

# Wrist/Palm Rest CombiRest Uplift

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Maintains straight wrist postures also in mouse use – by means of special Raised Mouse Pad

## Ergonomic benefits

- + The support provided by wrist/palm rest helps reducing carpal tunnel symptoms, such as tingling, numbness or coldness in hands. The rest helps maintaining straight wrist postures both during keystroke and periods of inactivity, through avoidance of bent postures of wrists.

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: neither too hard nor too soft, thus avoiding the formation of creases under the wrist which could hinder easy wrist movements.
- + The coating of the metal baseplate is matt, thus avoiding disturbing reflections.
- + The baseplate allows one to change the position, as the keyboard and mouse can be held alternatively on the desk top or on the lap. Posture changes every now and then are ergonomically advantageous.

## Important ergonomic hints

Because of the proper ergonomic way of use the product should actually be called 'palm rest' instead of the widely used term 'wrist rest'. (We haven't dropped out the term 'wrist rest' because otherwise 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 pressure underside your wrist may decrease blood flow and compress the carpal tunnel.



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



Raised Mouse Pad placed left-handed



CombiRest Uplift in use as ergonomic corner piece

Without a wrist/palm rest, in periods of inactivity you would tend to lay your hands on the desk, keeping the fingers on the keyboard which will lead to bad bent wrist postures. Still worse, if you rest your wrists on the desk edge. The best thing to do is to support your palms but not your wrists on the rest.

### 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 included in price.
- + CombiRest Uplift comes with raised mouse pad.
- + Suitable for both for left- and right-handed users – the mouse pad can be placed on either side.

### 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 code

12108 – Wrist/Palm Rest CombiRest Uplift on baseplate, fabric cover  
(alternative with artificial leather cover: 12109)