

Equipment List : Smart Health School Program

SMART HEALTH SCHOOL PROGRAM

EQUIPMENT LIST FOR SCHOOLS

The following is an equipment list recommended as accessories when using laptops and iPads either in the school setting or in the home environment. These are additional devices that are recommended to ensure optimal ergonomic set up and aim to assist with correct head positioning to reduce shoulder, neck and eye strain. The list below is just some examples of products available on the market. We do not support any particular brand or provider.

EQUIPMENT RECOMMENDATION FOR LAPTOPS

We recommend that when using laptops for extended use always use an external keyboard and external mouse set to the proper ergonomic height and position. We recommend this for the classroom and home environment for all students using laptops.

EQUIPMENT	IMAGE	EXAMPLE SUPPLIER	APPROX COST
Separate keyboard and mouse		Office works	Approx. \$50
	Apple keyboard and mouse 	Available thru apple store. www.apple.com.au	Keyboard \$89 Mouse \$89

For appropriate positioning of the screen for optimal head positioning, a lap top riser is also recommended. There are many varieties of laptop risers on the market depending on the type of laptop being used. The ones below are cost effective and have the features of adjustability to allow positioning to reduce shoulder, neck and eye strain and also have a front edge to stabilise the laptop. The ones listed below can be used for different laptops and are adjustable in nature.

Fellows Laptop Riser with document holder		Officeworks or Back centre www.backcentre.com.au 130 Anzac Highway Glandore SA 5037 P: (08)8351 0666	Approx.\$60
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Fellows Laptop riser		Officeworks or Back Centre www.backcentre.com.au 130 Anzac Highway Glandore SA 5037 P: (08)8351 0666	Approx. \$45
Ergo Q2		Back Centre www.backcentre.com.au 130 Anzac Highway Glandore SA 5037 P: (08)8351 0666	Approx. \$96

Other varieties which are compact but non adjustable are pictured below.

Just-Mobile-XtandPro	Stand for Apple MacBook Pro 	www.apple.com.au	Cost: In the range \$100-\$150
Griffin Elevator		Various online stores	Cost: Approx. \$70
Rain Design mStand		Various online stores	Cost: In the range \$100-\$150
Belkin Zero Stand for MacBook Pro		Various online stores	Cost: Approx \$50
Ikea Brada Inclined Board		Ikea	Cost: Under \$10

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EQUIPMENT RECOMMENDATION FOR TABLETS

We recommend the following for children using iPads or any tablet:

- When using a tablet for extended periods of time (>20min), ensure you rest the tablet in an inclined fashion (either on a custom made stand or an inclined reading board) or in a tablet stand that allows for ideal biomechanics.
- Use the tablet resting on this stand while standing at a bench for ideal body posturing.

Some tablet cases come with a built in stand that can be used to incline the tablet. There are other devices which can be used to allow ideal positioning of our body when using these tablets and enable comfortable use in standing without having to hold the tablet in your hands. This equipment below is an example of how equipment can be used to encourage standing postures:



EQUIPMENT	IMAGE	EXAMPLE SUPPLIER	APPROX COST
Snakeclamps for Ipads. <u>Note:</u> You need to purchase both a clamp/gooseneck mechanism and a mounting device appropriate for your use. There are several options for different types of ipads.	Examples only. Various options to select from online. Econo clamp/Gooseneck  Mounting bracket option 	Online: American based company. www.snakeclamp.com Be aware that the mounting device will not fit iPad with protective covers on. Will only fit the iPad itself.	Range in cost There are many varieties. The one pictured above is an Econo clamp: \$50 plus shipment costs.
Inclined Board Ikea Brada Non adjustable		Ikea	Under \$10

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LARGE EQUIPMENT TO ENABLE SIT/STAND STATIONS

These products are sit to stand workstation options. It allows the user to vary between sitting and standing throughout the day.

EQUIPMENT	IMAGE	SUPPLIER	APPROX COST
Ergotron 24-458-200 Learn Fit Adjustable Standing Student Desk "Learn Fit" adjustable standing desk, separate desks		Online: www.ergotron.com This provides links on where to purchase in Australia : for example: www.lwt.com.au	Online: variable cost Ranges from \$600-800 depending on supplier.
Varidesk		www.varidesk.com	As pictured \$358 plus shipment
Electric desks Altex 100 Electric Height Adjustable Desk, Sit Stand Desk, Straight & Corner Desks		Purchase online buydirectonline.com.au	Different sizes available at different costs. Approx. \$700