

Canadian Association of Occupational Therapists
Product Recognition Program

Report of the review of the
3M™ Easy Adjust Dual Monitor Arm



Available online at www.caot.ca/productrecognition



Report last updated January 2016

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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).



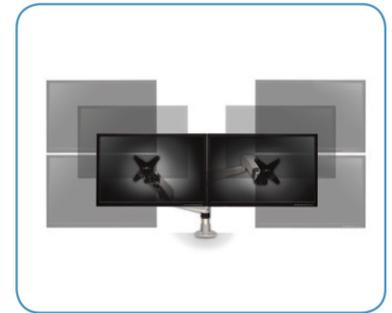
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Executive Summary

The 3M™ Easy Adjust Dual Monitor Arm is conceived to hold and position two computer screens (LCD monitors) or one screen and a laptop computer to help achieve a comfortable and ergonomic position while working at the computer. Reviewers were unanimous in their decision and would recommend that the 3M™ Easy Adjust Dual Monitor Arm be accepted for the CAOT Product Recognition Program. The only concerns reported by the reviewers are related to its installation and cost. Recommendations are proposed in this report to the manufacturer to better support customers in installing this product.



**3M™ Easy Adjust Dual Monitor Arm is
recognized by CAOT.**



Mount two monitors or
notebook computer and monitor



Cable management



Clamp and grommet mount

Review report

The purpose of this product and target groups

This document presents the results of the review committee for the 3M™ Easy Adjust Dual Monitor Arm. This product enable users to mount two computer screens (LCD monitors) or one screen and a laptop computer on a system that will allow to easily adjust the screens' position, height and angle (inclination). This set up will appeal to a variety of individuals who are using several applications and programs at once and who need to maintain an adequate neck posture and optimal mobility.

Performance of the product

- This product enables users to position their monitors in different positions which offer an ergonomic solution for the prevention of neck or upper body issues or pain due to monitor position.
- There are a number of advantages in being able to easily move the monitors' position: it can allow to easily share information, preserve confidentiality and adjust for glare.
- It can be particularly useful in an environment where the workstation is being shared by different users as it allows customizing the workstation quickly and efficiently.
- This product has also the advantage to lift the monitors and free desk space which solve problems related to space confinement.
- Although this product comes with all the installation tools and is not "difficult" to install, its installation does require two people to manipulate the equipment. Some desk surfaces might also pose a particular challenge, such as the ones with a solid back. The reviewers recommend that the manufacturer give more indications regarding the proper installation of this product with different desk design such as when the back of the desk surface is not open or accessible for installation (see Table 1).
- Height fixation and tension adjustment are features that may require some test trials to set up properly but once it is achieved, the monitors are easy to maneuver.
- There is no safety issue related to this product according to the reviewers.

Table 1. Reviewers' recommendations for the installation instructions

Reviewers recommended that the instructions be clearer regarding the installation phase. They proposed that the instructions include:

1. information that the installation might require 2 people
2. indications regarding the proper installation of this product to accommodate the different designs of desks/work surface



Economic considerations

- The cost of this product is comparable to other desk mount on the market that allows flexibility in the choice of monitor positioning. While this cost is considerable, its many interesting features such as quality and robustness are likely to compensate for this aspect.

Scientific evidence

- Two scientific articles related to the use of multiple monitors have been retrieved. One proposed that it can be beneficial and convenient for users to have a workstation with a larger display capacity [1] and the other one reported an array of positive performance impacts [2]. Among these impacts, the use of multiple monitors could support users in reducing errors by up to 33% and execute their task faster by up to 16% as compared to the use of a single monitor. Always according to the aforementioned studies, people using two monitors were more comfortable and demonstrated greater task focus.

Review committee

The review committee comprised of three occupational therapists who each had over 10 years in private practice in counseling clients on achieving an 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 and recommended that the 3M™ Easy Adjust Dual Monitor Arm be accepted for the CAOT Product Recognition Program.

References

1. Hutchings, D. R., Smith, G., Meyers, B., Czerwinski, M., & Robertson, G. (2004). *Display space usage and window management operation comparisons between single monitor and multiple monitor users*. Paper presented at the Advanced Visual Interfaces Conference (32-39). New York: ACM. doi:10.1145/989863.989867
2. Anderson, J. A., Colvin, J., Tobler, N. (2003). Productivity and multi-screen displays: A comparison of single monitor, multiple monitor, and multiple monitor with Hydravision® computer displays over simulated office tasks across performance and usability. Utah: University of Utah. <http://content.lib.utah.edu/utils/getfile/collection/ir-eua/id/3137/filename/3138.pdf>