

The wellness mouse.



The mouse alternative that relieves the strain from desk work.

Fight the Pain.™

More and more of us spend our work days sitting in front of a computer screen. We sit still for too long in static positions that our bodies were 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 from having to work in an awkward position with a mouse.

In 1994, the Swedish inventor Rolf Strömberg launched our first Mousetrapper – an enormous success that is now the market leading brand in Scandinavia and is being launched internationally. Along with the majority of ergonomics specialists and occupational therapists, we now know that the strain of desk work can be avoided.

Mousetrapper is the mouse alternative that prevents repetitive strain injury and other issues that can occur when you work with a traditional mouse. Because

Mousetrapper is positioned centrally in front of the keyboard, it encourages an ergonomically healthy posture that keeps your arms close to your side and your hands near the keyboard.

This helps you avoid and, in many cases, relieve repetitive strain injuries that can occur when you repeatedly stretch your arm outside the breadth of your shoulders, as you do with a conventional mouse. In other words, you no longer have to reach outside the keyboard when using the mouse. The wide, cushioned wrist support also provides support and relieves strain on your neck, shoulders, arms, and wrists.

Try Mousetrapper – the wellness mouse.

Read more about us and our products at mousetrapper.com.



One Part of a Whole.

There is so much more to sustainability than the choice of materials and shipping methods. Everything is interconnected: decisions made today have long-term consequences.

Obviously, it's not just about taking responsibility for our planet and the environment, but also about creating pleasant working conditions for employees, making a contribution to the community and promoting sound business practices. At Mousetrapper, we want more than just a noble-sounding policy. We truly want to get involved and play our part. It will not be easy. Being a manufacturer can have consequences that are not always immediately apparent. However, wherever possible, we want to be a part of the big picture and accept our share of responsibility.

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

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

Mousetrapper's products are not only built to last but also to minimize the impact on the environment. We don't design them to just end up in a landfill. They are easy to clean, with readily available spare parts for ongoing service and maintenance - whatever it takes to extend the lifespan of the product. And when your reliable Mousetrapper is no

longer needed, it's designed to be as easy as possible to recycle.

Our suppliers are carefully selected - most are located in close proximity to our home office. For example, plastic parts are manufactured in Estonia while circuit boards are made right here in Sweden, which cuts down on shipping. Furthermore, we have chosen suppliers we can work with closely and have a real influence on. Naturally, we are always on the lookout for functional, recyclable materials. We also make sure that any defective plastic components are ground down and used to make new products.

People who work with and for us should enjoy their work

Diversity is a good thing. At Mousetrapper, we feel that it's an advantage if everyone can contribute different perspectives and skills, regardless of their gender, cultural and educational background, and sexual orientation. We consider this to be one of our main competitive strengths. As a global company, it's an enormous asset to have workers with different backgrounds and experiences.

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 lead to sustainable long-term growth

Of course, it's easy to take shortcuts and make a quick buck. But at

Mousetrapper, we prefer to take a long-term approach. If we develop competitive products and nurture lasting, professional relationships with our partners and suppliers, we believe the good karma that's created will be rewarded with success in the long run. We want to create a corporate culture based on transparency and trust in all our relationships - where we can rely on one another and work together to develop 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 or illegal acts. Needless to say, we expect our partners and suppliers to share the same view.

Do you have any questions or ideas to help us improve? Please feel free to contact us

Sustainability can easily become just 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 new ways to develop our business and products based on a holistic perspective, where environmental, social, and financial responsibility go hand in hand.

Anders Ehnbohm,
CEO, Mousetrapper



Lite



Benefits of Lite

Lite is the base product in the Mousetrapper product line and is designed to work with a full-sized keyboard. It's designed for users who just need the right click, double-click, scroll, and click functions available on Mousetrapper's unique control pad.

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

Key Features

- Four buttons, including scroll and auto-scroll functions
- Control pad with click function
- USB Plug and Play
- 1,500 dpi

Info

- Width: 19.5 inch
- Height: 1.0 inch
- Depth: 4.9 inch
- Weight: 1.5 lbs
- Item no.: Red MT115
- Item no.: Titanium grey MT114



Advance 2.0



Benefits of Advance 2.0

Advance 2.0 is our top seller and is available in two versions with elegant white or coral accent colors. A total of 6 programmable buttons allow you to configure your Mousetrapper exactly the way you like. Download the MT Keys app, which makes it easy as pie to reconfigure button functions, add standard text, user profiles, and much, much more. MT Keys is available for both Mac and Windows. Advance 2.0 has a folding keyboard support, making it equally compatible with the new, low-profile keyboards as well as higher-profile standard keyboards.

Info

- Width: 18.9 inch
- Height: 0.8 inch
- Depth: 0.8 inch
- Weight: 1.5 lbs
- Item no.: White MT 112
- Item no.: Coral MT 120

Key Features

- Super-slim, ergonomic design
- White or coral accent colors
- Control pad with click and scroll functions
- 6 programmable buttons for configuration to suit your needs using the MT Keys app
- Replaceable wrist supports
- Height adjustment with a folding non-slip coating
- 2,000 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 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
- Height adjustment with a folding non-slip coating
- 2,000 dpi

Info

- Width: 18.9 inch
- Height: 0.8 inch
- Depth: 0.8 inch
- Weight: 1.5 lbs
- Item no.: MT 122



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 ultra-thin keyboards.

Info

- Width: 18.9 inch
- Height: 0.8 inch
- Depth: 4.3 inch
- Weight: 1.6 lbs
- Item no.: MT111



Key Features

- Super-slim, ergonomic design
- Control pad with click and scroll functions
- Option to work wirelessly
- 8 programmable buttons for configuration to suit your needs using the MT Keys app
- Wrist supports can be cleaned with surface disinfectants
- Replaceable wrist supports
- Height adjustment with a folding non-slip coating
- Up to 4 months of battery life between charges
- Rechargeable battery
- 2,000 dpi

Flexible



Benefits of Flexible

Small, lightweight, and wireless, Flexible is the most compact product Mousetrapper offers. It's designed so that you can easily bring it home from work or take it to other places where you sit and work on a computer. Flexible has 9 programmable buttons that you can easily configure to suit your needs using the MT Keys app. This can be downloaded from the Mousetrapper website or the Windows Store.

Info

- Width: 11.8 inch
- Height: 11.8 inch
- Depth: 3.7 inch
- Weight: 0.7 lbs
- Item no.: MT106

Key Features

- 9 programmable buttons using the MT Keys app
- Control pad with click and scroll functions
- Option to add user profiles via the MT Keys app
- Option to work wirelessly
- Up to 1 month of battery life between charges
- Rechargeable battery
- 2,000 dpi



Alpha



Software

Experience MT keys



Benefits of Alpha

Mousertrapper Alpha is our most comprehensive product, combining the benefits of a centralized full-featured track pad with the user-friendliness of a standard keyboard. Alpha connects to your computer via Bluetooth or a USB cable and has an extended battery life, so you can enjoy the flexibility of working wirelessly. Thanks to the combined keyboard and ergonomic track pad, you'll never need to deliberate over the right keyboard for your Mousertrapper or worry about your mouse straying far from your keyboard.

Mousertrapper Alpha is the perfect product for anyone who wants to relieve pain and improve their well-being without having to compromise on efficiency or flexibility.

Key Features

- Ergonomic mouse alternative with integrated keyboard
- 19 programmable buttons for configuration to suit your needs
- Up to 2 months of battery life between charges
- Control pad with click and scroll functions
- Slim, ergonomic design
- Bluetooth 4.1
- 2,000 dpi

Info

- Width: 12.3 inch
- Height: 0.8 inch
- Depth: 8.7 inch
- Weight: 1.6 lbs
- Item no.: MT116



Customization

Enhance the Mousertrapper experience by customizing the buttons' functions so they suit your workflow to a T. Download MT Keys by visiting Mousertrapper.com. Click on Downloads and select MT Keys for Windows or OS X, then simply follow the instructions.

Once MT Keys has finished downloading, an image of the product will appear matching the image on the bottom of your Mousertrapper. Position the cursor over the button you want to configure. Click on it by lightly pressing on the control pad one time. You'll now see a drop-down menu that lets you assign whatever action you want to that button. You can choose between a variety of functions, such as adding an extra left-click, creating a shortcut, or inserting text by cutting and pasting.

MT Keys makes your work on the computer easier!

MTkeys

The Mousertrapper Experience and MT Keys

By placing your index, middle, and ring fingers on the control pad, you can control the cursor with simple movements and the pad smoothly tracks your motions. You can also left-click anywhere on the control pad.

The MT Keys app lets you easily reconfigure the existing functions of your Mousertrapper to suit your needs. The app can be downloaded from the Mousertrapper 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.
- Change your posture periodically while working; use a sit-stand desk to alternate between sitting and standing.
- Place your screen at a comfortable distance for your eyes and neck.
- Avoid repetitive strain injuries (RSIs) by reconsidering your choice of a mouse.

Helpful Tips and Solutions.

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

Periodic breaks, small, simple exercises and ergonomic solutions are all helpful ways to prevent arm, shoulder, and neck pain. Below are some useful tips. Visit www.mousetrapper.com for more tips and exercises.

Small breaks make a big difference

Your posture when working tends to become static, so it's important to take frequent microbreaks. This allows your 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 stretch apart. Hold this position for 5–15 seconds.

Alternate spreading your fingers apart and clenching your fists. Repeat 10 times with each hand and notice how your tension just melts away.

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 if you are left-handed) on the small of your back with the palm facing out. Rest the back of your elbow against the door frame and stretch gently for 5-10 seconds by leaning back with your upper body. This should push your elbow forward. Relax and repeat a couple of times.

Ergonomic solutions

Mousetrapper is designed to encourage a natural ergonomic position where your elbow remains within the breadth of your shoulders. This dramatically reduces the risk of arm, shoulder, and neck pain.

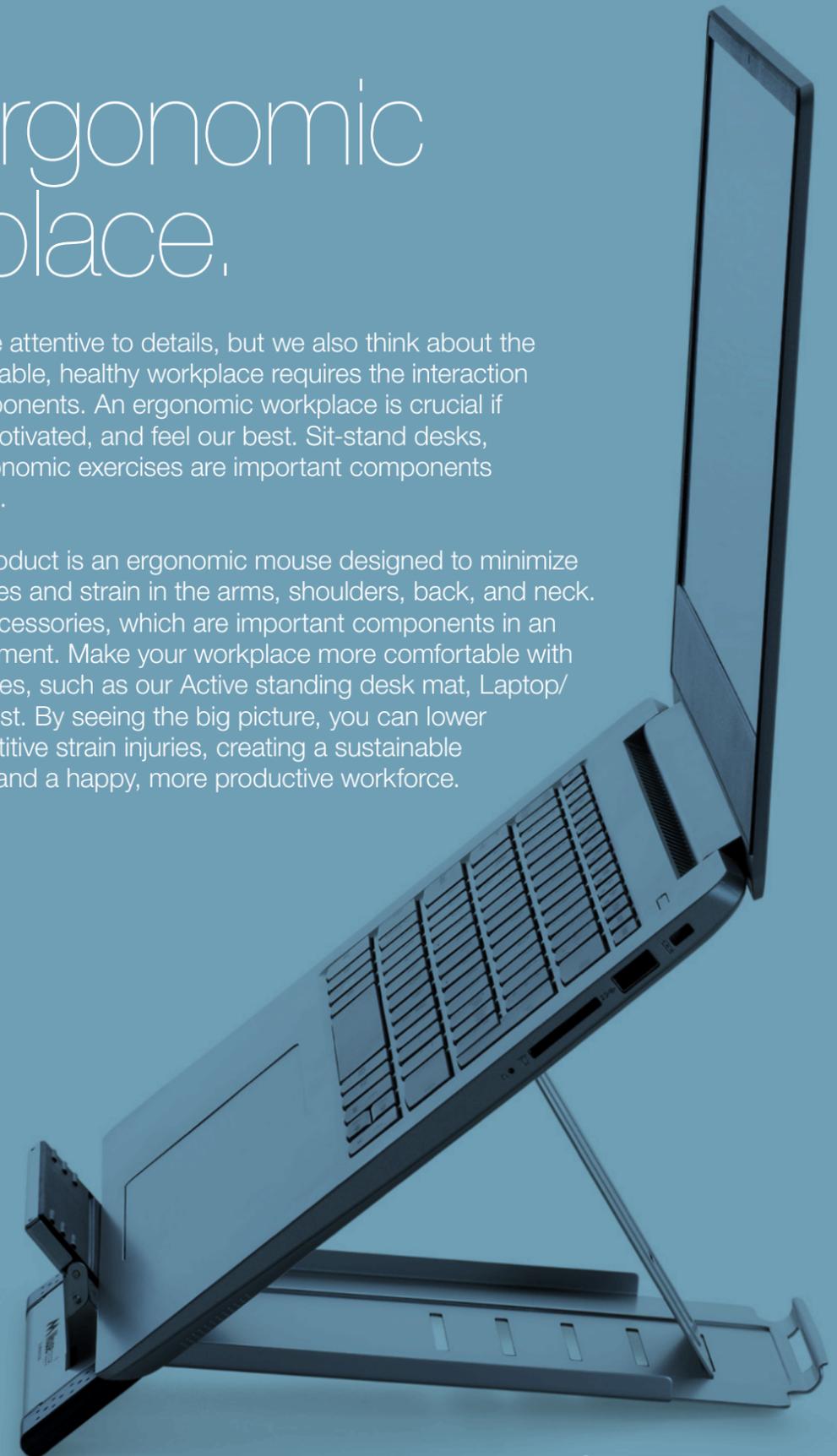
Using a sit-stand desk has many benefits. You can easily confirm that you are sitting in a comfortable position by making sure your elbows are resting at the same height as the desk when you are sitting in a relaxed position with your back straight. The most obvious benefit of a sit-stand desk is that you can easily alternate between sitting and standing to vary your posture. You activate more muscles when standing up, especially if you shift your weight from one foot to the other once in a while. A useful tip is to work standing up immediately after lunch. This helps your digestion.

Sit comfortably 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. A sustainable, healthy workplace requires the interaction of several different components. An ergonomic workplace is crucial if we are to perform, be motivated, and feel our best. Sit-stand desks, regular breaks, and ergonomic exercises are important components of a healthy environment.

Mousetrapper's main product is an ergonomic mouse designed to minimize the risk of torsional injuries and strain in the arms, shoulders, back, and neck. But we also focus on accessories, which are important components in an ergonomic work environment. Make your workplace more comfortable with Mousetrapper accessories, such as our Active standing desk mat, Laptop/Tablet Stand, and Armrest. By seeing the big picture, you can lower the risk of pain and repetitive strain injuries, creating a sustainable workplace environment and a happy, more productive 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.

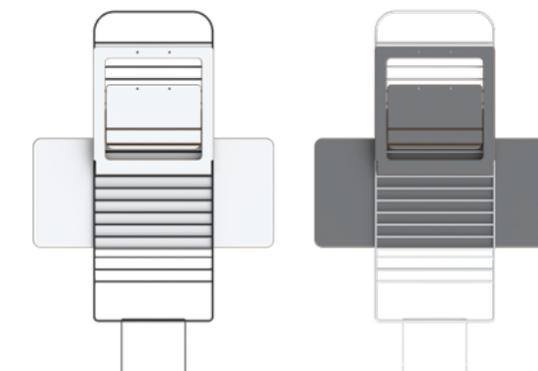
Facts

Width: 23.6 inch
Depth: 19.5 inch
Height: 26.8 inch
Weight: 14.3 lb
Working height: 59.1-74.8 inch
Max. screen size: 17”
Max. load: 22.0 lb

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

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

- Length: 10.0 inch
- Width: 7.2/10.5 inch (min/max)
- Height: 0.3/7.2 inch (min/max)
- Weight: 0.9 lbs
- Item no.: 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 using the MT Keys App.

- Length: 19.8 inch
- Width: 6.3 inch
- Height: 0.8 inch
- Weight: 1.5 lbs
- Item no.: TB403

Coming soon

Armrest

Provide support for your forearms and avoid carpal tunnel syndrome and strain injuries with the help of the Mousetrapper Armrest.

- Width: 26.8 inch
- Depth: 8.1 inch
- Height: 0.8 inch
- Mid-section: 1.6 inch
- Item no.: TB214



Active

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

- Length: 29.1 inch
- Width: 17.7 inch
- Height: 0.7 inch
- Weight: 1.9 lbs
- Item no.: TB401

You can find all our accessories at mousetrapper.com



www.mousetrapper.com