

Canadian Association of Occupational Therapists
Product Recognition Program

Report of the review of the
3M™ Easy Adjust Keyboard Tray



Available online at www.caot.ca/prp



Report last updated January 2016

Disclaimers

The information compiled in this report was designed for informational purposes and to communicate the final conclusions of a documented review process. The decision to award a seal of recognition does **not supersede or replace other codes, requirements or regulations** set by authoritative organizations of a specific jurisdiction. CAOT encourages health professionals to act in a responsible manner and according to best practices for the recommendation, assessment, installation and maintenance of this product. It is critical to **follow the recommendations set by the manufacturer and/or distributor** of this product and, when relevant, engage domain expert for training, use, installation, maintenance and repair.

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Specific questions related to this product(s) (including usage, availability, pricing, etc.) should be addressed directly to the manufacturer and/or distributor. Please visit the 3M Ergonomics website at www.3m.ca/ergo or contact the 3M Customer Service team at 1-800-3M-HELPS. Concerns or questions related to the content of this report should be addressed to Julie Lapointe, Director of Professional Practice, at jlapointe@caot.ca or at 1(800) 434-2268 ext. 260

The conclusions presented in the current report are derived from the best information available. In the case that new information becomes available and grants a modification to the conclusions, CAOT reserves the right to update and issue a new report of this product at any time.

Acknowledgement

The generation of this report would not have been possible without the contribution of occupational therapists and members of the Canadian Association of Occupational Therapists (CAOT).



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Executive Summary

The 3M™ Easy Adjust Keyboard Tray positions a computer keyboard and mouse at an optimal height and angle in order to enhance the computer workstation's ergonomics. Reviewers were unanimous in their decision and would recommend that the 3M™ Easy Adjust Keyboard Tray be accepted for the CAOT Product Recognition Program. One important recommendation related to its installation is discussed in this report.



3M™ Easy Adjust Keyboard Tray is recognized by CAOT.



Review report

The purpose of this product

This product comes in two pieces, a keyboard tray portion and a mouse tray portion that is mounted underneath the desk surface. This product is designed to allow users to position their keyboard and mouse at the optimal height and angle and be able to easily change position according to their needs.

Performance of the product (efficacy, usability, safety, reliability, durability)

- The tray allows for a wide range of height and angle adjustability which will accommodate a working environment with several users using the same workstation. Also, the mounting system includes a visual indication of the position measurements which will enable different users to note their preferred adjustment and quickly reset the position to their needs.
- The height and angle adjustment options will allow users to enhance their upper body position and achieve a comfortable sitting position. The tray system underneath the desk surface may also be useful to clear space on the desktop and ease the transitions between computer work and paper work.
- The keyboard tray portion was found to be sturdy. This equipment holds the position well and there is no vibration even with sturdy typing.
- A skilled technician may be needed to install this device, particularly if there is a need to drill holes to the desk surface. Complete instructions are offered with the purchase of this product or through contacting the 3M customer services
- The only concern relates to the position of the mouse tray relative to the position of the keyboard tray. This product offers two options for the setup of its mouse tray, one at level height with the keyboard tray and one where the mouse tray is higher than the keyboard tray. We recommend that the mouse tray should be installed at the same level than the keyboard tray portion to avoid users holding their wrist in an awkward position and being at increased risk of strain with prolonged use. Having the mouse tray at level height with the keyboard tray will also allow for a smooth transition between the keyboard and the mouse and reduce the risk of shoulder-neck or wrist strain. Instructions are provided to help users achieve the proper installation.

Table 1. Important recommendation for the installation of the 3M™ Easy Adjust Keyboard Tray

Reviewers recommend that the mouse tray be installed at the same height than the keyboard tray. Users are invited to follow the company installation instructions explaining this specific setup recommendation.



Economic considerations

- The cost of this product was found by the reviewers to be within the price range of similar products.

Scientific evidence

- Although a systematic review of literature was not performed, there is evidence supporting the effectiveness of keyboard trays with angle adjustment options to achieve proper wrist and sitting posture (Hedge, Morimoto, & McCrobie, 1999; Marklin & Simoneau, 2004; Woods & Babski-Reeves, 2005).

Review committee

The review committee comprised of two occupational therapists with over 10 years practice in counseling clients on achieving optimal workstation ergonomics. They developed their expertise through specialized training in ergonomics from recognized associations such as the Association of Canadian Ergonomists. One received her designation as a Certified Ergonomic Specialist.

Final recommendation

Reviewers were unanimous in their decision and would recommend that the 3M™ Easy Adjust Keyboard Tray be accepted for the CAOT Product Recognition Program.

References

1. Hedge, A., Morimoto, S., & McCrobie, D. (1999). Effects of keyboard tray geometry on upper body posture and comfort. *Ergonomics*, 42(10), 1333-1349.
2. Marklin, R. W., & Simoneau, G. G. (2004). Design features of alternative computer keyboards: A review of experimental data. *Journal of orthopaedic and sports physical therapy*, 34(10), 638-649.
3. Woods, M., & Babski-Reeves, K. (2005). Effects of negatively sloped keyboard wedges on risk factors for upper extremity work-related musculoskeletal disorders and user performance. *Ergonomics*, 48(15), 1793-1808.