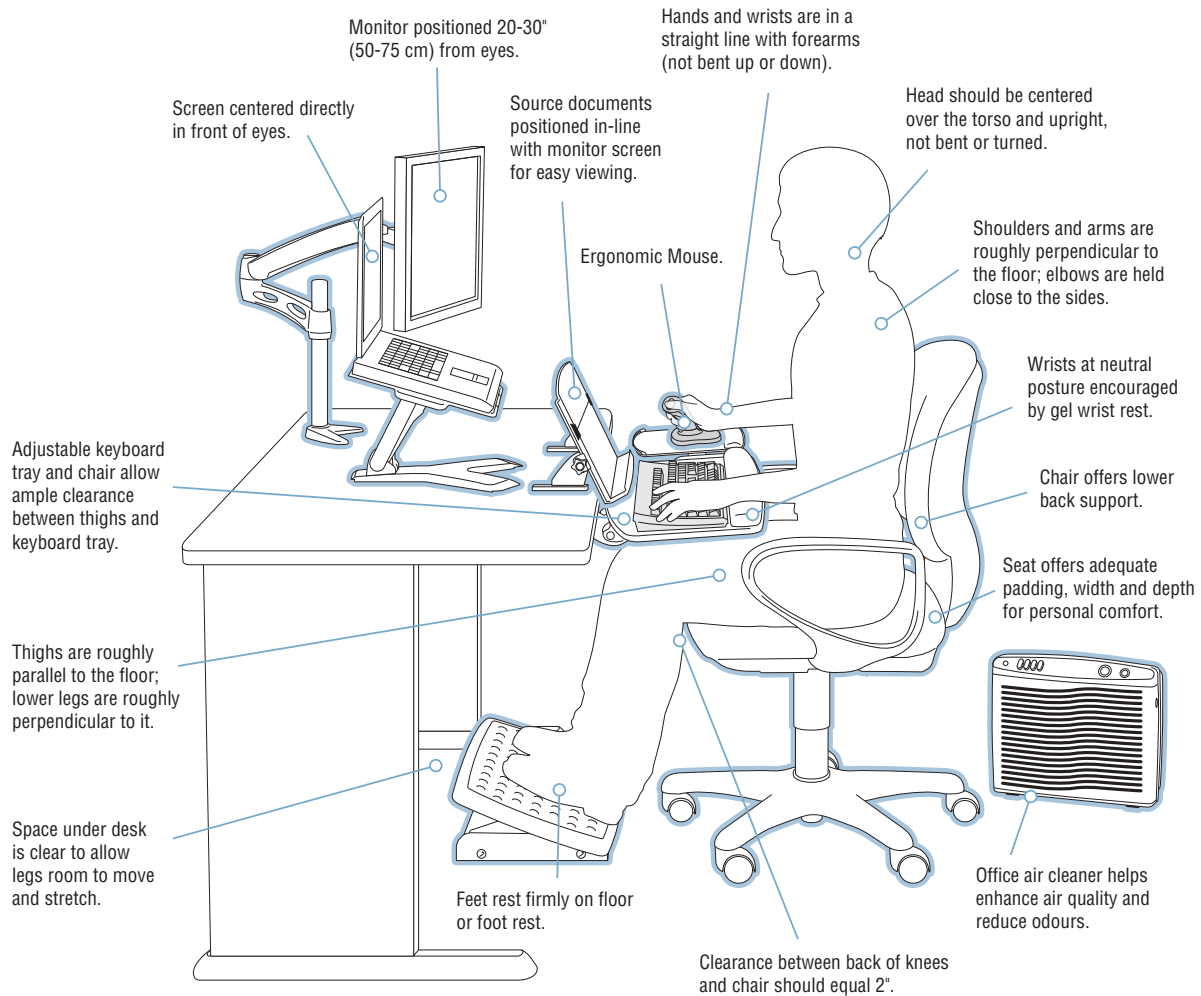


3M™ Ergonomics

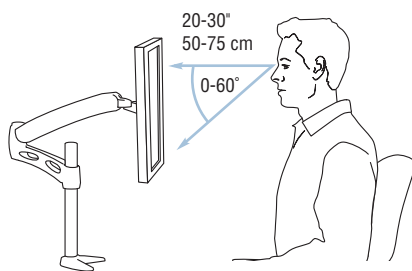
Science Meets Art for Comfort & Productivity

Workstation Guidelines – For Optimal Personal Comfort

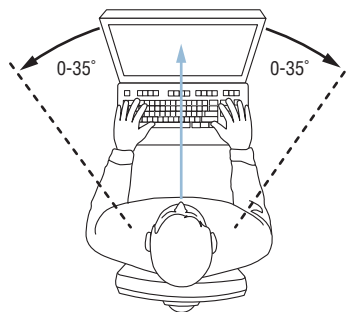
Use these guidelines to set up your workspace to ensure good ergonomic posture and to attain optimal personal comfort.



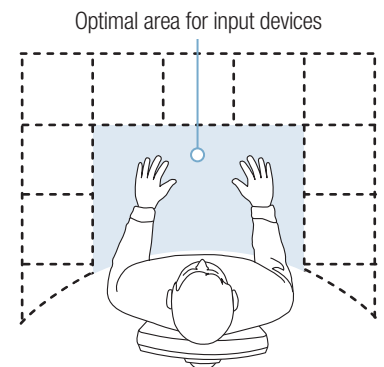
Recommended Positioning



To avoid eyestrain, position your monitor within a comfortable viewing distance, at or below eye level, and within your 60° viewing field.



Position source documents in line with your screen, and no more than 35° to either side, to avoid excessive turning or bending of your neck.



Place input devices within the recommended area to avoid strain on your wrists, arms and hands.

3M™ Ergonomics

Science Meets Art for Comfort & Productivity



GOOD

GET \$25 BACK

WITH THE PURCHASE OF THESE 3M PRODUCTS:

MS110MB - Easy Adjust Monitor Stand

AKT65LE - Adjustable Keyboard Tray

DH445 - Flat Panel Document Holder



BETTER

GET \$35 BACK

WITH THE PURCHASE OF THESE 3M PRODUCTS:

MA100MB - Mechanical Adjust Monitor Arm

AKT100LE - Adjustable Keyboard Tray

DH445 - Flat Panel Document Holder



BEST

GET \$50 BACK

WITH THE PURCHASE OF THESE 3M PRODUCTS:

MA200MB - Easy Adjust Desk Monitor Arm

AKT180LE - Keyboard Tray

DH640 - In-Line Document Holder



PACKAGE REBATE FORM

Please check your product package :

- GOOD Product Package (MS110MB, AKT65LE, and DH445)
- BETTER Product Package (MA100MB, AKT100LE, and DH445)
- BEST Product Package (MA200MB, AKT180LE, and DH640)

Please fill in the necessary information (please print):

Name: _____

Email: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Mail this completed form, the original cash register receipt, or copy of your invoice showing PO number from your office supply dealer and the original UPC labels from the packaging to:

3M Canada Re: Ergonomist Promotion
1905 Dundas Street East, P.O. Box 40022
London, ON N5W 5Z5

This form must accompany request. Mail this completed certificate along with the original cash register receipt, or copy of your invoice showing PO number from your office supply dealer and the original UPC labels. Copies or facsimiles of UPCs will NOT be accepted. Void where prohibited, licensed, taxed or otherwise restricted by law. Please allow 4 - 6 weeks for delivery. Offer runs from October 1st, 2009 until November 30th, 2010. Rebate requests must be postmarked NO LATER than December 31st, 2010. No redemption will be accepted after this date. Offer is only valid in Canada. Not responsible for lost, stolen, damaged, ineligible or misdirected mail.

3M

Office Supplies Division
Consumer & Office Business

3M Canada
P.O. Box 5757
London, ON N6A 4T1
1-800-3M HELPS
www.3M.com

3M is a trademark of 3M. Used under license in Canada.
© 2009, 3M. All Rights Reserved. BA-09-14193 0909-7266 E