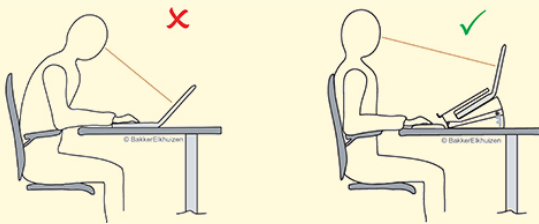


## Ergo-Q 160



The Ergo-Q 160 laptop stand provides you with the best possible support for your mobile screen work in an exclusive design.

The high-quality aluminium sandwich material in several layers makes it very stable and indestructible.



Adjust your laptop screen to the correct height, angle, and distance so that you automatically adopt an ergonomically correct posture.

1. Distance between your eyes and the screen should be 50-80 cm (approximately an arm length), depending on monitor size and resolution. Adjust the distance of your screen.
2. The angle of your line of vision to the middle of the screen should be approximately  $-35^\circ$ , so also adjust the height of your screen.

Legal requirements: The laptop is not suitable for longer use without external devices.



### A laptop stand with a lot of stability, quality and power.

The Ergo-Q 160 is appropriate for almost any laptop size (up to 17 inches) and works also for tablets and mobile screens. A quick installation of your device is guaranteed, with five levels for the height-adjustment. From now on you will work in a healthier posture with the Ergo-Q 160 laptop stand and raise your laptop screen to the optimum height and viewing angle.



 [Watch product online](#)



## Advantages of the Ergo-Q 160



### Just set it up.

The Ergo-Q 160 can be set up in a few seconds. Unfold it and simply put the connection piece, which is made of the high-quality aluminium sandwich material, in one of the five slots.

### Laptop work has never been healthier.

You'd like to reduce and prevent physical discomfort and work more productively with your laptop? Then start using the Ergo-Q 160 and stop bending your neck and back "into your screen".



### Choose your height.

Choose one of the five levels and set the optimal height for you. The advantage is, that this product is suitable for everyone, no matter how tall you are!

### High-quality aluminium sandwich material.

The high-quality aluminium sandwich material of the Ergo-Q 160 is lighter than aluminum and at the same time more resistant to dents. The Ergo-Q 160 consists of one thin and one thick layer of aluminium sandwich material.



### Mobile.

The Ergo-Q 160 is perfect for your mobile screen work e.g., when working in the home office, during a meeting in the office, at a client's or on the way there, in a library or café, simply anywhere you can imagine laptop work.

### Foldable. Compact.

You can easily take this laptop stand with you anywhere, as it fits into any backpack or laptop bag and thanks to its weight, you don't even notice, that you are carrying it with you.



## Knowledge Center

The laptop: now indispensable for office life as we know it. With work locations becoming ever more flexible, the laptop is an essential tool for working at home, at the office or on the move...

 [Read more online](#)

## Specifications

Width	215 mm
Height	7.5 mm
Depth	266 mm
Weight	227 gr
Product code:	BNEQ160

## Contact


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The Ergo-Q 160 laptop stand provides you with the **best possible support for your mobile screen work** in an exclusive design. The **high-quality aluminium sandwich material** in several layers makes it very stable and indestructible. A compact size, magnetic closure and a very lightweight make the laptop stand ideally **suitable for mobile work**. The Ergo-Q 160 is **appropriate for almost any laptop size** (up to 17 inches) and works also for tablets and mobile screens. A quick installation of your device is guaranteed, with five levels for the height-adjustment. From now on you will work in a **healthier posture** with the Ergo-Q 160 laptop stand and raise your laptop screen to the **optimum height** and viewing angle.

*Just set it up.* The Ergo-Q 160 can be set up in a few seconds. Unfold it and simply put the connection piece, which is made of the high-quality aluminium sandwich material, in one of the five slots. The highly stable stand and the anti-slip feet on the underside promise a firm working setup for your laptop on any surface.

*Laptop work has never been healthier.* You'd like to reduce and prevent physical discomfort and work more productively with your laptop? Then start using the Ergo-Q 160 and stop bending your neck and back "into your screen". With the help of a laptop stand you get your laptop screen to the right height, angle, and distance, and this leads automatically to the adoption of a healthier posture in front of your screen.

#### Info box – Ergonomics

Adjust your laptop screen to the correct height, angle, and distance so that you automatically adopt an ergonomically correct posture.

1. **Distance** between your eyes and the screen should be 50-80 cm (approximately an arm length), depending on monitor size and resolution. Adjust the distance of your screen.<sup>1</sup>
2. The **angle** of your line of vision to the middle of the screen should be approximately -35°, so also adjust the height of your screen.<sup>2</sup>

#### Legal requirements

The laptop is not suitable for longer use without external devices.

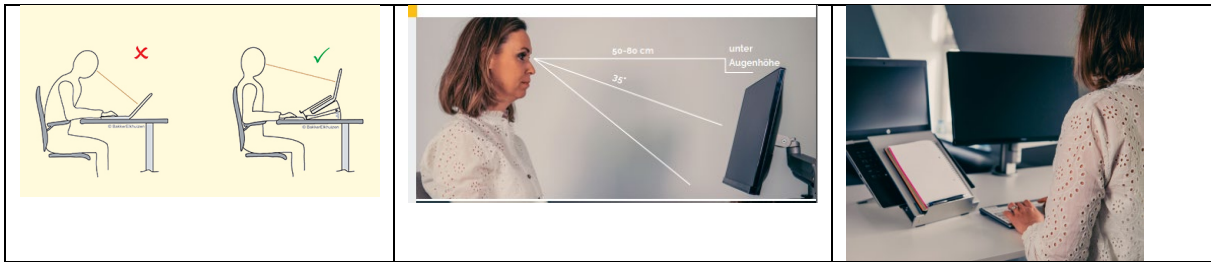
If the laptop is used for more than one hour at a time, external devices are required to meet legal requirements and practice guidelines.

To be able to work comfortably and productively with a laptop for a long time, a laptop stand, an external mouse, and an external keyboard are therefore indispensable. If you use an external monitor and position the laptop screen at the same height, both can also be used as a dual screen.<sup>3</sup>

<sup>1</sup> Vgl. VGB DGUV Information 215-410, 2019, S. 93.

<sup>2</sup> Vgl. VGB DGUV Information 215-410, 2019, S.46.

<sup>3</sup> Vgl. Arbeitsstättenverordnung, Anhang, 6.4 (3)



**Choose your height.** The Ergo-Q 160 has a height adjustment range of 110mm to 180 mm. Choose one of the five levels and set the optimal height for you. The advantage is, that this product is suitable for everyone, no matter how tall you are! With the correct height of your screen, you will work with an upright posture with less pain, and that makes you more productive than ever.

**High-quality aluminium sandwich material in the trend colour dark grey.** The high-quality aluminium sandwich material of the Ergo-Q 160 is lighter than aluminum and at the same time more resistant to dents. The Ergo-Q 160 consists of one thin and one thick layer of aluminium sandwich material. This special composition makes it extraordinary stable and indestructible. The open design of the laptop stand gives enough ventilation space, so that your laptop stays cool. The dark grey design with a matt surface of the Ergo-Q 160 is modern and elegant and is an absolute eye-catcher for every workplace.

**Foldable. Compact. Mobile.** The Ergo-Q 160 is perfect for your mobile screen work e.g., when working in the home office, during a meeting in the office, at a client's or on the way there, in a library or café, simply anywhere you can imagine laptop work. With a folded size of 215 x 266 x 7.5 mm and a weight of only 227 g, this laptop stand is super compact, -thin and -light. You can therefore easily take this laptop stand with you anywhere, as it fits into any backpack or laptop bag and thanks to its weight, you don't even notice, that you are carrying it with you. The magnetic closure ensures that it stays folded. The included environmentally friendly protective sleeve, ensures that the laptop stand is protected during transport.

(\*This product should be used with an external keyboard and mouse (sold separately)).

[Whitepaper: <https://www.bakkerelkhuizen.com/knowledge-center/14-tips/>]