

# The wellness mouse.



The mouse alternative that prevents the strain of desk work.

# Fight the Pain.™

**More and more of us spend our working days sitting in front of a screen.**

We sit still for too long in static positions that our bodies are not designed for. Many of us suffer from pain in our arms, shoulders and neck.

At Mousetrapper, we have a mission: No one should suffer pain due to working in an awkward position with a mouse.

In 1994, Swedish inventor Rolf Strömberg launched our first Mousetrapper – an enormous success which today is the market leader in Scandinavia and is being launched internationally. We now know, along with most ergonomics specialists and physiotherapists, that the strain of desk work can be avoided.

Mousetrapper is the mouse alternative that prevents repetitive strain injury and other problems that may arise when working with a traditional mouse. Because Mousetrapper is positioned centrally in front of the keyboard, it encourages an ergonomically healthy

position that keeps your arms close to your body and your hands near the keyboard.

This helps you avoid and, in many cases, relieve strain injuries that can arise from stretching your arm beyond your natural shoulder width, as you do with a conventional mouse. You no longer have to reach beyond the keyboard while using the mouse. The wide, cushioned wrist support also relieves strain on your neck, shoulders, arms and wrists.

Try Mousetrapper – the wellness mouse.

Read more about us and our products at [mousetrapper.com](http://mousetrapper.com).



# One part of a whole.

There is so much more to sustainability than choice of materials and transport. Everything is connected: decisions made today have long-term consequences. It is, of course, a matter of our planet and environment's future, but also about creating favourable conditions for employees, contributing to societal benefit and promoting sound business practices. At Mousetrapper, we want more than just a well-written policy. We truly want to get involved and play our part.

It will not be easy. Working as a manufacturer has consequences that are not always immediately apparent. However, wherever possible, we want to be a part of an integrated whole and accept our share of the responsibility.

Below is a brief summary of what we do and how we think. If you would like to find out more, please read our Code of Conduct and Sustainability Policy.

## **How can a manufacturer in Sweden contribute to a better environment?**

Mousetrapper's products are not only designed to last but also to minimise environmental impact. These are not throwaway products. They are easy to clean, and spare parts for ongoing service and maintenance are available – all key to prolonging their longevity. And they are designed to be easily recycled to the maximum extent possible once they finally reach the

end of their service life.

Our suppliers are carefully selected and most of them are situated in our local region. For example, plastic parts and circuit boards are produced in Estonia and Sweden respectively, which minimises transport. Furthermore, we have chosen suppliers which we can work closely with and exert real influence on. Naturally, we are always on the lookout for functional, recyclable materials. We also make sure that faulty plastic components are ground down and used to make new products.

## **People who work with and for us should thrive**

Diversity is good. At Mousetrapper, we see it as an advantage that everyone can contribute different perspectives and skills – regardless of gender, cultural background, sexual orientation or education. We consider this a key to our competitiveness. As a global company, having employees with different backgrounds and experiences is an asset.

It goes without saying that we endorse both the UN and ILO Conventions on human rights and working conditions. Read more in our *Code of Conduct*.

## **Sound business practices produce long-term outcomes**

Of course, it is easy to take shortcuts and cheat one's way to quick and

easy victories. But at Mousetrapper, we want to think long-term. If we can develop competitive products and endeavour for long-term professional collaborations with our partners and suppliers, we believe we will be rewarded with long-term success. We want to create a culture based on transparency and trust in these relationships – where we can rely on each other and together create sound business practices.

Bribes are an anathema that poison business life and something we take a firm stance against. This also applies to all forms of unethical and unlawful acts. Needless to say, we expect our partners and suppliers to share the same standpoint.

## **Have any questions or ideas to help us improve? Please feel free to contact us.**

Sustainability can easily become another item to check off a to-do list. However, that's not how we want it to be, and we would appreciate your help. We are constantly looking for ways to develop our business and products from a holistic perspective – where environmental, social and financial responsibility go hand in hand.

Anders Ehnborn,  
CEO, Mousetrapper



## Lite



### Benefits of Lite

Lite is the base product in the Mousetrapper range, and is designed to suit a full-size keyboard. It is intended for users who only need the right-click, double-click, scroll and click functions on Mousetrapper's unique control pad.

Lite also has soft, padded wrist supports available in titanium grey or red.

### Key features

- Four buttons with scroll and auto-scroll functions
- Control pad with click function
- USB Plug-and-Play
- 1500 dpi

### Facts

- Width: 495 mm
- Height: 25 mm
- Depth: 125 mm
- Weight: 695 g
- Product code: Red MT115
- Product code: Titanium grey MT114



## Advance 2.0



### Benefits of Advance 2.0

Advance 2.0 is our top seller and comes in three versions with stylish accent colours: white, turquoise or coral. A total of six programmable buttons give you plenty of options for setting up your Mousetrapper exactly the way you want. Download the MT Keys software, which lets you easily reconfigure all the button functions, add standard texts, create user profiles and much more. MT Keys is available for both Mac and PC. Advance 2.0 has a folding keyboard support, which makes it equally compatible with new low-profile keyboards and higher-profile standard keyboards.

### Facts

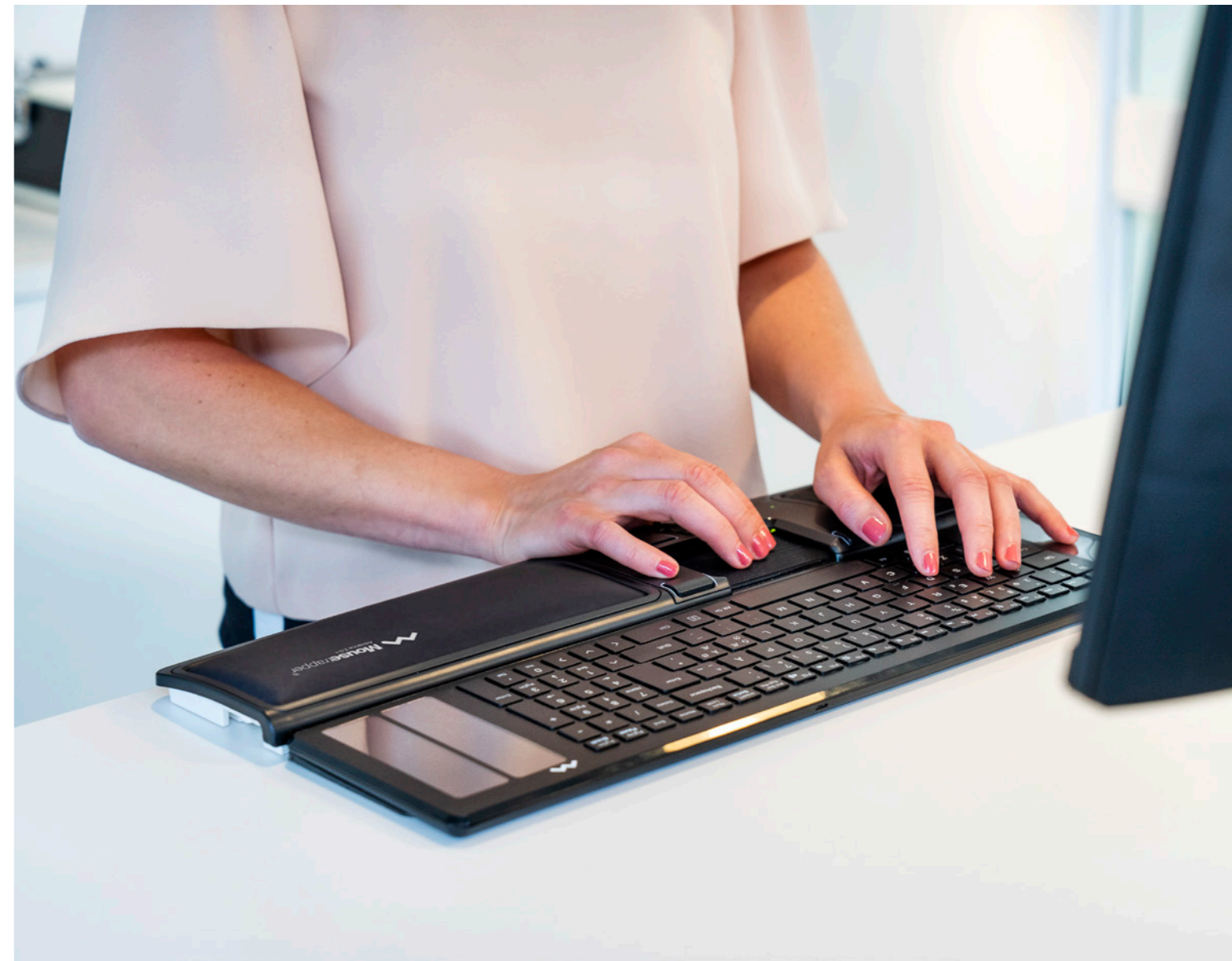
- Width: 480 mm
- Height: 20 mm
- Depth: 110 mm
- Weight: 665 g
- Product code: White MT112
- Product code: Coral MT120

### Key features

- Super-slim, ergonomic design
- Accent colours: white or coral
- Control pad with click and scroll functions
- 6 programmable buttons for customisation to your own needs, using MT Keys
- Replaceable wrist supports
- Height adjustment with folding non-slip surface
- 2000 dpi



## Advance 2.0+



Advance 2.0+ is the premium version of our bestseller, Advance 2.0. It has 6 programmable keys, easy-clean wrist support and stylish design with keys outlined in white. Advance 2.0+ relieves and prevents mouse strain and other problems that can arise from working with a traditional mouse.

### Benefits of Advance 2.0+

Mousetrapper Advance 2.0+ is the upgraded version of our bestseller Advance 2.0. In common with the Advance 2.0, it has no less than 6 programmable keys, but with the same luxurious wrist support featured on the Mousetrapper Prime. The strain-reducing wrist supports can be wiped clean, and kept clean and fresh using a disinfectant.

The 6 programmable keys give you a range of options to customise your Mousetrapper to your exact requirements. Download the MT Keys program to change key functions quickly and easily, and to enter standard texts, user profiles and much more. MT Keys is available for Mac and PC.

Advance 2.0+ also has a non-foldable keyboard underlay to ensure your Mousetrapper fits perfectly with any low-profile or standard high-profile keyboard.

### Key features

- Super-slim ergonomic design
- Black with white accent colours
- Control pad with click and scroll functions
- 6 programmable keys for customisation to your own needs via MT Keys
- Replaceable wrist support that can be kept clean using disinfectant
- Adjustable height with foldable friction underlay
- 2000 dpi

### Facts

- Width: 480 mm
- Height: 20 mm
- Depth: 110 mm
- Weight: 665 g
- Product code: MT122



# Prime



## Benefits of Prime

Everything you want from a Mousetrapper and a little bit more. Prime's 8 programmable keys offer you significantly more options for customising your Mousetrapper to your exact requirements. With Prime, you can work wirelessly via Bluetooth – of course, you can use a USB cable for connection if you prefer. Download our MT Keys app to change key functions quickly and easily, and to enter standard texts, user profiles and much more. MT Keys is available for Mac and PC.

The wrist supports on Prime can be wiped clean and replaced, making it easy to keep the product in pristine condition. Prime comes with a foldable keyboard support that makes it equally compatible with standard higher-profile keyboards and the new ultra-thin keyboards.

## Facts

- Width: 480 mm
- Height: 20 mm
- Depth: 110 mm
- Weight: 720 g
- Product code: MT123

## Key features

- Super-slim, ergonomic design
- Control pad with click and scroll functions
- Option to work wirelessly with Bluetooth
- 8 programmable buttons for customisation to your needs, using MT Keys
- Wrist supports can be cleaned with surface disinfectants
- Replaceable wrist supports
- Height adjustment with folding non-slip surface
- 4 months of battery life between charges
- Rechargeable battery
- 2000 dpi
- Bluetooth 4.1



Note: New Prime Bluetooth is not FCC approved, only CE approved.

# Flexible



## Benefits of Flexible

Flexible is small, light and wireless, and is the most compact product in the Mousetrapper range. It is designed so that you can easily bring it home from work or to other places where you work at a computer. Flexible has nine programmable buttons. You can configure the buttons to suit your needs using the MT Keys software, which is easy to download from the Mousetrapper website or Windows Store.

## Facts

- Width: 300 mm
- Height: 19 mm
- Depth: 95 mm
- Weight: 305 g
- Product code: MT106

## Key features

- 9 programmable buttons that can be configured using MT Keys
- Control pad with click and scroll functions
- Ability to add user profiles with MT Keys
- Option to work wirelessly
- 1 month of battery life between charges
- Rechargeable battery
- 2000 dpi

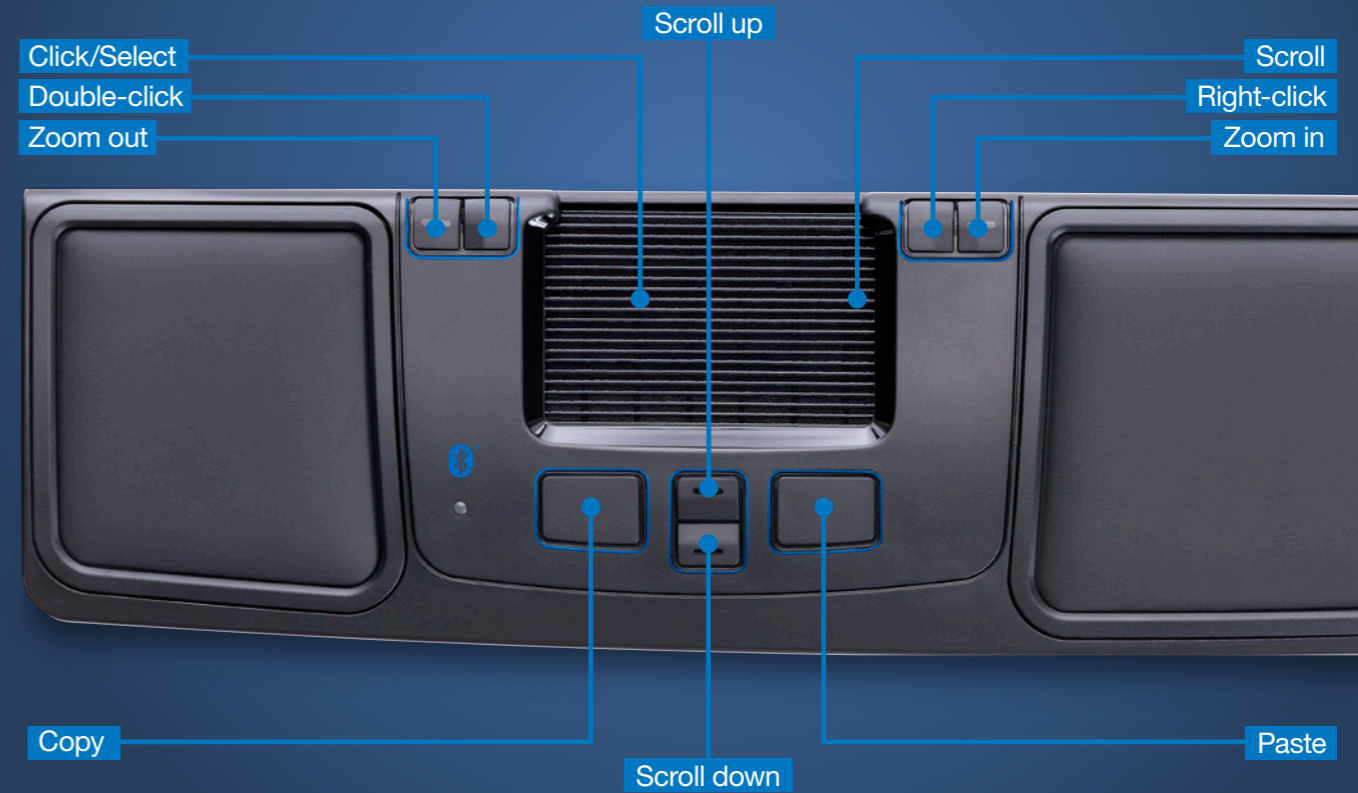


# Alpha



Software

# Experience MT keys



## Benefits of Alpha

Mouserapper Alpha is our most comprehensive product, which combines the benefits of a centred pointing device with the user-friendliness of a full-sized keyboard. Alpha connects to your computer via Bluetooth or USB cable and has a long battery life, so you can enjoy the flexibility of working wirelessly. By combining a keyboard and an ergonomic pointing device, you will never need to think about which keyboard is suitable for your Mouserapper or adjust the gap between the pointing device and keyboard. Mouserapper Alpha is the perfect product for those who want to reduce pain and improve wellbeing without having to compromise efficiency or flexibility.

## Facts

- Width: 313 mm
- Height: 20 mm
- Depth: 220 mm
- Weight: 745 g
- Product code: MT116

## Key Functions

- Ergonomic mouse alternative with integrated keyboard
- 19 programmable keys for customisation to your own needs
- Up to 2 months of battery life between charges
- Control pad with click and scroll functions
- Super-slim, ergonomic design
- Bluetooth 4.1
- 2000 dpi



## Customising

Enhance the Mouserapper feeling by customising the buttons' functions so they precisely suit your workflow. Download MT Keys by going to [Mouserapper.com](http://Mouserapper.com). Click on Downloads and select MT Keys for Windows or OS X. Then follow the instructions.

Once MT Keys has downloaded, an image of the product will appear that matches the image underneath your Mouserapper. Position the cursor over the button you want to customise. Click on it by lightly pressing on the control pad once. You will now see a pull-down menu that lets you assign whichever action you want to that button. You can choose between functions such as adding an extra left-click, creating shortcuts and inserting text by pasting it in.

MT Keys makes working with a computer easier!

## The Mouserapper feeling and MT Keys

By placing your index, middle and ring fingers on the control pad, you can control the cursor with simple movements as the pad moves smoothly in two dimensions. You can also left-click anywhere on the control pad.

MT Keys software lets you easily reconfigure the existing functions of your Mouserapper to choose the exact functions you want. The software can be downloaded from Mouserapper's website.

## Tips for better posture and ergonomics

- Adjust your chair so that your feet rest flat on the floor and keep your back straight while sitting.
- Keep your arms close to your body while working.
- Rest your arms on a forearm support or your desk.
- Vary your working position; use a sit-stand desk to alternate between sitting and standing.
- Place your screen at a distance that feels comfortable for both your eyes and neck.
- Avoid repetitive strain injuries (RSI) by reviewing your choice of mouse.

# MTkeys

# Helpful tips and solutions.

There are many things you can do to prevent pain when working at a computer. The fundamental thing to remember is that a static position is likely to result in problems sooner or later. Small, static and repetitive unilateral movements can cause adverse effects. A common early warning sign is muscle fatigue.

Frequent breaks, small, simple exercises and ergonomic solutions are key to avoiding unnecessary arm, shoulder or neck pain. Below are some useful tips. Visit [www.mousetrapper.com](http://www.mousetrapper.com) for more tips and exercises.

## Small breaks make a big difference

All working positions risk becoming static, so it is crucial to take frequent micro-breaks. This allows the muscles to relax and recover. Try stretching and taking a brief walk.

## Ergonomic exercises

Here are a few simple exercises:

**Stretch your arms out in front of you**, put your hands together and feel your shoulder blades spread apart. Hold this position for 5–15 seconds.

**Splay your fingers** and clench your fists repeatedly. Repeat 10 times with each hand and notice the tension release.

**To ease tired legs**, rest your feet on the floor and raise your heels. Repeat up to 20 times.

**To prevent shoulder pain**, stand in a doorway with your right leg in front of your left. Place your right hand (or your left one if you are left-handed) in the small of your back with the palm outwards. Rest the back of your elbow against the door frame and stretch gently for 5–10 seconds by leaning your upper body backwards. This should push your elbow forwards. Relax and repeat a couple of times.

## Ergonomic solutions

**Mousetrapper** is designed to encourage a natural ergonomic position where your elbow can be tucked beside your waist. This dramatically reduces the risk of arm, shoulder and neck pain.

**Using a sit-stand desk** has many benefits. You can easily verify that you are sitting at an optimum height by checking that your elbows are at the same height as the desk when you sit in a relaxed position with a straight back. The most obvious benefit of a sit-stand desk is that you can easily alternate between sitting and standing to vary your position. You activate more muscles when standing up, especially if you shift your weight from one foot to the other every now and then. A useful tip is to work standing up immediately after lunch, which aids digestion.

**Sit correctly and use an adjustable chair.** A slightly forward-leaning position is ideal. Rest your feet firmly on the floor and make sure your lower back and forearms are well supported.

# The ergonomic workplace.

At Mousetrapper, we are attentive to details, but we also think about the bigger picture. An interplay between several elements is required to create a sustainable and healthy workplace. An ergonomic workplace is important for enabling us to perform and feel our best. Sit-stand desks, regular breaks and ergonomic exercises are important components for a healthy environment.

Mousetrapper's principal product is an ergonomic mouse designed to minimise the risk of imbalanced loading and strain in the arms, shoulders, back and neck. But we also focus on accessories that form important components in an ergonomic work environment. Complement your workplace with Mousetrapper's accessories, such as our standing desk mat, laptop/tablet stand and forearm supports. By looking at the whole picture, you can reduce the risk of pain and repetitive strain injuries, thus creating a sustainable environment with a thriving workforce.



See our accessories →



**New!**  
Standfriend



# The Standfriend Story

At Mousetrapper, we have a mission: *No one should suffer pain from having to work in an awkward position.* Or, as we use to say, we **Fight the Pain**.

It all started with a computer mouse in 1994 when the Swedish inventor Rolf Strömberg launched our first Mousetrapper – a mouse alternative that prevents repetitive strain injury and other issues that can occur when you work with a traditional mouse.

Since then, we have extended our range of “Fight-the-Pain-products”, and our latest addition is *Standfriend*, which helps you switch between standing and sitting. An excellent way to feel better and have more stamina.

## How it started

From the beginning, we evaluated our range and realized that our products covered most of the situations to support a healthy work position at the work desk. Ergonomic mice, keyboard, supportive mat, laptop stand, and armrests – but we lacked a product supporting us to stand up and work.

Our designers outlined a concept that fulfilled our demands: We wanted it to be easy to use, easy to store and – not least important – it had to be attractive. Something we would like to see in our home and use every day, for many years.

## Sustainable in many ways

Sustainability is at the core of our company, and though we are a tech company, we try our best to minimize the impact on our environment.

It's natural for us to produce locally in Sweden. It reduces transportation needs, and it gives us transparency of the entire production, which improves the quality – and assures a sustainable process. The materials used – from packaging to the product are produced in a sustainable way. Standfriend is manufactured in the Småland region, known for its entrepreneurial spirit and craftsmanship.

It is also the home of several Swedish well-known companies in design and manufacturing as IKEA and Husqvarna.

It is often said that the best thing you can buy to act sustainably conscious is to buy something that lasts long. Our aim is that your Standfriend will be a long-term pal that can live with you – and who knows? Maybe even the next generation will find it to be a friend that helps them Fight the Pain.



## Benefits of Standfriend

We all feel better from a varied working position. Standfriend is an excellent solution to vary your working position easily.

Intelligent design means that you can easily find the right working height for you. The generous keyboard platform provides space for your mobile phone, notes or water glass.

Designed to be easy to handle. You take out and remove your Standfriend in a few steps – and it looks good on the wall when you are not using it.

Standfriend is designed and manufactured in Sweden – which reduces transportation needs and provides transparency of the entire production cycle.

The desk is reversible; choose between a smooth *White* surface or an elegant *Graphite Grey*. Choose between black or light gray metal stand.

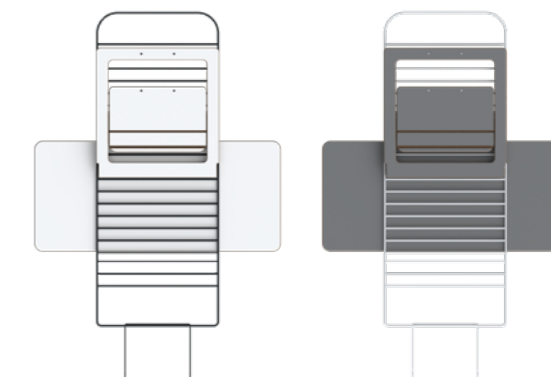
## Facts

Width: 600 mm  
Depth: 495 mm  
Height: 680 mm  
Weight: 6.5 kg  
Working height: 150-190 cm  
Max. screen size: 17”  
Max. load: 10 kg

*Two colours in one:* Reversible desk, White or Graphite Grey

*Model TB501:* Black metal stand

*Model TB502:* Light gray metal stand



Standfriend is easy to store, and the folded, flat design does not take up much space. Hang it on the wall or put it away when you don't need it.

## Our accessories

### Laptop/Tablet Stand

Mousetrapper's Laptop/Tablet Stand helps you keep your head in an ergonomic position and eyes at the right height.

- Length: 254 mm
- Width: 183/267 mm (min./max.)
- Height: 10/184 mm (min./max.)
- Weight: 430 g
- Product code: TB402

### Type

A high-quality keyboard with a slim design, adjustable for good ergonomics. Equipped with solar cells and function keys that can be programmed with MT Keys.

- Length: 492 mm
- Width: 161 mm
- Height: 21 mm
- Weight: 667 g
- Product code: TB403

Coming soon

### Armrest

Provide support for your forearms and avoid straining your arms with the help of Mousetrapper's Armrests.

- Width: 680 mm
- Depth: 205 mm
- Height: 20 mm
- Waist: 40 mm
- Product code: TB214



### Active

The standing desk mat Active prevents tired, aching feet and helps you maintain good posture while standing and working.

- Length: 740 mm
- Width: 450 mm
- Height: 18 mm
- Weight: 875 g
- Product code: TB401

You can find all our accessories at [mousetrapper.com](http://mousetrapper.com)



[www.mousetrapper.com](http://www.mousetrapper.com)