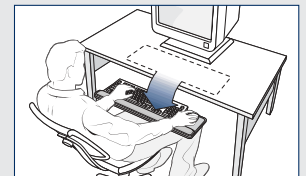
- Precise™ Mousing Surface for improved tracking with optical or standard mice
- Combination design of WR422 keeps keyboard and mouse close for less reach, greater comfort



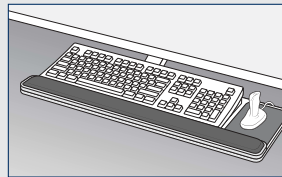
Advantages of a Baseplate



Bridges Corner Workstations



Doubles as a Lap Desk



Adds Gel to Older Keyboard Trays



Fits on Short Depth Desks

Advantages of Tilt Adjustability



table top, wrist must bend to use keyboard.

Most people sit too low in their chair to maintain a straight ergonomically correct wrist angle while typing. Because elbow is positioned below



tabletop is too high, a straight wrist angle is made possible by 3M's tilt adjustable wrist rest.

By tilting the keyboard and gel wrist rest to match the user's natural wrist position, wrist is kept in an ergonomically correct position. Even though

Product No.	Dimensions (Width x Depth x Height)	Weight
WR420	19.62" x 10.6" x 1"	2.2 lbs
WR421	7.5" x 10.25" x 1"	0.8 lbs.
WR422	25.54" x 10.6" x 1"	3.0 lbs.

LIFETIME WARRANTY
For Original Purchaser

WR422

3M™ Standard Gel Wrist Rests

The comfort and quality you expect in an economical gel wrist rest.

- Patented gel formulated for softness
- Silky smooth fabric that is non-irritating
- Leak-free construction won't stain clothing
- Non-skid base

CLASSIC SERIES

The original full comfort design.

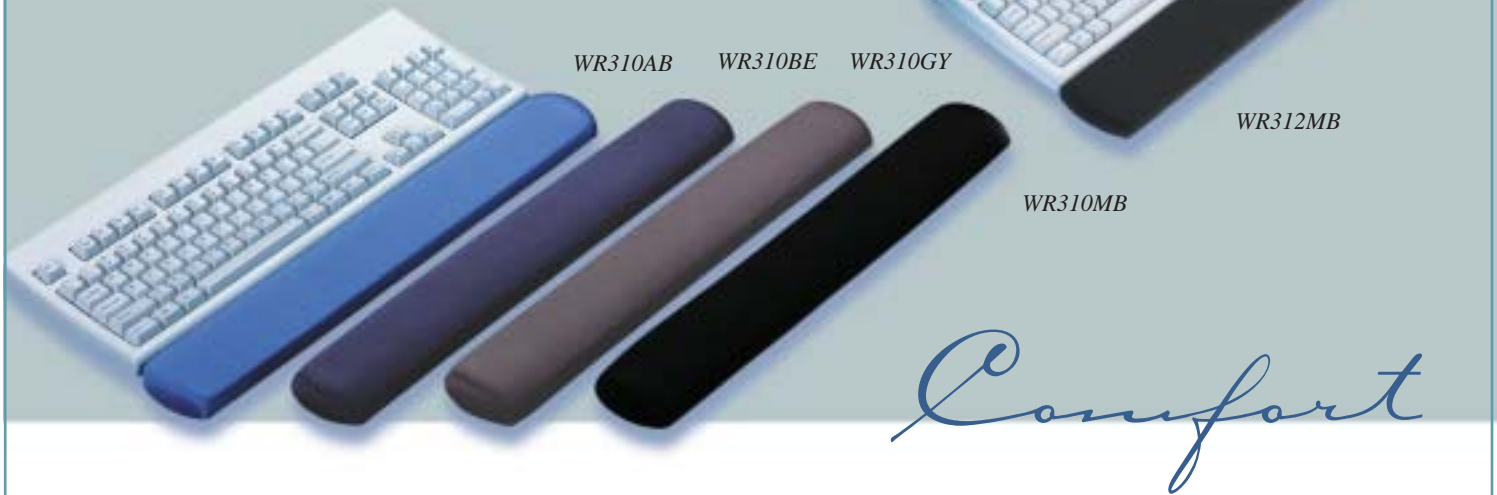
[WR310AB] Aquatic Blue [WR310BE] Blue
 [WR310GY] Grey
 [WR310MB] Black

Soothing

FOR KEYBOARD & MOUSE

Extended length offers full gel comfort for keyboard and mouse.

[WR312MB] Black



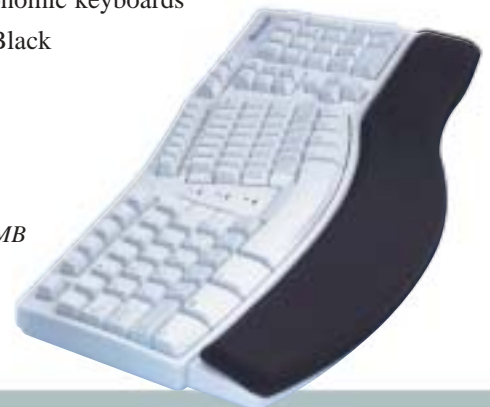
FOR ERGONOMIC KEYBOARDS

Fits Microsoft™ Elite™, Natural™ and most other ergonomic keyboards

[WR314MB] Black

Product Number	Dimensions (Width x Depth x Height)	Weight
WR310 Series	19" x 2.8"x .8"	1.60 lb.
WR312MB	24.75" x 2.8"x .8"	1.95 lb.
WR314MB	4.625" x 20.625"x .688"	1.03 lb.

WR314MB



Endorsed by



All of the 3M™ Gel Wrist Rests featured on these pages are endorsed by the American Physical Therapy Association. Lifetime Warranty on all Professional Series Models.

3M™ Precise™ Mousing Surface Gel Products

Work

All Precise™ Mousing Surface products now feature a patented light-reflective micro-groove surface design that improves tracking performance of both optical and standard mice at fast speeds. Point, click and drag quickly, smoothly and accurately.



Optical Mousing Accuracy



Desktop Surface

3M Precise™
Mousing Surface

The red line represents the desired path of the optical mouse at fast speed. The black line represents the tracking results. This demonstrates the improved mouse tracking accuracy experienced when using 3M™ Precise Optical Mousing Surface.

MW311 SERIES

Combines the benefits of the 3M™ Precise™ Mousing Surface with the comfort of a 3M™ Gel Wrist Rest.

MW311Series	Design	Wrist Rest Colour
a. [MW311BE]	Blue Water	Blue
b. [MW311WP]	Whirlpool	Aquatic Blue
c. [MW311CL]	Purple Clouds	Black
d. [MW311MB]	Star Galaxy	Black

In Comfort



OMC303PL

OMS SERIES

Longer from top to bottom to work better with larger optical mice.

[OMC303PL] Blue Pool Design with Gel Wrist Rest
[OMS203PL] Blue Pool Design (No Gel Wrist Rest)



MWJ309BE

MWJ309GR

MWJ SERIES

- Same great Precise™ Mousing Surface
 - Clear gel design adds fun to your desktop
- [MWJ309BE] Blue [MWJ309GR] Green

3M™ Precise™ Mousing Surface Products

MS201 SERIES

Ultra-thin design integrates well in any crowded work surface. Ideal take-along pad for use with Notebook PC's on the road.

- a. [MS201BE] Blue Water c. [MS201WP] Blue Whirlpool
 b. [MS201CL] Purple Clouds d. [MS201SG] Star Galaxy



Other foam mouse pads



3M™ Precise™ Mousing Surface

Micro-groove surface traps dust particles in the valleys. Mouse trackball rides along the peaks for smooth, accurate mousing.

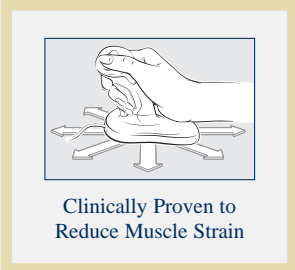


3M™ Ergonomic Mouse – Optical

- Clinically proven to reduce the muscle strain and discomfort associated with carpal tunnel syndrome and repetitive stress injury.
- Vertical grip reduces pressure on the wrist's median nerve.
- Records optically for smoother, more accurate mousing.
- Optical sensor has no moving parts to wear out or to clean.
- Graphite Colour
- Both USB and PS2 Compatible
- For Right Hand use

[EM500GPL] Large

[EM500GPS] Small/Medium

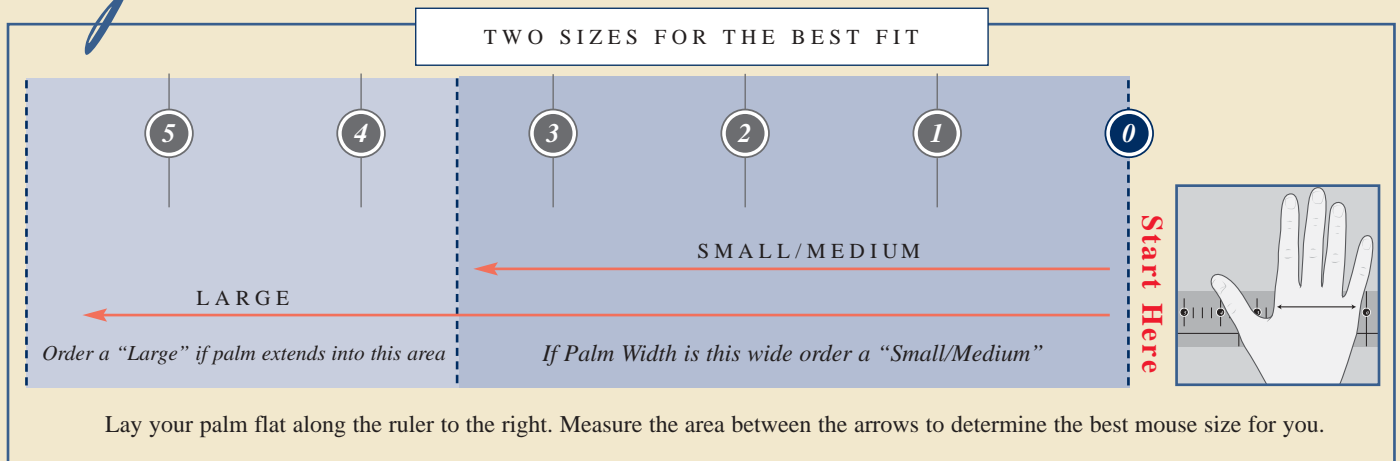


Clinically Proven to Reduce Muscle Strain



Product No.	Dimensions (Width x Depth x Height)	Weight
EM500GPL	4.5" x 3.5" x 4.6"	.4 lbs.
EM500GPS	4.5" x 3.5" x 4.3"	.38 lbs.

Optical



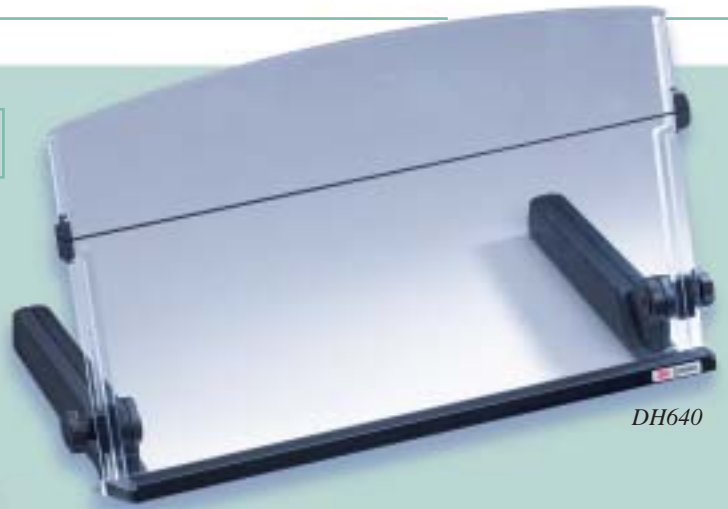
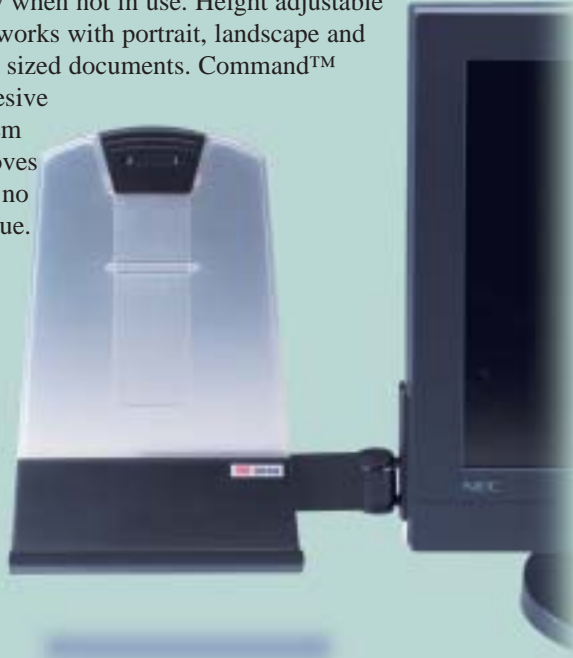
3M™ Document Holders

A variety of choices all designed with your ergonomic comfort in mind

DH445 DESIGNER SERIES

Sleek, lightweight design works beautifully with newer flat panel (LCD) monitors or traditional CRT's. Keeps documents at eye level. Mounts right or left and folds away when not in use. Height adjustable clip works with portrait, landscape and legal sized documents. Command™ Adhesive system removes with no residue.

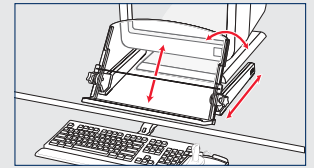
DH445



DH640

DH640 IN-LINE DOCUMENT HOLDER

Positions documents between monitor and keyboard to help reduce eye, neck and shoulder movement. Easy to adjust and position to work between virtually any monitor and keyboard. Weighted legs are steel-filled for stability. Elastic line guide marks your place. Supports books, catalogues and just about any sized document.

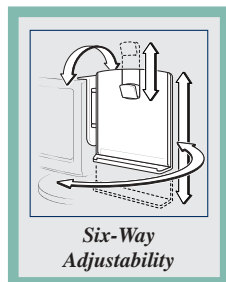


DH540 & DH440 CLASSIC SERIES

Alignment



DH540



Six-Way Adjustability

Product No.	Dimensions (Width x Depth x Height)	Weight
DH640	11" x 18" x 11"	4.4 lbs.
DH540	9.38" x 12" x 1.63"	1.2 lbs.
DH445	9" x 10" x 2.75"	0.70 lb.
DH440*	9.38" x 12" x 1.63"	0.75 lb.
DH340*	9.38" x 12" x 1.63"	1.2 lbs.

Sturdy, stable and a delight to adjust. Deep ledge and sliding clip support and holds 150 sheets of letter or legal documents in portrait or landscape view.

[DH540] Six-Way Adjustable

[DH440] Two-way (side swing) Adjustable (not shown)

LIFETIME WARRANTY

For Original Purchaser*

* DH340 and DH440 are not covered by lifetime warranty



DH340 DESKTOP

A simple desktop design that works beautifully. Non-skid bottom stays secure on work surfaces. Versatile sliding clip accommodates both portrait and landscape oriented documents. Holds up to 150 sheets of paper and folds flat for easy storage.

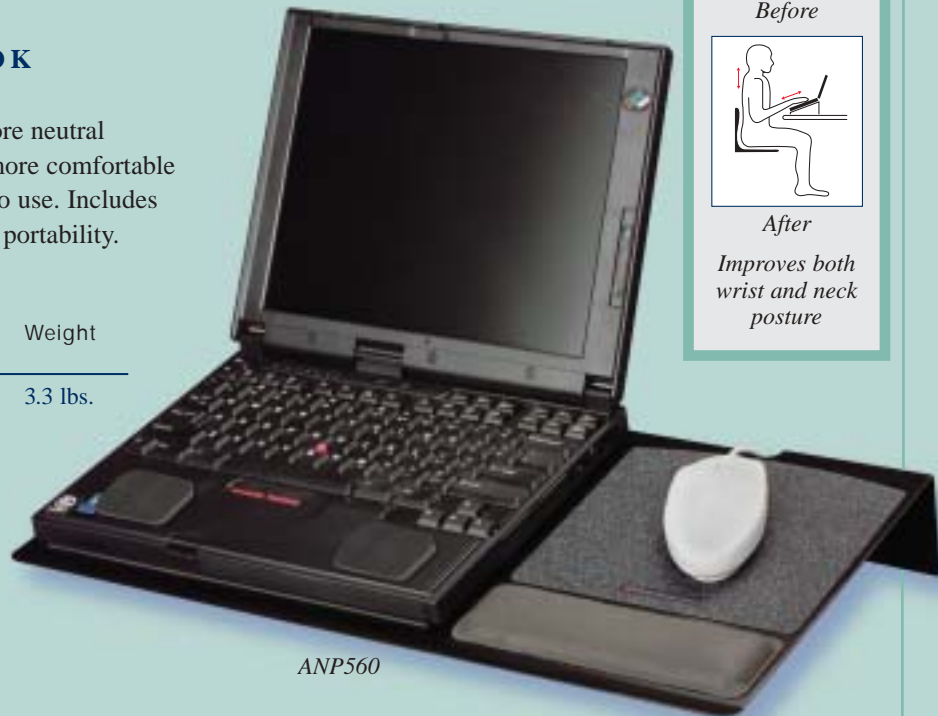
DH340

3M Products for your Notebook

3M™ ADJUSTABLE NOTEBOOK PLATFORM

Tilt adjustable platform keeps wrists in a more neutral position while elevating display panel to a more comfortable viewing height. It's incredibly comfortable to use. Includes a cord management system and a handle for portability. *Lifetime Warranty.*

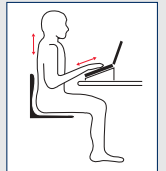
Product No.	Dimensions (Width x Depth x Height)	Weight
ANP560	20" x 10.5" x 1.8"	3.3 lbs.



ANP560



Before



After

Improves both wrist and neck posture

3M™ NOTEBOOK/LCD PRIVACY FILTER

PF12.1

Makes on-screen data visible only to persons directly in front of the monitor. Provides security and privacy while travelling or when viewing sensitive data in public places. Models to fit desktop LCD Monitors too.

[PF12.1], [PF13.3],
[PF14.1], [PF15.0]
Notebook Privacy Computer Filters

[PF15.0], [PF17.0], [PF18.1]
LCD Privacy Computer Filters



Mobile

Comfort

MS102



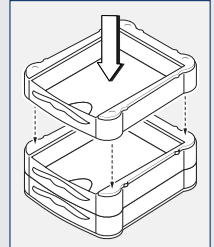
Supports 80lbs. 21" monitors

LIFETIME WARRANTY
For Original Purchaser

3M™ Monitor Stand

The 3M™ Monitor Stand places your computer monitor at a more comfortable viewing height to help reduce neck and eye strain. Its sturdy construction supports up to 21" monitors and 80 lbs. Stackable, with two convenient drawers to store and organize office supplies. Additional drawers available (MS100) let you adjust height in increments of 1½" and provide even more storage space. Great for use with laptops/docking stations to raise monitor height when using auxiliary keyboards.

Adjust height in increments of 1½" with each MS100



Additional Stacking Drawers

Product No.	Dimensions (Width x Depth x Height)	Weight
MS102 (two drawers)	13.6" x 13.2" x 4.5"	4.4 lbs.
MS100 (single drawer)	13.6" x 13.2" x 1.5"	1.3 lbs.

3M™ Computer Filters

MIDNIGHT BLACK PRIVACY

PF400LB



- Patented microlouver technology narrows the viewing angle so when viewed from the side people see only a dark, blank screen; no blurring or distortion
- Fits both LCD & CRT desktop monitors
- Helps protect your monitor investment from scratches and damage
- Reduces screen glare up to 95%; anti-radiation and anti-static when properly grounded.
- Assembly free flat frame
- *Lifetime warranty*

MIDNIGHT BLACK ANTI-GLARE

- ISO 9241-7 compliant for improved CRT monitor performance - currently offered only by 3M
- Double sided anti-reflective

coatings reduce screen glare up to 99%

- Optimal tint glass for enhanced contrast and sharper text.
- New Midnight Black fits both desktop CRT and LCD

monitors

- Assembly free flat frame
- *Lifetime warranty*

EF200XLB



Product No.	Fits Monitors (Diagonal Measure)
PF400LB	14-16" CRTs and 15" LCD
PF400XLB	16-19" CRTs and 17/18" LCD
EF200LB	14-16" CRTs and 15" LCD
EF200XLB	16-19" CRTs and 17/18" LCD

See Better

3M™ Computer Filters

3M™ Computer Filters reduce screen glare and enhance contrast. They can improve productivity by helping prevent glare-related eyestrain and headaches associated with computer monitor usage. These assembly-free filters are guaranteed for life and available with several optional features.



ISO Compliant Executive Filter

Professional Filter



3M™ ISO COMPLIANT EXECUTIVE COMPUTER FILTERS

Provides dual-sided anti-reflective coating to help monitors perform better as demonstrated by ISO-9241-7 compliance testing.

- Up to 99% screen glare reduction to prevent eyestrain and headaches related to computer monitor use.
- Blocks up to 99.9% reduction of ELF/VLF E-field radiation and eliminates static charge and dust build up when properly grounded.
- Optimal tint glass for enhanced contrast and more accurate colour representation
- Available in assembly-free flat or contour frames.
- Meets AOA specification for VDT glare reduction.
- Lifetime Warranty - your assurance of quality

3M™ PROFESSIONAL COMPUTER FILTERS

Professional filters eliminate screen glare up to 95% to help prevent glare-related eyestrain. They offer improved screen contrast and have patented, assembly-free hanger arms.



Privacy Filter

Polarizing Filter

3M™ PRIVACY COMPUTER FILTERS

Patented 3M microlouver technology makes on-screen data visible only to persons directly in front of the monitor. No blurring or image distortion. Available in flat or contour frame design.

3M™ POLARIZING COMPUTER FILTERS

ISO 9241-7 compliant, which demonstrates an increase in a typical monitor's performance. These top-of-the-line filters offer superb glare reduction available and block up to 99.9% of ELF/VLF E-field radiation when properly grounded. Available in flat or contour frame design.



Privacy LCD Filter

Anti-Glare LCD Filter

3M™ ANTI-GLARE FILTER FOR 15" LCD MONITORS

Now you can protect your LCD screens from scratches and abrasions with 3M™ LCD Filters. These filters provide optimal tint glass for enhanced contrast. They also reduce static and dust buildup when properly grounded.

3M™ PRIVACY/ANTI-RADIATION FILTER FOR 15" LCD MONITORS

These filters offer all the features of the LCD Anti-Glare filter plus 3M's patented microlouver technology. Only persons directly in front of the monitor see on-screen data. From the side, others see a dark, blank screen.

3M™ Computer Filter Selection Guide

Model Number	Glare Reduction*	Frame Style	Anti-Static	Anti-Radiation	Light tint glass**	Polarizing	Privacy Feature	Assembly-free	Meets AOA Specification	ISO 9241-7 Compliant	Fits LCD & CRT Monitors	Protects LCD Screens (L & XL as indicated)
PRIVACY FILTERS												
PF400 L, XL, XXL	95%	Flat	●	●		●	●				XL	XL
PF450 L, XL, XXL	95%	Contour	●	●		●	●					
PF400 LB, XLB	95%	Flat Black	●	●		●	●					
PF500 L, XL	95%	Flat				●	●				XL	XL
NOTEBOOK/LCD PRIVACY FILTERS												
PF12.1						●						●
PF13.1						●						●
PF14.1						●						●
PF15.0						●						●
PF17.0						●						●
PF18.1						●						●
PRIVACY FILTER FOR 15" LCD MONITORS												
PF450LCD	95%	Contour	●	●		●	●				●	●
NOTEBOOK/LCD PROTECTION FILTERS												
AF14.1	Yes											●
AF15.0	Yes											●
AF17.0	Yes											●
POLARIZING FILTERS												
HF300 L, XL, XXL	99%	Flat	●	●	●	●		●	●	●		
HF350 L, XL, XXL	99%	Contour	●	●	●	●		●	●	●		
EXECUTIVE FILTERS												
EF200 L, XL, XXL	99%	Flat	●	●	●			●	●	●	XL	XL
EF250 L, XL, XXL	99%	Contour	●	●	●			●	●	●		
EF200 LB, XLB	99%	Flat Black	●	●	●			●	●	●	LB,XLB	LB,XLB
PROFESSIONAL FILTERS												
AF100 L, XL, XXL*	95%	Flat	●					●	●		XL	XL
AF150 L, XL, XXL*	95%	Contour	●					●	●			
ANTI-GLARE FILTER FOR 15" LCD MONITORS												
AF150LCD	95%	Contour	●					●	●		●	●
STANDARD FILTERS												
BF10 L, XL, XXL	90%	Flat		●							XL	XL
BF20 L, XL, XXL	90%	Flat	●	●	●						XL	XL
EX10 L, XL	90%	Flat Black			●			●			XL	XL

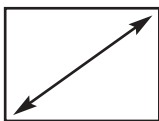


LIFETIME WARRANTY
For Original Purchaser

ISO COMPLIANCE
Filters tested with monitors to ISO 9241-7 by TÜV Rheinland

* Up to % stated.

** Light tint glass offers 45% transmission which means more light passes through than with the Standard Tint Glass which allows 31% transmission.



Note: Monitor Size¹ and Viewable Area¹ are diagonal measurements.

Computer Filter Size	Fits Monitor Size ¹	Actual Viewable Area ¹	Dimensions of Viewing Area	
			Height	Width
Large (L)	13"-15"	14.5" 368mm	8.63" 219mm	11.63" 295mm
X-Large (XL Contour)	16"-18"	16.05" 408mm	9.75" 248mm	12.75" 324mm
X-Large (XL Flat)	16"-19"	18.21" 462mm	11.52" 293mm	14.12" 359mm
XX-Large (XXL)	19"-21"	20.6" 523mm	13.00" 330mm	16.00" 406mm

See Clearly

3M™ Adjustable Foot Rest

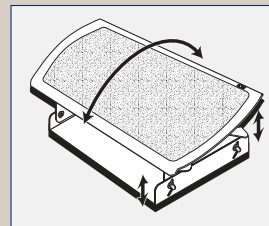
FR530CG ADJUSTABLE FOOT REST

Designed to help align the entire body, reducing strain and fatigue on legs, back and neck. The height and angle adjustments are independent, maximizing proper body alignment.

- Extra-wide (22") platform allows more foot and leg movement
- Sturdy heavy-gauge steel construction keeps foot rest in place all day
- Exclusive 3M™ Safety-Walk™ Slip Resistant Material on platform keeps feet from slipping



FR530CG



Tilt and height adjustable for a perfect fit.

LIFETIME WARRANTY
For Original Purchaser

Product No.	Dimensions (Width x Depth x Height)	Weight
FR530CG	22" x 14" x 4-5 "	10 lbs.

Restore

Renew



674



675

3M™ Keyboard Cleaner Kit

KEYBOARD CLEANER KIT

- Perfect for those hard-to-reach places on keyboards, telephones and fax machines
- Non-woven scrubbing system removes dust and dirt from keyboards without scratching
- Two different sized foam prongs clean in between keys and dislodge items from surface of keyboard
- Includes safe-for-electronics liquid cleaning agent and drying towels

3M™ Screen Cleaner Kit

SCREEN CLEANER KIT

- Ideal for computer monitors, computer filter screens and overhead projector glass
- Quickly cleans screens while providing anti-static treatment
- Safely removes dust, dirt and fingerprints without streaking
- Patented wipe dispenser keeps hands clean and odor free
- Conveniently mounts to the side of your monitor

Other 3M™ Office Solution



POST-IT® POP-UP NOTES

You'll get the message across with handy Post-it® Pop-up notes that are available in your favourite colours. Our removable, self stick notes are designed for use in Post-it® Pop-up Dispensers and pop up automatically one after another down to the very last one. Great for quick note taking during your busy day.



SCOTCH® MAGIC™ TAPE

Look for the Green Plaid™ to find the very best in office tape!

Scotch® Magic™ Tape sticks securely, pulls off the roll smoothly and cuts easily. It resists splitting and tearing and is easy to handle and apply. You can write on it, and it's invisible when applied – won't show on copies. Other members in Scotch® Tape family, including Crystal Clear Tape, Double Sided Tape, Satin™ Tape etc., which suit different applications at home or office.



PRESENTATION PRODUCTS

Looking for an overhead projector that works as hard as you do? Then look at the Overhead Projector range that 3M has to offer. There is a projector to suit every need and every budget. When dependability and durability count, look no further than a 3M Overhead Projector.

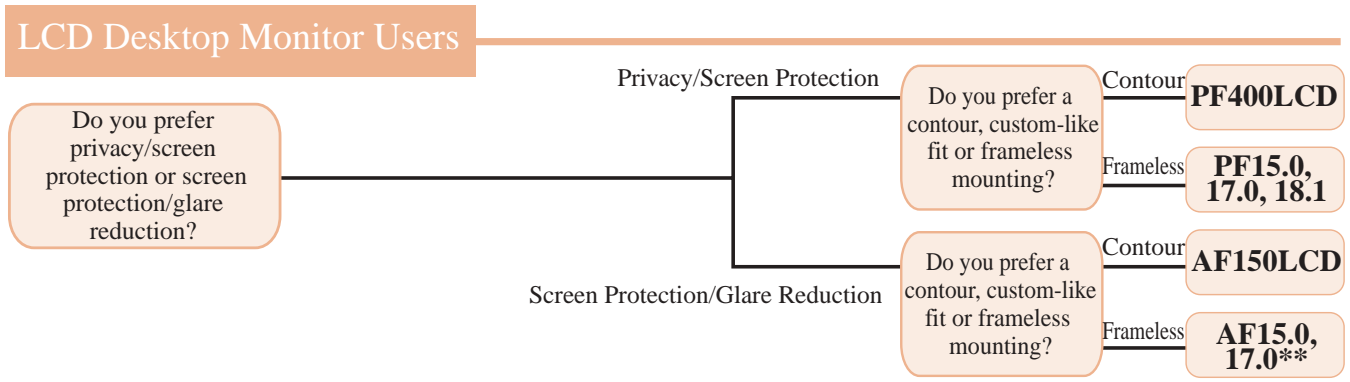
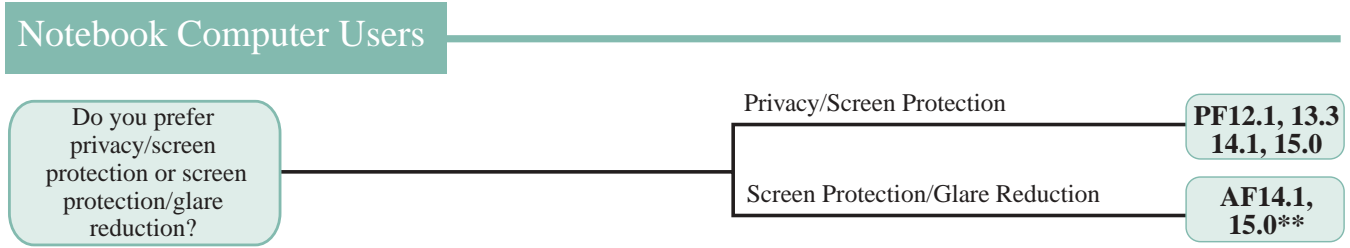
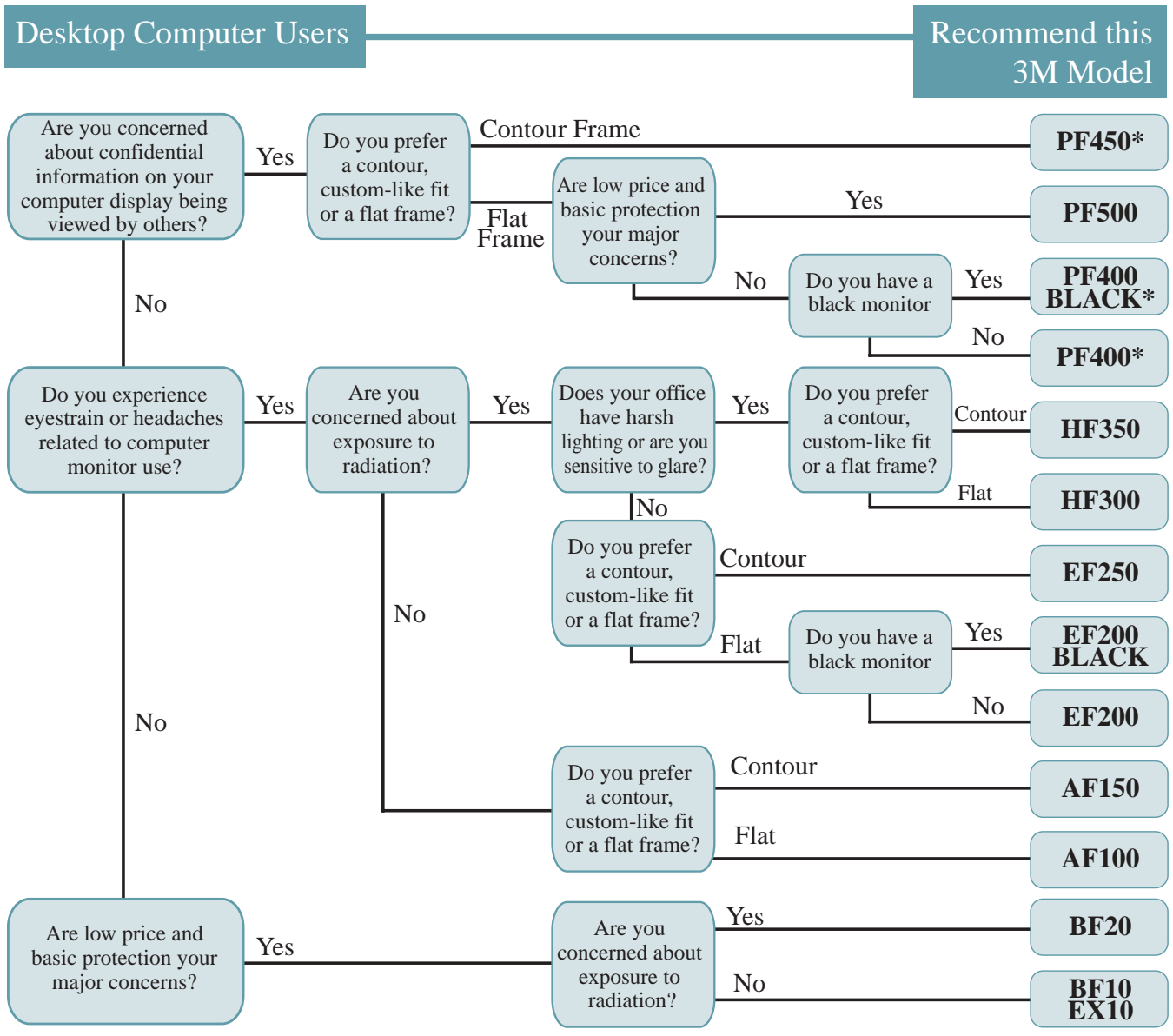
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3M™ Computer Filter Selection Guide



* PF400/450 offer anti-glare and anti-radiation in addition to privacy viewing.
 ** New Product release expected 3/1/2003.

EXPERTS IN ERGONOMICS



Ergonomic expertise is the foundation of 3M's sound reputation in the industry. Our list of advisors include many renowned experts in the field, along with our own staff of certified professional ergonomists, which have lectured worldwide on ergonomic issues, and developed innovative programs

for education and training within 3M for over 20 years.

3M recognizes the importance of not only developing products that meet exacting ergonomic standards, but providing education to make today's office environment

healthier and more comfortable. Using the expertise of 3M's staff of ergonomists and engineers, 3M has established the 3M Ergonomics Self-Help Site (www.3M.com/ergonomics). The site addresses three areas that affect your ergonomic health – physical, environmental and emotional. You can also learn about musculoskeletal disorders and how to reduce the risk factors associated with them, the latest ergonomic guidelines and products, and even helpful stretching exercises. The self-help site is just one example of the many ways 3M is committed to the science of ergonomics and the satisfaction of our customers.

If you have questions,
call 136 136

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3M Ergonomic Products are designed to help make you more comfortable and reduce the risk factors associated with working at computer workstations. The proper use of these products is only a part of a comprehensive approach to office safety and comfort. If you have been diagnosed with a musculoskeletal disorder, or suspect that you may have one, please consult your health care provider prior to using these products.

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