



# Perform 100% of Your Ergoslider Plus+



fersgo



# When to Use Ergoslider Plus+?

## Objective

Understand the circumstances that Ergoslider Plus+ would work better than your expectation.

## Ergoslider Plus is your best option when...

1. Your wrist is painful due to RSI/MSD caused by mouse.
2. Your work is mainly typing and web browsing.
3. You love your workplace being tidy and clean.
4. You'd like you or your family work in a better posture.
5. You love to try niche and innovative products.

## Ergoslider Plus may not be your best option when...

1. You want a gaming mouse or you are a heavy gamer.
2. Your work involves drawing, or video editing.



COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%



# Keyboard Selection

## Objective

Select the keyboard with less distance between the Space Key to the Roller Bar of your Ergoslider Plus+.



  
**Good!**



  
**Can be better..**

**COMFORT LEVEL**

LOW



0%



25%



75%

BEST



100%

# 3

## Keyboard Selection

### Objective

Select or adjust the height of your keyboard to match the height of Ergoslider Plus+, preferably with thicker keyboard.

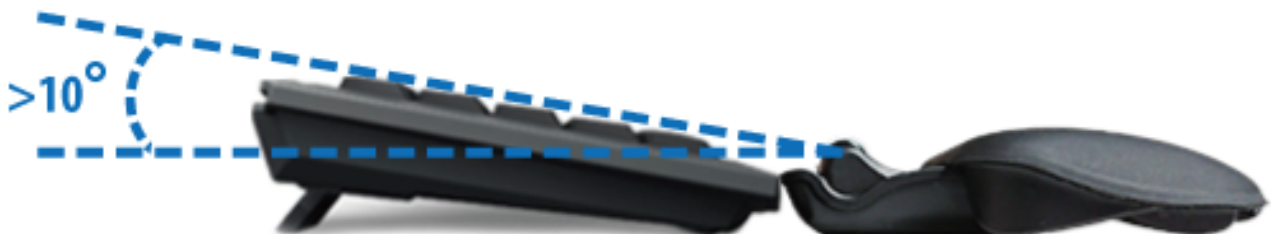
**MATCH OF HEIGHT** (approx. 2.5 cm / 1 inch)



**! TOO LOW**



**WHEN USING KEYBOARD RISER**



COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%



# Work With Laptop

## Objective

Place your Ergoslider Plus+ over the touch pad section, you may slightly adjust its position to match your hands.



>10 cm (3.9 inch)

COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%

# 4

## Check Your Posture

### Objective

Check your postures before you work with desktop. Make sure they are in the most ergonomic position.

#### MONITOR

Adjust distance and height: top of the monitor at eye-level and slightly tilted.

#### ARMS

Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

#### CHAIR

Should have a backrest and armrests, adjust height.

#### LEGS

Thighs parallel to the floor.

#### FEET

Parallel to the floor. use a footrest if necessary.



### COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%



# Hands On Wrist Pad

## Objective

Place your palm on the upper part of wrist pad while typing, and the lower part of wrist pad while scrolling roller bar.

### TYPING

#### PALM RESTING POSITION



### SCROLLING ROLLER BAR

#### PALM RESTING POSITION



## COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%



# Roller Bar Control

## Objective

For better control of the roller bar, start with using both hands. We recommend you to touch the roller bar with finger pulp and keep the hand in flat position for the best feeling of control.



### BEGINNER

Scroll the roller bar with the finger pulp of two index fingers or thumbs at the same time



### INTERMEDIATE

Scroll the roller bar with the finger pulp of only one index finger



### PRO

Scroll the roller bar with only one thumb

COMFORT LEVEL

LOW



0%



25%



75%

BEST



100%