



R-GO TOOLS
A HEALTHY WORKPLACE

YOUR HEALTHY WORKSPACE



CATALOGUE

HIGHLIGHTED PRODUCTS

IN THE
SPOTLIGHT

R-GO HE BREAK MOUSE



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ABOUT US

R-Go Tools develops ergonomic tools for a healthy computer workspace and delivers its products through a worldwide network of partners. R-Go Tools was founded in 2010 by ergonomic consultancy firm R-Go Solutions and is known for its ergonomic expertise.

The products are characterised by the unique combination of ergonomics, affordability, durability, and design. R-Go Tools' mission is to ensure that a healthy workspace is the clear choice for computer users. Wherever possible, R-Go Tools makes its products from sustainable materials. Careful consideration is given to the complete life cycle of the product; from raw materials to decommissioning and reuse. The bio-based product line is an example of this. R-Go Tools also strives for healthy working conditions in producing ergonomic tools. Multiple development projects that support this vision are being backed, including projects in Hong Kong and Brazil.



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Introduction

Healthy working



Ergonomic

Working with multiple displays not only brings benefits, it can also involve health risks. Sitting in the same posture for prolonged periods of time and making small repetitive movements can cause blood flow to be reduced which can lead to the small muscles and tendons becoming quickly overloaded. Without realising it, a bad posture could be adopted. The health risks depend on a number of factors, such as the nature and duration of the activities and the workspace design.

A healthy workspace forces an unconscious decision to adopt a healthy working posture. It is important to use the right ergonomic tools at any type of workspace.

This catalogue lists the most common workspaces. Recommendations are made for the healthy use of a workspace. The effect on the body is indicated by icons. The common health risks are circled in red. "Green" shows the desired healthy posture for a particular workspace.

PERSONAL WORKSPACE





PERSONAL WORKSPACE

A personal workspace is used by a single person. It is important that office furniture and accessories are well-adjusted to fit this person's type and style of work. Working with two displays can be very useful when using multiple applications simultaneously. With the [R-Go Caparo 4 Twin](#) monitor arm, both displays can be easily adjusted. When working with paper documents, the [Go Read document holder](#) helps you work ergonomically. Finally, input devices such as the [R-Go HE Mouse](#) and the [R-Go Split keyboard](#) will complete your ergonomic personal workspace setup.

R-Go HE mouse

Go Read
Document holder

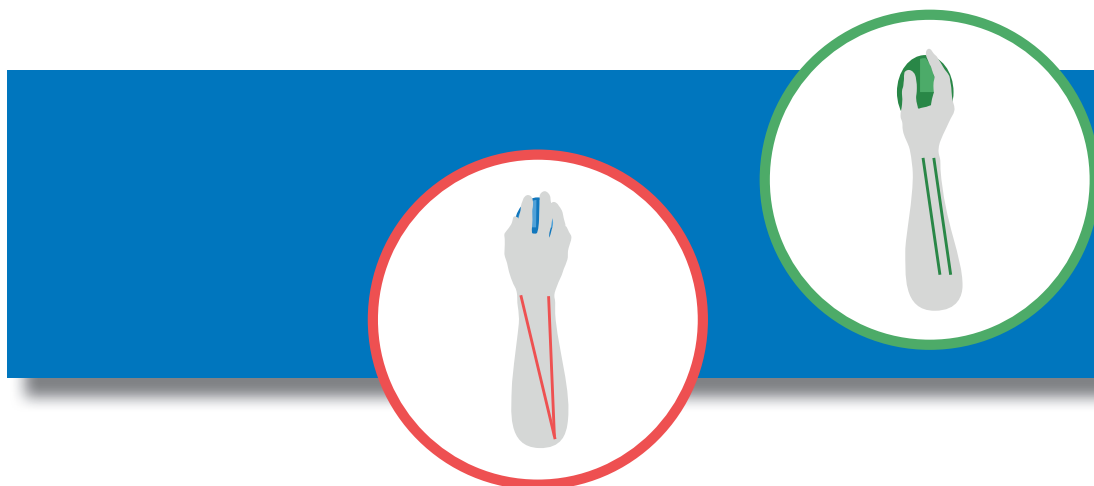
R-Go Caparo 4 Twin
Monitorarm

1

ERGONOMIC MICE



Healthy Mouse use



When using the mouse, it is important to do so in a healthy way:

- Use your whole arm to move the mouse rather than just your wrist.
- Keep the mouse close to the body.
- Support your forearm while using the mouse.
- Position your mouse as an extension of the forearm so that you can operate the mouse within shoulder width.
- Let go of your mouse if you are not using it for a moment.
- Regularly interrupt the work with short breaks. A great break tool (such as the one integrated in the R-Go HE Mouse Break) can help you with this.

When using a standard mouse, the hand and wrist are in an unnatural position and you will make small, stressful movements from the wrist. This can quickly lead to overburdening yourself. It is very difficult to stop using the mouse in this way.

The use of an ergonomic mouse will help you unconsciously use the mouse in a healthy way. The [R-Go HE Mouse](#) automatically puts the hand and wrist in a natural, relaxed position (with the thumb up). The vertical mouse reduces the stress on small muscles and tendons, because the mouse is automatically operated with the entire arm. This leads to a healthy way of using the mouse.



R-GO MICE



R-GO HE MOUSE

Item number	Size	Right	Left	Wireless
RG0HE	M	•		
RG0HEWL	M	•		•
RG0HELE	M		•	
RG0HEWLL	M		•	•
RG0HELA	L	•		
RG0HELAWL	L	•		•



R-GO HE SPORT MOUSE

Item number	Size	Right	Left	Bluetooth	Wireless
RG0HEREDR	M	•		•	•
RG0HEREDL	M		•	•	•



R-GO HE BREAK MOUSE

Item number	Size	Right	Left	Integrated Anti-RSI Software	Wireless
RG0BRHESMR	S/M	•		•	
RG0BRHEMLR	M/L	•		•	



R-GO HE BREAK MOUSE

IN THE
SPOTLIGHT



R-GO HE MOUSE WITH BREAK SOFTWARE

The R-Go HE Mouse Break is an ergonomic vertical mouse that ensures a natural, relaxed position of your arm and hand and uses colour signals to indicate whether you are taking enough breaks.

Unique features:

- Gives break advice whilst working by the use of colour signals (LED on the thumb side of the mouse).
- Stimulates the mouse movement from the arm instead of the wrist so that overload of small muscles and tendons can be prevented.
- Has an ergonomic vertical shape that ensures a natural and relaxed state for the arm and hand.

The LED colour signals indicate whether you are working in a healthy way; in other words, whether you are taking enough breaks. Green means 'good', orange means you should take a break, and red means you skipped a break or have exceeded your total daily mouse time. Using the so-called 'traffic light colours', you receive feedback about your healthy (break) behaviour in a simple and positive way. The mouse will encourage you to take breaks on a regular basis. These vital interruptions help prevent overburdened muscles and tendons in the arm and hand, stimulate blood flow in the body, and help you (often unconsciously) change your behaviour in a simple way.

A modern meeting room with a long white table and black chairs. A laptop is open on the table, displaying a presentation. There are three white coffee cups on the table. The room has large windows with blue frames and a black ceiling with recessed lighting. A stone wall is visible on the left.

MEETING WORKSPACE



MEETING WORKSPACE

A meeting workspace can be arranged in various ways. The form and duration of the meeting will determine the choice of furniture and accessories. The [R-Go Riser Laptop Stand](#) facilitates reading from a laptop screen during a meeting. Furthermore, it is advisable to use separate input devices, such as the [R-Go HE Mouse](#) and the [R-Go Compact Keyboard](#).



R-Go Riser
Laptop Stand



R-Go HE Mouse
Wireless



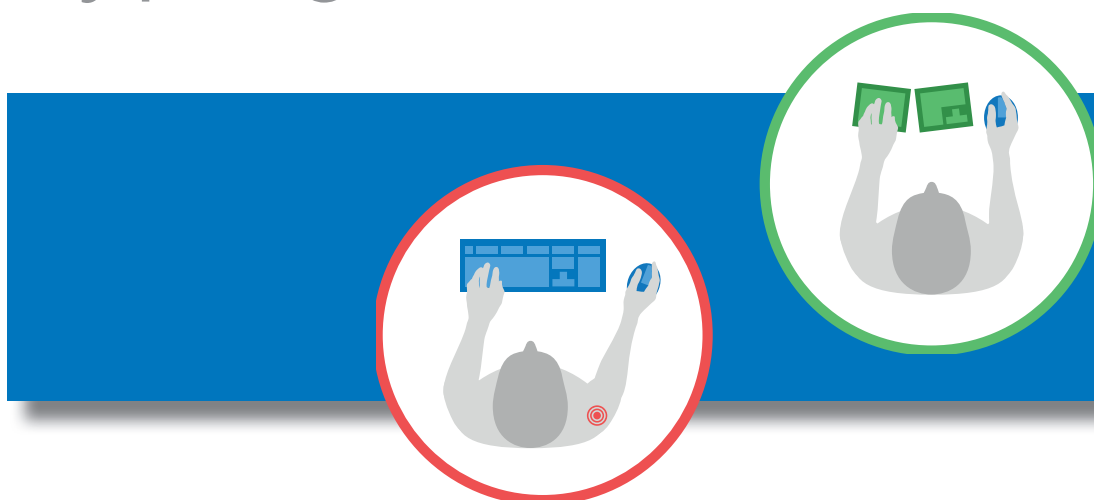
R-Go Compact
Keyboard

2

ERGONOMIC KEYBOARDS



Healthy Typing



When using a keyboard, it is important to do so in healthy way:

- Type with all ten fingers.
- Support your arms at your elbows and relax your shoulders.
- Keep your hands at elbow height while typing.
- Type with straight wrists.
- Use as thin a keyboard as possible (retract the feet).
- Allow your hands to rest regularly. Do not keep your hands “at the ready” above the keyboard.
- Regularly interrupt work with short breaks.

When using a standard keyboard, right-handers must reach sideways for the mouse because the number

pad of the keyboard is in the way. This results in an unnatural posture and stresses the shoulders and right wrist. In addition, most standard keyboard are not flat, which causes an unnatural kink in the wrists while typing. Therefore, lots of typing can quickly lead to overburdening yourself.

Using an ergonomic keyboard will help you unconsciously type in a healthy way. An [R-Go Compact Keyboard](#) ensures that the hands remain within shoulder width while typing and using the mouse. An [R-Go Split Keyboard](#) ensures a natural, relaxed work posture with straight wrists while typing. R-Go Tools keyboards have a light keystroke, which requires less muscle tension during typing and greatly reduces the risk of overburdening yourself.

R-GO KEYBOARDS



R-GO COMPACT KEYBOARD

Item number	Layout	Colour	Wireless
RG0ECQYW	QWERTY (US)	White	
RG0ECUKW	QWERTY (UK)	White	
RG0ECQZW	QWERTZ (DE)	White	
RG0ECQZB	QWERTZ (DE)	Black	
RG0ECNDW	QWERTY (NORDIC)	White	
RG0ECNDB	QWERTY (NORDIC)	Black	
RG0ECAYW	AZERTY (FR)	White	
RG0ECBEW	AZERTY (BE)	White	
RG0ECESPW	QWERTY (ES)	White	
RG0ECITAW	QWERTY (IT)	White	
RG0ECQYBL	QWERTY (US)	Black	
RG0ECUKBL	QWERTY (UK)	Black	

R-GO SPLIT KEYBOARD



Item number	Layout	Colour	Wireless
RGOSP-UKWIBL	QWERTY (UK)	Black	
RGOSP-USWIBL	QWERTY (US)	Black	
RGOSP-DEWIBL	QWERTZ (DE)	Black	
RGOSP-FRWIBL	AZERTY (FR)	Black	
RGOSP-BEWIBL	AZERTY (BE)	Black	
RGOSP-NDWIBL	QWERTY (Nordic)	Black	
RGOSP-ESWIBL	QWERTY (ES)	Black	
RGOSP-ITWIBL	QWERTY (IT)	Black	

R-GO SPLIT KEYBOARD

IN THE
SPOTLIGHT



R-GO SPLIT KEYBOARD

This keyboard offers all the ergonomic features you need to type in a healthy way.

Unique features:

- The keyboard is compact.
- The keyboard consists of two separate parts.
- Light keystroke
- Thin design
- Lightweight

Its compact design ensures that while using both the keyboard and mouse, your hands always remain

within shoulder width. The two components can be placed in any desired position. This unique design prevents overreaching with the arm and ensures a natural and relaxed position of the shoulders, elbows, and wrists. Thanks to the light keystroke, there is a minimal amount of muscle tension while typing. The thin design ensures a relaxed, flat position of the hands and wrists while typing. The keyboard is lightweight and because it consists of two parts, it easily fits into any laptop bag.



SATELLITE **WORKSPACE**



SATELLITE WORKSPACE

In this workspace, people can drop by to perform screen work for short periods of time (maximum of two hours). These workspaces are typically located in public spaces and are used by several people daily. An increase in comfort and productivity will be achieved by working with ergonomic devices such as the [R-Go Riser Laptop Stand](#) and separate input devices such as the [R-Go HE Mouse](#) and the [R-Go Compact Keyboard](#).



R-Go Compact
Keyboard



R-Go HE Mouse



R-Go Riser
Laptop Stand

3

ERGONOMIC LAPTOP STANDS



Healthy Laptop usage



When using a laptop, it is important to do so in the correct way:

- Ensure a good seating posture.
- Raise the screen.
- Support the arms while typing.
- Use a separate mouse to reduce stress on the hand and wrist.
- Regularly interrupt work with short breaks.

A laptop can not be properly adjusted to suit the user, especially in terms of the height and distance from the screen and the operation of the mouse. This often results in a hunched posture, because the keyboard

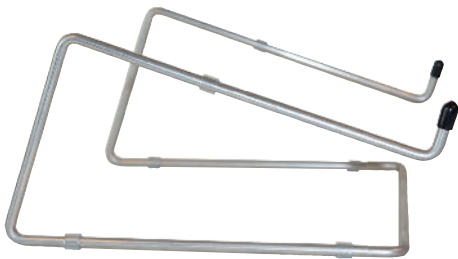
is stuck to the display. The weight of the head is not supported, but lifted by the neck and shoulder muscles, which can cause blood flow problems and pain. Research has shown that more than two hours of laptop usage per day (without tools) increases the risk of complaints significantly. Using a laptop stand ensures that you work with a healthy posture, because it places the screen at (or slightly below) eye level. This means the head is in a natural position and the neck muscles are more relaxed. Separate input devices, such as a keyboard and mouse, are necessary for this.

R-GO LAPTOP STANDS



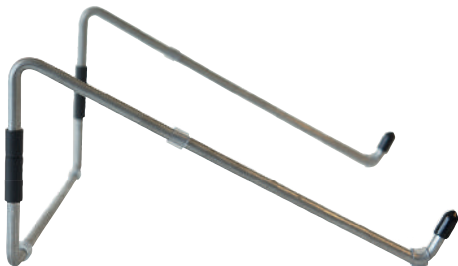
R-GO STEEL BASIC LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGOSC010			Silver



R-GO OFFICE LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGOSC020			Silver
RGOSC020W			White



R-GO TRAVEL LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGOSC015	•		Silver
RGOSC015W	•		White



R-GO TREEPOD BIO-BASED MULTI STAND

Item number	Portable	Adjustable	Colour
RGOTPW	•	•	White

R-GO RISER LAPTOP STAND

IN THE
SPOTLIGHT



R-GO RISER LAPTOP STAND

R-Go Riser Laptop Stand is an ergonomic laptop stand. You can set the R-Go Riser at five different heights.

Unique features:

- Light and compact model that is easy to transport. Therefore it is

ideal for flexible workers.

- Extra adjustable in height
- R-Go Riser Laptop Stand is an ergonomic laptop stand with an unique design.
- Easy to use.

R-GO LAPTOP STANDS



R-GO RISER ATTACHABLE LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGORIATWH	•	•	White
RGORIATSI	•	•	Silver
RGORIATBL	•	•	Black



R-GO RISER LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGORISTWH	•	•	White
RGORISTSI	•	•	Silver
RGORISTBL	•	•	Black



R-GO RISER DUO, TABLET AND LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGORIDUOBL	•	•	Black

R-GO RISER ATTACHABLE

IN THE
SPOTLIGHT



R-GO RISER ATTACHABLE

The R-Go Riser Attachable Laptop Stand is an ergonomic addition to your laptop. This laptop stand is made of aircraft aluminium and is only 1.2 mm thick. It sets your laptop to the desired height.

Unique features:

Very thin and stable: The design makes this stand as sturdy as larger and heavier laptop stands.

Installed in seconds.

With Velcro attached to the laptop.

MOBILE WORKSPACE





MOBILE WORKSPACE

Laptops and tablets are becoming increasingly popular. These mobile devices make it possible to work anywhere, whether on public transport, at the kitchen table or on the couch. In order to optimise your workspace it is important to use ergonomic accessories. With the [R-Go Treepod Bio-based Multi Stand](#) the display can easily be set to the desired height. When working on a laptop without making use of ergonomic accessories, the advised maximum working time per day is two hours. For a tablet this is only 30 minutes.



R-Go Treepod Bio-based
Multi Stand

4

ERGONOMIC TABLET STANDS



Healthy Tablet stand usage



When using a tablet, it is important to do so in the correct way:

- Ensure an upright posture, with the head positioned above the body.
- Raise the screen and tilt it (45°) during use.
- Do not hold the tablet in your hand or in your lap.
- Do not use a tablet for longer than 30 minutes.
- Regularly interrupt your tablet usage with short breaks.

It is known that working with a tablet is detrimental to the neck. The lower the position of the tablet, such as on your lap, the greater the chance of neck and

shoulder complaints. It has also been found that constantly holding a tablet causes increased muscle tension in the arm, wrist, and hand. This can cause RSI complaints.

Using a tablet stand such as the [R-Go Treepod Bio-based Multi Stand](#) combined with a separate (or mini) keyboard ensures that you can use your tablet in a healthy way for up to two hours per day. It puts the head in a natural position and releases tension on the neck muscles. It is not recommended to work on a tablet for more than two hours a day. Use a regular PC or a laptop with accessories for this.

R-GO TABLET STANDS



R-GO EASY TABLET STAND

Item number	Portable	Ajustable	Colour
RGOSC025	•		Silver



R-GO TREEPOD BIO-BASED MULTI STAND

Item number	Portable	Ajustable	Colour
RGOTPW	•	•	White



R-GO RISER DUO, TABLET AND LAPTOP STAND

Item number	Portable	Adjustable	Colour
RGORIDUOBL	•	•	Black

R-GO TREEPOD BIO-BASED MULTI STAND

IN THE
SPOTLIGHT



R-GO TREEPOD BIO-BASED MULTI STAND

The Treepod Bio-based Multi Stand is a multifunctional environmentally friendly ergonomic laptop stand. It is bio-based and is mainly made of wood. The height is adjustable, which gives you the opportunity to work in an ergonomic working posture.

Unique features:

- For laptop and tablet; The Treepod Bio-based Multi Stand easily converts into a laptop stand or tablet stand.
- Easy to transport: If you need to travel you can easily disconnect the Treepod Bio-based Multi Stand and carry it with you. All components are compact and lightweight.

FLEXIBLE WORKSPACE





FLEXIBLE WORKSPACE

A flexible workspace is shared by multiple users. Activities in this workplace often take longer than two hours. The diversity of users requires easily adjustable furniture. In addition to adjustable furniture, the use of ergonomic devices can help in achieving a healthy working posture. The display should be easily adjustable to the user, which can be realised with a monitor arm like the [R-Go Zepher 4 monitor arm](#). When working with paper documents, the [Go Flex document](#) holder helps you work ergonomically. Finally, input devices such as the [R-Go HE Mouse](#) and the [R-Go Split keyboard](#) will complete your ergonomic workspace setup.



R-Go Split
Keyboard



R-Go HE Mouse



Go Flex
Document Holder

5

ERGONOMIC DOCUMENT HOLDERS



Healthy Document Usage



When using both computer and paper documents simultaneously, it is important to do this in the correct way:

- Ensure an upright posture.
- Raise the documents (and place them in a corner).
- Keep keyboard (and mouse) close to the body.
- Regularly interrupt the work with short breaks.

Many people sit with an incorrect posture while working with documents. This greatly depends on where the documents are placed on the desk. If the documents are between the keyboard and the body,

this will result in a hunched posture. The head will need to make large movements when switching between the screen and the documents. If the documents are next to the keyboard, this will result in a slanted posture, which requires the head to turn a lot. Both postures may lead to overburdening the neck and shoulders.

By using a document holder like the [Go Flex](#), documents are raised between the keyboard and the screen. This setup will stimulate you to unconsciously work with an upright posture, whereby you will not need to twist or bend the head unnecessarily. This reduces the load on your neck and shoulder muscles.

DOCUMENT HOLDERS



GO FLEX DOCUMENT HOLDER

Item number	Size	Ajustable	Colour
RG0ECGFM	M	•	Transparent
RG0ECGFL	L	•	Transparent



GO READ DOCUMENT HOLDER

Item number	Size	Ajustable	Colour
RG0ECGRM	M	•	Transparent
RG0ECGRL	L	•	Transparent

GO READ DOCUMENT HOLDER

IN THE
SPOTLIGHT



GO READ DOCUMENT HOLDER

The Go Read document holder is a stylish angle adjustable copy holder which can be placed between the keyboard and monitor. This copy holder helps reduce unhealthy neck and head movements and stimulates an upright working posture.

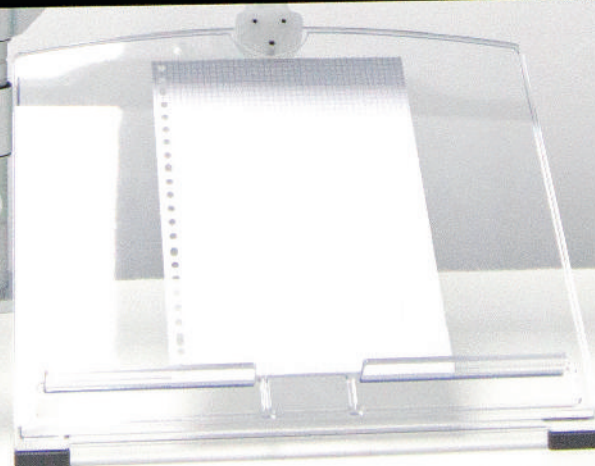
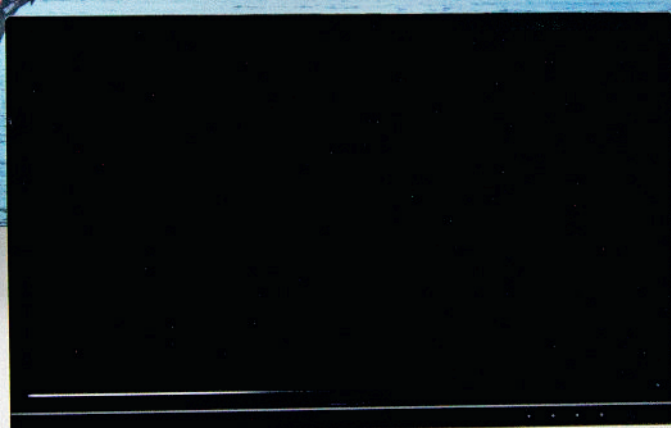
Unique features:

- The 7 levels of adjustment ensure that an optimal position can be obtained for every user.

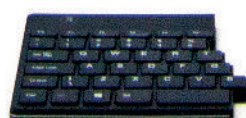
- Easily supports documents, books and files with its 25mm deep document shelf.
- Clean Desk

The intelligent and space saving design of the Go Read copy holder allows the user to store the keyboard under the copy holder when not required. This space saving design fits a clean desk policy and helps maximise desk space.

FOCUS WORKSPACE






R-Go Caparo 4
Monitor Arm



FOCUS WORKSPACE

When high levels of concentration are required during work, a special closed workspace can be created for focus work. If such a workspace requires screen work for longer than two hours, it needs to be set up ergonomically. In addition to adjustable furniture, accessories such as the [R-Go Caparo 4 Monitor Arm](#) and the [R-Go Morelia Document Holder](#) will help you keep an upright and healthy posture. Finally, input devices such as the [R-Go HE Mouse Break](#) and the [R-Go Split Keyboard](#) will complete your ergonomic workspace setup.



  
R-Go He Break
Mouse



R-Go Split
Keyboard



R-Go Morelia
Document Holder

6

ERGONOMIC MONITOR RAISERS



Healthy Display usage



When working with a monitor, it is important to do so in a healthy way:

- Ensure a straight posture.
- Position the screen at a distance of one arm length.
- Make sure the top of the screen is at (or slightly below) eye level.
- Place the screen perpendicular to the window to avoid annoying lights or reflections.
- Change the font size and resolution to a setting that allows you to read everything.
- Regularly interrupt the work with short breaks.
- Exercise the eyes in between the work (by consciously focusing your eyes on something that is far away).

Incorrectly positioning the monitor has a direct effect on your posture. Whether it is twisted, hunched, or with the head up, these postures can quickly lead to complaints such as eye fatigue, neck pains, shoulder pains, and headaches.

With a monitor arm such as the [R-Go Caparo 4](#) the screen can easily be placed in the right position so that you will unconsciously be working with a healthy posture. Working with two screens can also easily be done in a healthy way by placing the monitors directly next to each other at the same height and distance. Preferably place the main screen right in front of the body to stimulate a straight posture. Using a monitor arm also created more space on the desk and ensures a neat, tidy workplace, which increases productivity.

R-GO MONITOR-STANDS



R-GO STEEL MONITOR STAND

Item number	Product name	Adjustable	Colour
RGOSC034	R-Go Steel Doc Monitor Stand		Silver
RGOSC042	R-Go Steel XL Monitor Stand		Silver
RGOSC030	R-Go Steel Essential Monitor Stand		Silver

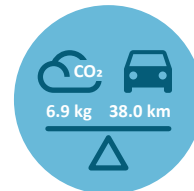


R-GO STEEL FLEX MONITOR STAND

Item number	Product name	Adjustable	Colour
RGOSC050+	R-Go Steel Flex Monitor Stand	•	Silver

R-GO CAPARO 4 MONITOR ARM

IN THE
SPOTLIGHT



R-GO CAPARO 4 MONITOR ARM

• **Adjustable:** Using one hand, you can easily adjust the height and depth of the Caparo monitor arm. This is thanks to the integrated gas spring. In addition, you can rotate and tilt the screen as desired. This makes the Caparo ideal for flexible workstations!

• **Environmentally Friendly:** The Caparo is designed with consideration for the environment. During the manufacture of a Caparo, the CO₂ emissions released are equivalent to the same emissions released by a car travelling 38 km.

• **Modular:** The Caparo is a modular arm and can easily be expanded with: a document holder, laptop holder or a smart bar for multiple monitors.



R-GO CAPARO 4

MONITOR ARMS



R-GO CAPARO 4 MONITOR ARM

Item number	Product name	Adjustable	Colour
RGOVLCA4SI	R-Go Caparo 4 Monitor Arm	Gas spring (3-9 kg)	Silver
RGOVLCA4EASI	R-Go Caparo 4 Extra Hinge Arm	Gas spring (3-9 kg)	Silver
RGOVLCA4TWSI	R-Go Caparo 4 Twin Monitor Arm	Gas spring (3-9 kg)	Silver
RGOVLSBSI	R-Go Smart Bar for Zepher / Caparo	•	Black
RGOVLCA4SBSI	R-Go Caparo 4 Smart Bar Monitor Arm	Gas spring (2-8 kg)	Silver

R-GO ZEPHER 4 MONITOR ARMS



R-GO ZEPHER 4 MONITOR ARM

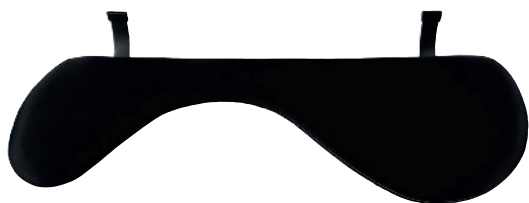
Item number	Product name	Adjustable	Colour
RG0VLZE4SI	R-Go Zepher 4 Monitor Arm	•	Silver
RG0VLZE4EASI	R-Go Zepher 4 Extra Hinge Arm	•	Silver
RG0VLZE4TWSI	R-Go Zepher 4 Twin Monitor Arm	•	Silver
RG0VLSBSI	R-Go Smart Bar for Zepher / Caparo	•	Black
RG0VLZE4SBSI	R-Go Zepher 4 Monitor Arm Plus Smart Bar	•	Silver

7

ERGONOMIC ACCESSORIES



R-GO ARMREST



R-GO ERGONOMIC ARMREST

Item number	Product name	Colour
RGOARMC	R-Go Ergonomic armrest	Black

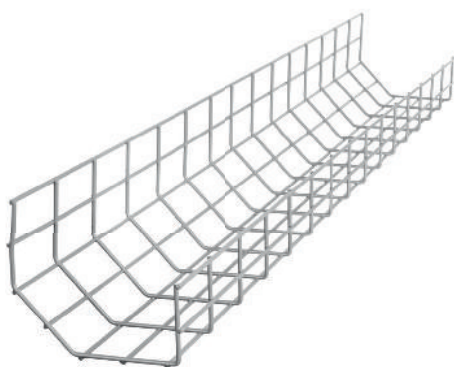
R-GO STEEL CPU-HOLDER



R-GO STEEL CPU-HOLDER

Item number	Product name	Colour
RGOSCCPUS	R-Go Steel CPU-Holder	Silver
RGOSCCPUW	R-Go Steel CPU-Holder	White
RGOSCCPUB	R-Go Steel CPU-Holder	Black

R-GO STEEL CABLE TRAY



R-GO STEEL CABLE TRAY BASIC

Item number	Product name	Colour
RGOCMBASK	R-GO Steel Cable tray Basic	Silver
RGOCMBAWH	R-GO Steel Cable tray Basic	White

R-GO STEEL WALL BRACKETS



R-GO STEEL HOOK UP WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC110	R-Go steel Hook Up Wall bracket	•	Silver



R-GO STEEL DOUBLE SCREEN WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC160	R-Go steel Double Screen Wall bracket	•	Silver



R-GO STEEL ALTERNATIVE WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC150	R-Go steel Alternative Wall bracket	•	Silver

R-GO STEEL WALL BRACKETS



R-GO STEEL UP & DOWN WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC120	R-Go Steel Up & Down Wall bracket	•	Silver



R-GO STEEL TOP DOWN WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC140	R-Go Steel Top Down Wall Bracket	•	Silver



R-GO STEEL HANG OUT WALL BRACKET

Item number	Product name	Adjustable	Colour
RGOSC170	R-Go Steel Hang Out Wall Bracket	•	Silver

Seven tips

for staying healthy at work



1. Support the body

Sit in the back of the chair with your back against the backrest and let your forearms be supported while your shoulders are relaxed.

2. Work with an upright posture

Place the keyboard and screen directly in front of you.

Place the top of the screen at, or slightly below, eye level and place your documents between the keyboard and the screen.

3. Prevent reaching

Place the keyboard and mouse close to the body and also put the phone within reach.

4. Avoid small repetitive movements

Typing is healthier than using a mouse, so use as many hotkeys as possible.

Move the mouse using your entire arm instead of just using the wrist and do not do everything with one hand.

5. Allow for relaxation

Limit the number of hours of computer work and regularly take short (micro) breaks.

Rest your hands when you are not using a keyboard or mouse.

6. Move around

Regularly alternate between sitting, standing and walking. Keep your body fit.

7. Listen to your body!



HE

IS THE WAY TO A HEALTHY LIFE



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