# Arm Supports and Padding

<table>
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<tr>
<th>Ergonomic Solution</th>
<th>Features</th>
<th>Procurement</th>
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<tr>
<td>SoftEdge™</td>
<td>Made with an expanded-vinyl foam that's extra-soft, reducing pressure on skin while protecting you from hard work-surface edges. The softest edge protectors available. Choose yellow to alert and protect workers. Can be cut into custom lengths. Smooth surface wipes clean. Hook and loop fastener for secure attachment. 2½&quot;W x ½&quot; thick, 1¼&quot; side.</td>
<td>AliMed #70459</td>
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<tr>
<td>Deluxe Edge Rest</td>
<td>Attaches securely with self-adhesive hook and loop tabs 1 1/8&quot; thick expanded urethane. Black. 22&quot;L x 5&quot;W Self-skinned foam surface wipes clean. Fits over top edge of table surface for protection from sharp edges</td>
<td>AliMed Item # 73075G</td>
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<tr>
<td>Nuaire Foam Armrest Pads</td>
<td>Disposable white foam pad 3/16&quot; closed cell foam Does not absorb liquid Package of 10 Self-stick adhesive tape Easily removed and replaced Easy to remove and replace foam elbow pads used to pad surface of biological safety cabinet to reduce soft tissue compression and discomfort.</td>
<td>Scientific Visions #NU-976 (Pk of 10)</td>
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<tr>
<td>AliMed® Ulnar Gel Pads</td>
<td>Gel pads to place under elbow Sold in pairs Relieve contact pressure on the ulnar nerve Useful for pipetting and other high-precision tasks where the elbow rests on a hard surface</td>
<td>AliMed #78336</td>
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<td></td>
<td>5” and 8” wide versions. Includes a clamp that fits 5/8” to 1 ¼” thick work surfaces. Adaptor available for thicker workstations Angle-adjustable forearm support for microscope users</td>
<td>Morency #MSM-N-BL-T 5” wide #MSM-N-BL 8” wide</td>
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### Morency Forearm Support for Microscopes

| Wedge-Ease Ergonomic Forearm Supports | Vinyl w/ nonslip base  
Four different sizes can be combined/stacked  
Also available in ESD  
Rated Fed Std. 209 and ISO14644  
Clean Room Class 100 III  
Can be used to provide both flat and angled support  
Helpful for use with microscope work to reduce neck and shoulder muscle fatigue.  
Reduces the contact pressure at forearms and wrists.  
Item #79597 3” wedge | AliMed  
Item #79598  
2” Wedge  
Item #79599  
Regular Stacker  
Item #79600  
Mini Stacker |

[http://uhs.berkeley.edu/facstaff/ergonomics/lab/armsupportsandpadding.shtml](http://uhs.berkeley.edu/facstaff/ergonomics/lab/armsupportsandpadding.shtml)