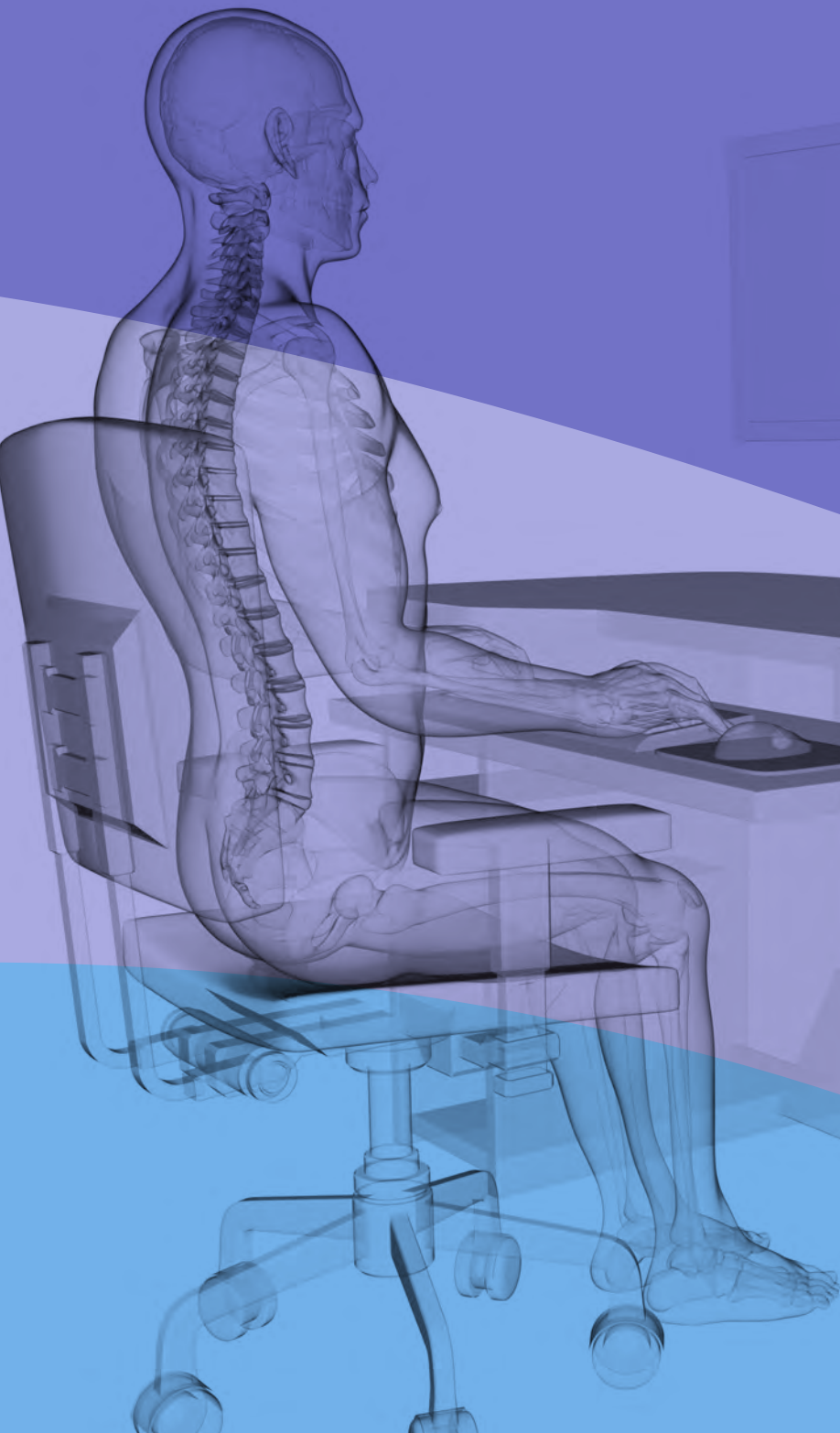


# Ergonomics Brochure



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# DID YOU KNOW?

An estimated **141.4 million working days** were lost because of sickness or injury in the UK in 2018, the equivalent to 4.4 days per worker.

Musculoskeletal problems (including back pain and neck and upper limb problems) is one of the 4 most common reasons for this, which is **19.7% = 27.8 million working days**

A human head weighs a staggering 11 cans of beans. This relative weight increases to around 29 cans when your head is tilted 15 degrees forward. (Think about the time you spend looking at a laptop, phone or incorrectly adjusted monitor height)

- **RSI Costs between £5-£10billion annually**
- **Back Pain costs between £590-£625million annually**
- **RSI causes the loss of 5.4 million working days annually**
- **Back Pain causes the loss of 4.9million working days annually**

As an employer, you must protect your workers from the health risks of working with display screen equipment (DSE), such as PCs, laptops, tablets and smartphones.

The Health and Safety (Display Screen Equipment) Regulations apply to workers who use DSE daily, for an hour or more at a time. We describe these workers as 'DSE users'. The regulations don't apply to workers who use DSE infrequently or only use it for a short time.

## The law applies if users are, for example:

- at a fixed workstation
- mobile workers
- home workers
- hot-desking (workers should carry out a basic risk assessment if they change desks regularly)

## Employers must:

- do a DSE workstation assessment
- reduce risks, including making sure workers take break from DSE work or do something different
- provide an eye test if a worker asks for one
- provide training and information for workers

Incorrect use of DSE or poorly designed workstations or work environments can lead to pain in necks, shoulders, backs, arms, wrists and hands as well as fatigue and eye strain. The causes may not always be obvious.

If workers use display screen equipment (DSE) daily, as part of their normal work, continuously for an hour or more, employers must do a workstation assessment.

Employers should look at:

- the whole workstation, including equipment, furniture, and work conditions
- the job being done
- any special requirements of a member of staff, for example a user with a disability

Where there are risks, they should take steps to reduce them.

Employers must also do an assessment when:

- a new workstation is set up
- a new user starts work
- a change is made to an existing workstation or the way it's used
- users complain of pain or discomfort

# ASSESSMENT SERVICES

## Choosing the right DSE Assessment

### WHAT IS A DSE ASSESSMENT?

A DSE assessor will undertake a display screen equipment assessment (DSE) and depending on the assessment will depending on the level of support given to an individual. The assessor will identify any areas that are not compliant with regulations, they can perform current equipment adjustments for the individual, suggest improvements, provide a full written report and, if necessary or required by you, provide product recommendations.

We provide a selection of different assessments for a variety of environments and can offer a wide level of involvement. We will explore the differences below.

Our team comprises of professionals with a wealth of expertise and experience, including: DSA Accessors, Ergonomists, Physiotherapists, Occupational Therapists and Health and Safety consultants to keep abreast of the latest developments and advances in office furniture design.

We can deal with most cases no matter how complex they are. If none of our general assessments seem to be sufficient, or do not fit your requirements, then simply get in touch to discuss a bespoke package for your company.

### ASSESSMENT 1 – TELEPHONE & ASSESSMENT FORM

If you simply need basic telephone advice or need to choose the correct chair, a member of our dedicated support team will be on hand to help. All you need to do is fill in an assessment form with the required information and we will be able to provide a reasonable suggestion, if possible.

### ASSESSMENT 2 – REACTIVE DSE ASSESSMENT

This assessment will focus on an individual who has ongoing musculoskeletal issues or an increased risk at the workstation. This assessment will consist of a site visit, where the assessor will look at musculoskeletal issues, workstation observations, user anthropometrics, workstation measurements and observe behaviours. The assessor can suggest changes to current equipment during the assessment, give helpful hints and also give up to date advice on working habits.

### ASSESSMENT 3 – MULTIPLE DAY ASSESSMENTS

Should you require multiple assessments to be performed for new starters or a team of employees, who do not suffer from any diagnosed musculoskeletal issues, We are at hand to facilitate this. This type of assessment facilitates a site visit by a member of our qualified team, dedicated time to look at individual's workstation setup, posture and breaks along with advice on reducing risks associated to bad habits, lack of knowledge and equipment layout.

### ASSESSMENT 4 – MEDICAL PROFESSIONAL OR ERGONOMIST

As per assessment 2 plus the assessment will also investigate office behaviours, provide advice on alternative working principles and ways of working by a qualified professional in this area.

# SIT-STAND WORKING

## Why buy a sit-stand desk?

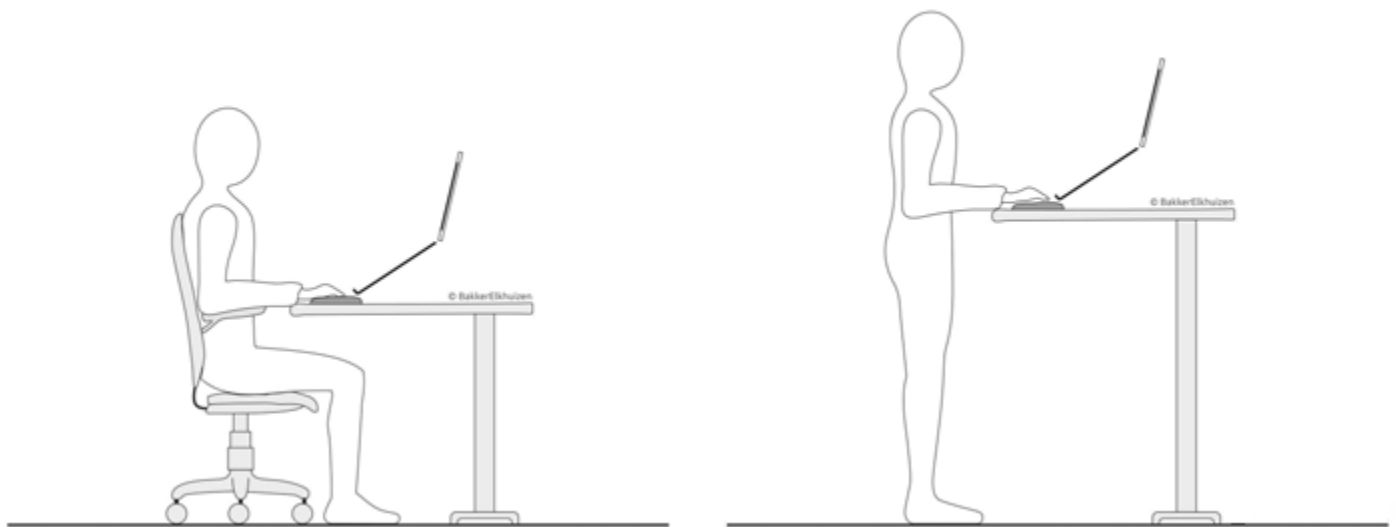
We spend on average 9-11 hours per day sitting and more than 60% of this is spent sitting at work. Prolonged periods of sitting have been linked to an increased risk of a number of conditions, including weight gain and cardiovascular disease and a number of ailments involving the muscles and joints of the spine. These are largely related to the inactivity inherent in sitting positions. Note: evidence suggests that exercise outside of work (gym/sports etc), despite their obvious benefits, do not adequately compensate for prolonged seated postures at work.

Sit-stand desks can be a healthy and beneficial aid to mitigate some of these risks, allowing a change in posture, increased muscle activity and therefore calorie usage and overall well being associated with improved blood flow.

Alternating between sitting and standing during work offers you a greater variety of work positions throughout the day. This results in less discomfort for the back, neck and shoulders compared to only doing sitting work at a regular table. (Choi, 2010; Konijn et al., 2008; Hedge & Ray, 2004; Karlqvist, 1998).

## The effect

The effect of alternating between standing and sitting is a higher, lengthier concentration level (Ebara, et al., 2008). Actual performance when working at a computer is also improved by a sit-stand desk (Garrett et al., 2016; Choi, 2010; Hedge & Ray, 2004).



# HEALTH BENEFITS OF A SIT-STAND DESK

Below are five benefits of working at a sit-stand desk.

## 1. More flexibility and movement range

When you are standing up, your body is in constant movement because all of it is involved, from the feet to the back, neck and shoulders. By working in a standing position, you reduce the chances of physical problems like headaches and back and neck pain in the short as well as the long term. But standing up during the entire workday is not the solution either. This is about properly alternating between sitting and standing work. A standing desk stimulates you in the process.



## 2. Fitness is improved

The fitness of the user considerably improves with a standing desk. We are talking about physical as well as mental fitness. Because the user of the standing desk is stimulated to move more, the body is now in motion more than it used to.

## 3. Performance improves

Working while standing up helps your blood circulate more efficiently, so your brain takes more oxygen in. This raises your concentration capacities, improving your creativity. As a positive effect, your problem-solving abilities improve, and you can perform better.

## 4. Lower the chances of overweight

As mentioned in the previous benefits, standing work demands more of your body than sitting work. When you alternate between sitting and standing work, you burn more calories than when you only work sitting down. It also helps break down sugars and fats, so you lower your chances of overweight. If you are interested in moving more behind your sit-stand desk, it is best to do it in combination with our WORK & MOVE software. This software will coach you actively and give you tips and advice.

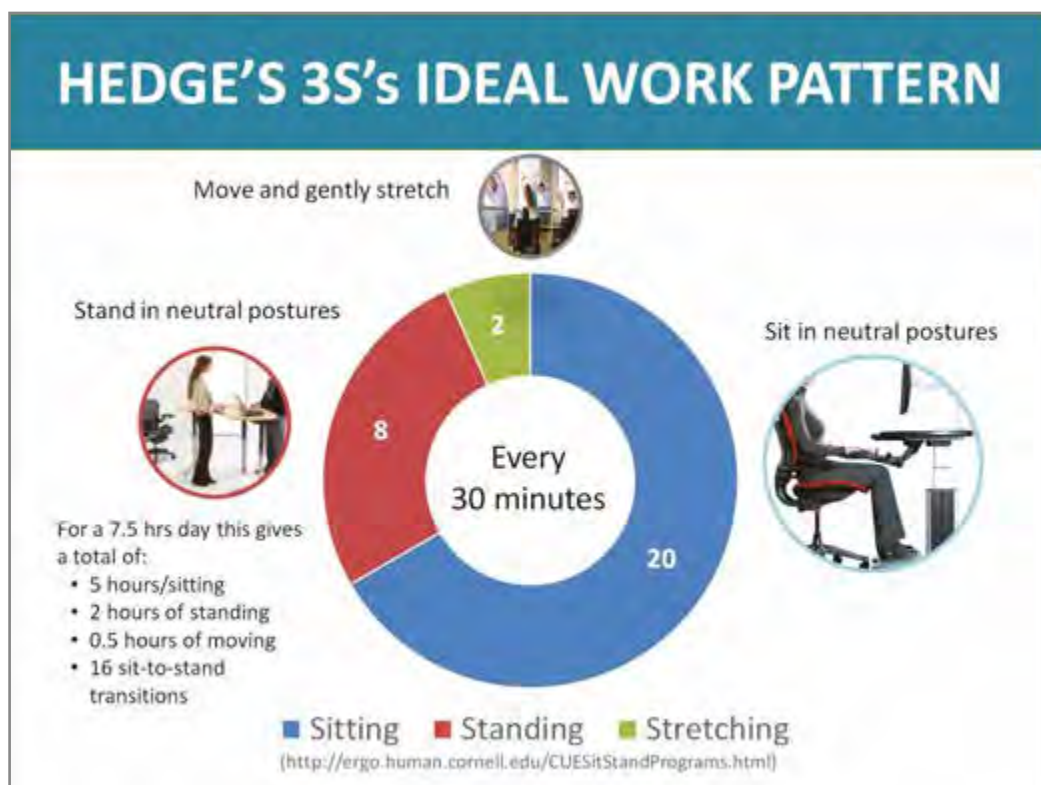
## 5. Lower sickness absenteeism

In addition to the fact that a sit-stand desk improves workers' health, chances of more serious cardiovascular conditions are reduced. This translates directly into lower sickness absenteeism at the workplace because workers are fitter – plain and simple.

## How much to stand

Evidenced based guidelines recommend standing for around 2 hours per day, based on an 8 hour day in the following cycle: 20 minutes sitting; 8 minutes standing and 2 minutes moving every 30 minutes.

These aren't absolute values and moving might incorporate work related tasks such as visiting the printer or taking a hands free telephone call whilst walking around the office but generally over 8 hours (excluding a 30 minute lunch break), there should be 5 hours of sitting, 2 hours of standing and 30 minutes of moving.



Product options for sit-stand solutions see pages 46-51

# TYPING & KEYBOARDS

## Positioning of keyboard

To help you position your keyboard, consider where your hands naturally rest when your keyboard is not on the desk. Your back should be fully supported by the chair. Wherever your left and right index fingers are positioned, this is where the F and the J keys of the keyboard should sit respectively.

You should be sitting at the correct height relative to the desk so that your wrists are straight when your forearms are parallel to the ground. Avoid resting your wrists on the desk when you are actually typing as this will cause you to angle the wrist awkwardly; instead try to float over the keys, as if you are playing the piano.

Touch-typists have less issues than non-touch typist. This is because they exercise better technique with lighter key strokes, minimal pressure from resting on the wrist and, most significantly, they use all of their fingers so that the load is evenly spread. If you are so inclined, there are meaningful benefits to be gained from learning to touch type.

## Choosing the right keyboard

The choice of the keyboard is therefore very important. Most keyboards that we see in offices are the so-called full-sized keyboards; keyboards with a fixed numeric part (the part with numbers on the right side of the keyboard). But only 10% of computer users use this numeric part on the keyboard. By omitting the numeric part and thus making the keyboard more compact, the posture of the computer user improves. The numeric part is still there, but is integrated with other keys.

## Advantages of a compact keyboard

- Because the keyboard is narrower, the mouse is closer to the keyboard. This ensures fewer reach movements. This creates a better load on the shoulder, arm, wrist and hand.
- This leads to fewer physical inconveniences.
- Allowing you to work more comfortably due to less physical discomfort.
- Another advantage is that a compact keyboard is easier to take to another flexible workplace.

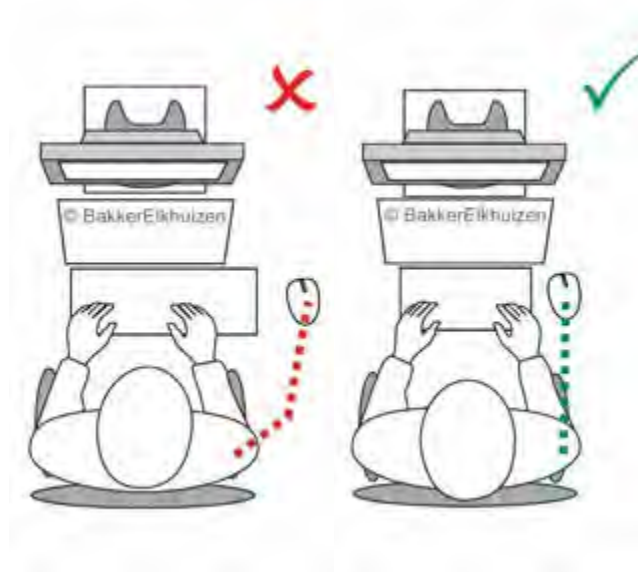
**The following illustration clear shows how a standard full-sized keyboard differs from a compact keyboard**

1. The numeric section
2. The cursor
3. The editing section

Fullsize keyboard



Compact keyboard



**Product options for keyboard see pages 83-86**

# MOUSE TIPS

Your mouse (or other input device) should normally be positioned next to your keyboard, within easy reach to avoid overstretching. If you have adjustable chair armrests try supporting your arm on the armrest (level with the desk surface) to offer additional upper limb support when using the mouse. Try not to pivot solely at the wrist when operating the mouse, instead moving the mouse with a combination of wrist and arm movements. You could also consider learning to use your mouse with your non-dominant hand which would then help you to switch the mouse between your left and right hand when preferred.

## Choosing the correct mouse

The most commonly used accessory when working with a computer or laptop is still the mouse. Because the choice of mouse can vary from person to person, you should take your time when choosing the right mouse. Working with the computer consists of tapping, clicking or watching. As a rule, most of the time goes to the click or mouse use. During our computer time, we use more than 53 per cent use of the mouse. That is considerably more than the time spent with the keyboard. Choosing a good mouse is therefore very important.

**Product options for mice see pages 77-83**

# AGILE WORKING

Agile working represents a recent shift in how businesses are structuring themselves and how they are expecting their employees to perform. This evolution is fuelled by business needs and shifting societal attitudes and is facilitated by advances in technology.

An important change accompanying the move towards flexible working, is that employees are taking on more responsibility. Employees are increasingly determining where and when they want to work. In other words, you have a deadline but it's up to you to determine how you schedule your time.

The focus is no longer on a fixed place of work, such as a designated desk in a designated office, Agile working places the emphasis on the work that needs to be done, irrespective of where the employee might now be working. To facilitate this step change in working practices, we have produced our agile working kits. This will enable the user to be ergonomically setup regardless of their working location.



**Product options for agile working solutions see pages 68-71**



# LAPTOPS

Laptops were never designed for prolonged, sustained or permanent use at a DSE workstation. The fact that the screen cannot be separated from the keyboard will invariably result in the screen being too low. This due to the user positioning the keyboard at a location on the work surface that is comfortable for the arms. This leads to the adoption of the harmful 'laptop posture'.

As the drawings above show, it's not surprising that prolonged laptop use leads to more fatigue and discomfort in the neck and shoulder region. Several studies show an increased strain on the upper back, neck and shoulders as a result of laptop use. Laptop users also move their heads less frequently than desktop computer users (Lindblad, 2002). A safe working position is achieved only once the screen is raised.

As a general rule, the laptop is unsuited for working for more than a few hours a day. Working for longer periods on a laptop may result in an uncomfortable working position with pain and discomfort at the end of a workday. Prolonged laptop use may also lead to lower rate of productivity.

In order to address this, when using a laptop for any significant period of time, it should be 'docked'. That is, connected to a separate screen and utilising a separate mouse and keyboard. Alternatively, the laptop can be placed on a laptop stand and the laptop screen used as the display screen. A separate mouse and keyboard will still necessarily be required.



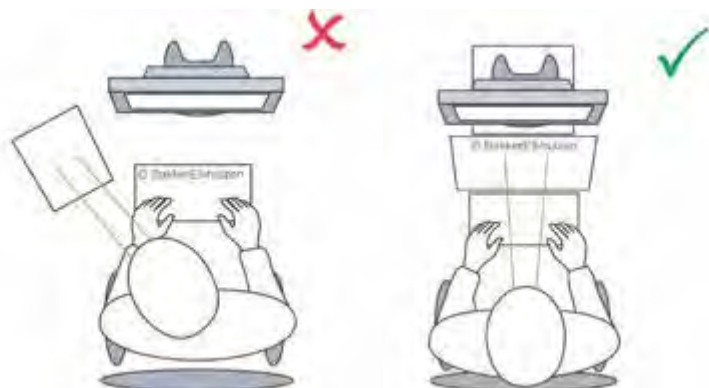
**Product options for laptop solutions  
see pages 66-71**

# WRITING SLOPES/DOCUMENT HOLDERS

A writing slope allows you to raise and position paperwork to a more ergonomic viewing angle and reduces the viewing distance. This will help you maintain an upright, balanced posture which will negate the necessity to be leaning forward and maintain a healthy proximal reach range. This helps reduce strain on your lower back, neck and eyes.

Using a writing slope, positioned between the keyboard and monitor, will centralise the working posture and avoid twisting from side to side when viewing documents.

**Product options for writing slopes/document holders see pages 89-91**



# FOOTRESTS

Footrests are designed and created to provide support for your feet and legs and to relieve aches and pains in the knees, legs and ankles. Footrests also provide a more ergonomic posture by encouraging users to be sat at the correct height when sat on their chair. With a range including economic footrests, high footrests and footrests which rock to stimulate ankle movement and blood flow, we have a model to suit all users.

We Advise a footrest which is at least 45cm wide and 35cm deep. Its adjustable range should be at least 11cm as measured from the floor surface. The slope of the support surface must be adjustable from 5 to at least 15 degrees.

**Product options for footrests see pages 74-75**



# ANTI-FATIGUE MATS

Anti-fatigue mats help to reduce fatigue caused by standing for prolonged periods on a hard floor surface, which can cause pain and discomfort in the lower legs, feet, back, muscles, joints and tendons, as well as a reduction in concentration and therefore productivity.

By using an anti-fatigue mat it can alleviate these issues and encourages subtle movement to help prevent fatigue throughout the day.

Ideal for use with a sit-stand desk/workstation.

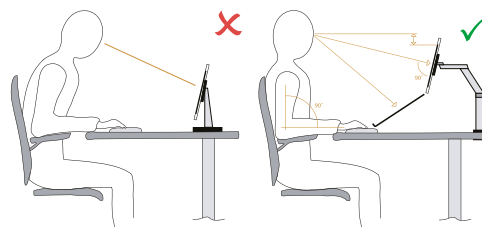
**Product options for anti-fatigue mats see page 57**



# 16 tips for healthy and efficient working

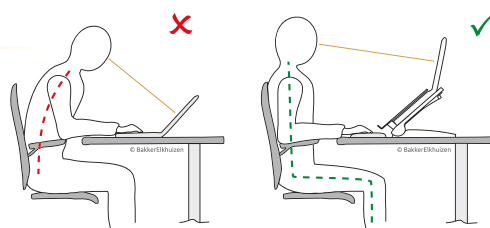
## Good seating position

- 1 Chair height: feet flat on the ground with your knees at an angle 90-110°.  
*🔧 If necessary, use a footrest if you are unable to adjust the height of your desk yourself.*
- 2 Desk height: at elbow height so that you sit in a relaxed position.
- 3 Armrest height: just below desk height so that you can move close enough to the desk to work comfortably.
- 4 Tilt the backrest of your chair back a little for good support. The backrest should be set at an angle of between 90° and 120°.
- 5 Screen height: top of the screen a little below eye height.  
*🔧 Use a monitor support or flat screen arm if necessary.*
- 6 Distance to screen: at least arm's length.  
*🔧 Use an external monitor of at least 19 inches, and an external keyboard and mouse.*



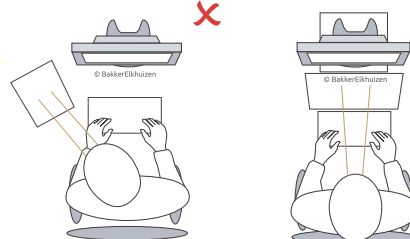
## Healthy laptop use

- 7 Avoid using a laptop for long periods of time (>2 hours a day) without measures to improve comfort.  
*🔧 Use a laptop holder or additional screen with an external keyboard to reduce the strain on your neck and increase your comfort.*



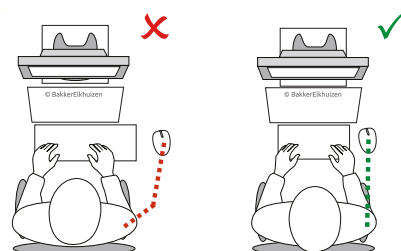
## Work 'in-line'

- 8 Place documents, tablet or smartphone in line with the screen at a slight incline in order to facilitate reading without having to angle or arch your neck.  
*🔧 Use an in-line document holder.*



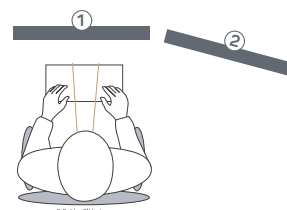
## Mouse in line with the shoulder

- 9 Avoid having to reach for the mouse; use a compact keyboard, with a separate number pad that can also be positioned on the left if necessary.  
*🔧 Increase productivity by also using a separate compact keyboard when working on a laptop or tablet.*
- 10 For extra comfort, use a large heat-insulating mouse mat. The mouse cursor moves smoothly across the screen on any table and the mouse hand stays warm.



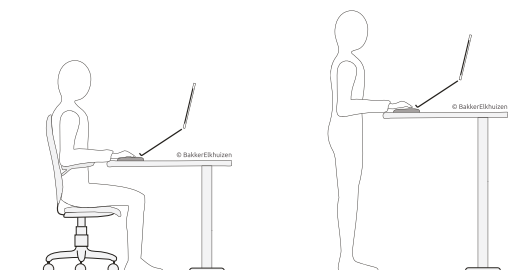
## Multiple monitors

- 11 Work with two monitors if you regularly work with multiple applications at the same time. Place the screen you use most straight in front of you. If you often have to compare data from several applications, then place both screens in front of you.



## Let's WORK & MOVE

- 12 Use a chair with a tilting mechanism.  
*🔧 Small tilting movements keep you fit.*
- 13 Alternate between standing and sitting.  
*🔧 Use a sit-stand desk.*
- 14 Leave your workstation regularly and take a short walk. This increases your concentration and mental agility.  
*🔧 Talk a walk of at least 3 minutes every hour.*
- 15 Choose a workstation that suits your activities.  
*🔧 From a meeting to brainstorming, from focused work to teamwork.*
- 16 Give your brain an opportunity to exercise and relax.  
*🔧 Regular pit stops increase your energy levels, concentration & performance.*



# SEATING ASSESSMENT FORM

Date: .....

Contact Name .....

Contact Number .....

Fax Number .....

Email Address .....

Client Name .....

Address .....

.....

.....

Please provide a description of any musculoskeletal disorder and any previous injuries to your spine.  
Please comment on any back pain experienced while seated and what makes that pain better or worse?

.....

.....

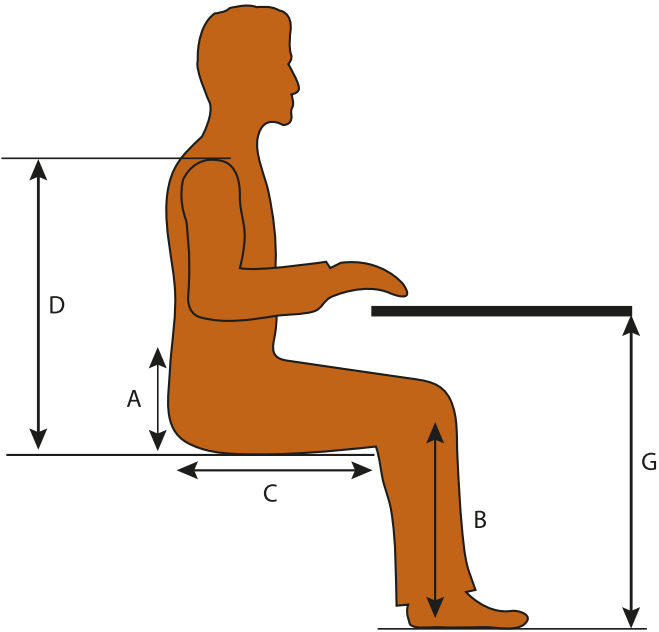
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Dimensions

Weight (stones/kilos)

Height (feet and inches)

A. Height of lumbar above seat		Would you like arms on the chair?	Yes / No
B. Back of Knee joint to floor		Desk shape: rectangle (R), corner (C) or wave (w)	R / C / W
C. Back of buttock to back of knee		Floor Type: Wood, Carpet, Concrete, Etc	
D. Seat surface to shoulder			
E. Hip to hip			
F. Shoulder width			
G. Desk height			

## ADAPT 500 RANGE

Features a tilt mechanism, independent back angle adjustment, inflatable lumbar support and memory foam seat pad.

Model	Adapt 511	Adapt 512	Adapt 521	Adapt 522	Adapt 531	Adapt 532
Price of chair without arms	<b>£360.00</b>	<b>£370.00</b>	<b>£380.00</b>	<b>£375.00</b>	<b>£380.00</b>	<b>£385.00</b>
Seat depth (mm)	440-500	470-530	440-500	470-530	440-500	470-530
Seat width (mm)	480	510	480	510	480	510
Back Height (above seat to top) (mm)	420-500	420-500	520-600	520-600	560-640	560-640
Back width (mm)	420	420	460	460	465	465

## ADAPT 600 RANGE

Features a knee tilt mechanism, side tension control, independent back angle adjustment, inflatable lumbar support and memory foam seat pad.

Model	Adapt 610	Adapt 620	Adapt 630	Adapt 640	Adapt 650	Adapt 660	Adapt 680
Price of chair without arms	<b>£590.00</b>	<b>£595.00</b>	<b>£605.00</b>	<b>£605.00</b>	<b>£620.00</b>	<b>£630.00</b>	<b>£685.00</b>
Seat depth (mm)	440-500	440-500	440-500	470-530	470-530	470-530	580-640
Seat width (mm)	480	480	480	510	510	510	600
Back Height (above seat to top) (mm)	350-410	480-540	560-620	350-410	480-540	560-620	610-670
Back width (mm)	460	460	460	460	460	460	510

Adapt 500 Range



Adapt 600 Range



Adapt 700 Chair



MLOCK





## Adapt 700 Chair

Pelvic Tilt, Asynchronous Mechanism. **Tested to 40 Stone**

Adapt 700 Chair		Cost
Price of chair without arms		<b>£895.00</b>
	Min	Max
Seat Depth (mm)*		570
Seat Width (mm)		620
Back Height (mm)**	600	660
Back Width (mm)		560

\* Max Seat depth is 570 mm. No seat slide fitted if seat is bigger than 520 mm deep.

\*\* Back height can be cut down to 450mm minimum - Additional charge of £25.00 applies.

## ADAPT CHAIR OPTIONS

### Seat Options

<b>ECSS</b>	Ergo Core Seat System	<b>£62.00</b>
<b>SPL</b>	Split seat	<b>£175.00</b>
<b>CZ</b>	Coccyx zone	<b>£31.00</b>
<b>CC</b>	Coccyx cut out	<b>£39.00</b>
<b>TS</b>	Inflatable thigh support	<b>£36.00</b>
<b>EMFS</b>	Extra memory foam on seat	<b>£32.00</b>
<b>EXSEAT</b>	XL seat 510 w x 500d	<b>£24.00</b>
<b>EXXSEAT</b>	XXL seat 610w x 610d	<b>£32.00</b>
<b>REDW</b>	Reduced seat width (min 410)	<b>£27.00</b>

### Reduced Seat Depth

<b>REDD Adapt 500</b> (min 410)	<b>£27.00</b>
<b>REDD Adapt 600</b> (min 340)	<b>£27.00</b>
<b>REDD Adapt 700</b> (min 420)	<b>£27.00</b>

### Back Options

<b>3LUM</b>	Reactive lumbar support	<b>£43.00</b>
<b>THO</b>	Thoracic support	<b>£30.00</b>
<b>VSL/VSR</b>	Vertical support - L, R or Both (each)	<b>£27.00</b>
<b>MFB</b>	Memory foam back	<b>£37.00</b>
<b>REDB</b>	Reduced back width (min 410)	<b>£27.00</b>
<b>ELBB</b>	Extra long back bar 75mm longer	<b>£39.00</b>
<b>SSS</b>	Sacral Support Cell	<b>£27.00</b>

### Arm Options

<b>HAA</b>	Height Adjustable Arms	<b>£95.00</b>
<b>MSA</b>	Mobile arm support (pair)	<b>£170.00</b>
<b>RET</b>	Retractable height-adjustable	<b>£99.00</b>
<b>4D</b>	4D adjustable	<b>£99.00</b>
<b>GEL</b>	Gel pad	<b>£44.00</b>
<b>RA</b>	Rotating arms (backwards)	<b>£99.00</b>

### Head Supports

<b>HR</b>	Head rest	<b>£99.00</b>
<b>NR</b>	Neck roll	<b>£99.00</b>
<b>NC</b>	Neck curve	<b>£105.00</b>
<b>VREST</b>	V-Rest	<b>£115.00</b>

### Massage System

<b>ADAMS</b>	6 points positioned anywhere	<b>£340.00</b>
<b>ADAHP</b>	Heat Pads 3 points positioned anywhere	<b>£240.00</b>

### Bases

<b>CHR</b>	Polished Aluminium base	<b>£44.00</b>
<b>BLC</b>	Brake loaded castors (set of 5)	<b>£25.00</b>
<b>BUC</b>	Brake unloaded castors (set of 5)	<b>£25.00</b>
<b>LOC</b>	Lockable castors (set of 5)	<b>£19.00</b>
<b>SWC</b>	Soft wheel castors (set of 5)	<b>£20.00</b>
<b>TGL</b>	Tower glides (set of 5)	<b>n/a</b>

### Foot Ring

<b>F/RING</b>	Standard foot ring	<b>£42.00</b>
<b>FTP</b>	Foot ring – 50% footplate	<b>£145.00</b>
<b>MLOCK</b>	Pneumatic Movement Lock	<b>£395.00</b>
<b>SWL</b>	Swivel Lock	<b>£96.00</b>

### Gas Lifts    Seat Height Range

1	430 – 540	<b>£22.00</b>
2	480 – 630	<b>standard</b>
3	630 – 820	<b>£27.00</b>

## ADAPTLIFT

New from Ergochair comes AdaptLift®. AdaptLift has been designed specifically for people who need some extra help either with adjusting the height of their office chair or getting in and out of it.

Electronically powered using a high-performance, rechargeable battery system, AdaptLift is easy to operate and provides the perfect rise and tilt function.

AdaptLift also includes a built-in movement lock braking system as standard, to hold your Adapt chair still when transferring in and out.

Available exclusively as part of the Adapt 600 range, AdaptLift comes as a complete chair with your choice of backrest and a custom-made seat to your dimensions.

The full range of optional Adaptations, including armrests, neck supports, integrated air-cell supports please use the adapt options pricelist on page 6.

### **ADALIFT £3495.00**

Seat Height Range: 510 mm – 900 mm (approx.)  
Seat Tilt Degree Range: 4 degree recline/negative tilt – 20 degree positive/forward tilt

AdaptLift has been tested to comply with BS5459: Part2: 2000 to a max. weight limit of 150kg.

## LEG RESTS

### **LSS1 £140.00**

Single Leg Rest 480 x 270 mm  
Height adjustable  
Full 360 degrees rotation  
Tiltable mechanism  
Can be upholstered in cloth or wipeable PVC

### **LSS2 £160.00**

Double Leg Rest 480 x 500 mm

### **LSS3 £205.00**

Articulated Single Leg Rest  
660 x 270 mm  
The bend starts at 24cms from the back

### **LSS4 £250.00**

Articulated Double Leg Rest  
660 x 500 mm  
The bend starts at 24cms from the back

### **LSS5 £275.00**

Double split articulated leg rest  
480 x 500 mm



LSS1



LSS2



LSS3



LSS4

AdaptLift®

## ORANGEBOX SEATING FLO CHAIRS

Forward tilting free floating seat mechanism with independent back angle adjust  
Inbuilt coccyx relief  
Inflatable Thoracic support  
Inflatable Lumbar support

Seat height	460-620mm
Effective seat depth	400-500mm
High backrest height	585-685mm
Mid backrest height	535-635mm
Backrest width (widest)	485mm
Armrest height from seat	160-260mm
Armrest width	410-510mm

**FLO2 Medium Back £792.00**

**FLO3 High Back £821.00**

Options:

**FLOA 4D adjustable arms £104.00 per pair**

**FLOFR Footring with extended gas stem £95.00**

**FLOFP Footplate and counter-height gas lift £140.00**

**CSFW comfort seat foam wrap £43.00**

**FLOCC Complete coccyx cut out £65.00**

**FLOGF Glides £16.00**

**FLOBLC Brake loaded castors £29.00**

**FLOHR Headrest on Mid and High back only £53.00**



## SPIRA PLUS

Mechanism Tension range: 8 stone to 23.5 stone  
Synchronous action up to 20 degrees of recline,  
5 degree forward tilt, independent back angle  
adjustment of forward/backwards of 3 degrees.  
Adjustable lumbar and pelvic air support.

Seat Depth	420-470mm
Seat Width	460mm
Back width	490mm (at the widest point)
Seat height	465-635mm

**SPMB Spira Plus Mid Back £561.00**

Back Height 475-545mm

**SPHB Spira Plus High Back £581.00**

Back Height 595-665mm

Options:

**SPHR Adjustable headrest £42.00**

**SPSS Short Seat, Depth 350-400mm £17.00**

**SPAA Adjustable arm supports £72.00**

**SPCC Coccyx Cutout £68.00**

**SPCH Counter High Gas Stem £17.00**

**SPCHF Counter High Gas Stem & Footring £99.00**

**SPBL Brake Loaded 65mm Castors £29.00**

**SPLGS Low Gas Stem 405-510mm £0.00**



**Please see our  
website for other  
Orangebox products.**

## ORANGEBOX SEATING BEING ME

Being Me can be precisely tailored to help meet the needs of anyone with specific seating requirements or for those people who spend more of their time at a dedicated workstation.

With mobile technology & shared workspaces becoming increasingly common, the need for simple, adaptable seating is more important than ever. All too often though, chairs with overly complex adjustments & confusing controls mean we rarely get the best support possible.

The intelligent weight balancing mechanism at heart of the Being chair ensures its quickly & simply adapted to suit a wide range of body types. The integrated adjustments for the back, seat and arms are easy to find and intuitive to use. All of this comes in a chair that doesn't compromise on aesthetics or quality, with a soft and tactile design that looks great and is built to last.

BEING comes with the following features as standard:  
Synchronous mechanism with 'quick adjust' side tension control (6 adjustments from max to min tension)  
Independent seat tilt upto 5 degrees forward  
Back angle adjustment of 15 degrees  
Inflatable lumbar support  
4D adjustable armrests  
Seat depth adjustment 420mm to 490mm  
Seat width 470mm  
Back height 560-630mm  
Back width 430mm  
Seat height 410-540mm

**BEING-HB Being chair £417.00**

**BEING-HBA Being armchair £521.00**

**BEING-HBH Being chair with headrest £455.00**

**BEING-HBHA Being armchair with headrest £559.00**

Options:

**BEING-WAA Width adjustable arm brackets £31.00**

**BEING-MFS Memory foam seat £49.00**

**BEING-CC Coccyx cutout £70.00**

**BEING-SS Small seat cushion £17.00**  
455x430mm (DxW)





## DO CHAIR

The DO chair has a synchronous weight balancing mechanism, non-locking to encourage movement throughout the day. Seat slide and a lumbar pad.

Available in different colour configurations on the mesh and frame.

**DO Standard Chair £392.00**

**DOA Adjustable Arms £75.00**

**DOMA Mutli Adjustable Arms £137.00**

**DOHR Headrest £56.00**

**DOTL Travel limiter with back lock £26.00**



## EVA CHAIR

The EVA chair has a synchronous weight balancing mechanism, non-locking to encourage movement throughout the day. Seat slide and a lumbar pad.

Available in different colour configurations on the mesh and frame.

**EVA Standard Chair £487.00**

**EVAA Adjustable Arms £120.00**

**EDAAL Adjustable Lumbar Support £41.00**

**EVATL Travel limiter with back lock £31.00**





## RH CHAIRS

Features include a high backrest with extra padding to provide support between the shoulders and a pronounced curve of the back for optimum sitting comfort and strain relief. The backrest narrows towards the top to allow greater freedom of movement for the arms. The chair is supplied as standard with a base in graphite aluminium with matching infills and castors for carpeted floors. Options include a neckrest, armrests and different castors.

### 3340 RH Logic 300 Standard **£781.00**

RH300	Backrest	440 x 510 mm (w x h)
	Sliding seat (60 mm)	465 x 475 mm (w x d)
	Seat height	Approx. 410 - 530 mm

### 3550 RH Logic 400 Standard **£895.00**

RH400	Backrest	440 x 620 mm (w x h)
	Sliding seat (60mm)	465 x 475 mm (w x d)
	Seat height	Approx. 410 - 530 mm



83001 8S

Optional  
adjustable  
neckrest

RH3550



Coccyx Seat

RH3340



87000 8E

## Options

### RH300L Adjustable Lumbar support **£42.00**

### RH400L Adjustable Lumbar support No extra cost supplied as standard

### 87000 8E Class A Armrest **£103.00 per pair**

Adjustable in height, depth and width. Armrest height above seat 200-280 mm.

### 8300100 8S Class A Armrest **£99.00 per pair**

Adjustable in height and width. Rotating. Armrest height above seat 200-280 mm.

### RH300/400NR Neck rest **£61.00**

### 4B Gas Stem For seat height approx. 480-610 mm No extra charge

### SXL Larger Seat **£55.00**

485 mm x 515 mm (w x d). Seat slide 60 mm

### S15 Coccyx cutout in seat **£59.00**

### S7 Memory foam on seat **£131.00**

## RH NEW LOGIC 200 & 220

The way we work depends on who we are, what we do and when we do it. But one thing that unites us is the need for well-being during long hours by the desk.

The new and improved RH Logic is a natural choice for lasting individual comfort.

The New Logic provides complete support in any working position and ensures that your body receives the variation and support it requires, enabling you to always sit correctly and breathe properly.

Available in two back heights and designed to allow movement for arms and shoulder.

The back has been designed with a soft curve back shape for comfort and to keep the back in upright and supported in any position.

Standard features:

Adjustable lumbar support, separately adjustable backrest angle provides support in any position, rounded front and waterfall edges reduce pressure on tight, adjustable seat depth improves blood circulation and leg support, frictionless tilt mechanism follows your every movement, lockable in any position, castors for carpeted floors.

Seat Depth 475mm (400-490mm with seat slide)

Seat Width 470mm

Back height adjustment of 100mm

Logic 200 Back Height 540mm

Logic 220 Back Height 630mm



9112

### Options

Height and depth adjustable neckrest

Adjustable armrests, height, depth, width and twistable pads

XL seat size 500x490mm (W x D) (420-510mm with seat slide)

Castors for hard floor

Manual lockable castors

**9112 RH New Logic 200 Chair £859.00**

**9212 RH New Logic 220 Chair £895.00**

**RH8L Adjustable Armrests £98.00**

**740500 Adjustable Neckrest £61.00**

**750235 XL Seat £55.00**

**905013 Upholstered back shell £90.00**

**125177 Castors for hard floor £0.00**

**1050003 Manual lockable castors £25.00**

**Please see our  
website for other  
RH products.**



9212

# BMA AXIA CHAIRS

Axia chairs offer optimal support for back, neck, pelvis as well as arms and shoulders to prevent pain caused by prolonged sitting or sitting in a bad posture. It is important that the chair is properly adjusted to ensure that the spine is supported. Whether it comes to height or seat depth adjustment, seat or backrest angle – the adjustment of the Axia range is simple and intuitive.

Thanks to the unique seat, the Axia naturally moves together with the user as they lean forward or backward. Since the front part of the seat is fixed, only the rear section of the chair moves together with the user. The result: optimal and comfortable support when seated passively, but with the proper activation of back and stomach muscles when sitting actively. Because the front of the chair does not rise when sitting dynamically, your sitting height remains at a responsible level, your feet retain contact with the floor and no extra pressure is exerted on your thighs.

Axia chairs have control levers on both sides so it can be operated by both left and right-handed users.  
Seat height 40-55cms  
For weights upto 26.75stone/170kgs

Axia Model	2.1	2.2	2.3	2.4
Chair no arms	£652.00	£722.00	£784.00	£819.00
Seat Depth (cms)	38-48	38-48	38-48	38-48
Seat Width (cms)	48	48	49	49
Back Height (cms)	39	47	47	54
Back Width (cms)	45	45	45	46
Back Thickness (cms)	7	7	8	8

- Options
- AXIAHR Adjustable headrest £120.00**  
(Headrest unavailable on Axia 2.1)
  - SP-09 Inflatable lumbar support £95.00**
  - AXIAMA Multifunction Armrests £104.00**
  - AXIAMFB Memory foam layer on back £47.00**
  - AXIAMFS Memory foam layer on Seat £47.00**
  - AXIACC Coccyx Cutout in Seat £87.00**
  - AXIALS Large Seat 42-52x52cms wide £53.00**
  - AXIAMFSC Memory foam layer & Coccyx Cutout Seat £134.00**



# WILKHAHN AT TASK CHAIR 187

Wilkahn's free-2-move concept powered by Trimension® is a global benchmark in healthy three-dimensional sitting. The AT family with its integrative, coordinated design, variety of models and customisable features is the smart all-rounder among the free-2-move ranges. The seat and back can be tilted sideways from the horizontal by up to 12°. At the same time, the counter pressure adjusts automatically to any posture or movement so that the body always maintains its centre of gravity.

The patented Trimension® kinematics encourages natural and fluid motion in all directions. The three-dimensional stimulation of the joints, spine and muscles prevents backache and joint problems, boosts well-being and powers of concentration.

In digitalised offices, attractive design and encouraging more physical activity play a key role. An exceptional environment helps to attract and retain sought-after employees. The positive effects of Trimension® on health, well-being and mental agility have been borne out by three scientific case studies.

For weights between 45-145kgs  
60mm adjustable lumbar support  
Seat shell in black or white  
Seat width 515mm  
Seat depth 430 with seat slide 390-450mm  
seat height 400-520mm  
Medium back height 540mm  
High back height 640mm  
High back with headrest height 750mm

**187/7 Medium Back £526.00**

**187/8 High Back £611.00**

**187/9 high backrest with headrest £802.00**

Options

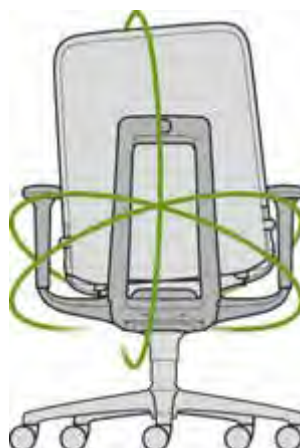
**187/FT 5-degree forward tilt adjustment £21.00**

**187/1D Height adjustable arms £66.00**

**187/3D Height & retracting arms £109.00**

**187/4D Height, retracting, twist arms £132.00**

**187/SP Soft padded arm pad £16.00**





# HOOD SEATING

**Ergonomic mesh task chairs, engineered for ultimate back support and for healthy, dynamic movement.**

## i29

### FEATURES:

Optional Ergonomic neckrest with height & angle adjustment.  
Upper back designed for great thoracic support.  
Aluminium backrest.  
Floating lumbar and pelvic-supporting lower back.  
Three lever controls - seat height, seat slide with infinite lock positions.  
Extendable direct tension control.  
Dual-pivot mechanism.  
Rounded waterfall seat front to encourage pressure distribution.  
4D armrests with soft touch pads.  
Aluminium five-star base.

**i29-801 Mesh Seat, Mesh Back £570.00**

**i29-801 B41 Fabric Seat, Mesh Back £570.00**

**HR-YK Ergonomic Headrest £35.00**



i29

## F94 (101 Series)

### FEATURES:

Optional Ergonomic headrest with height & angle adjustment.  
Ratchet back height adjustment.  
Integrated adjustable lumbar support.  
Soft-touch mesh upholstery.  
3D arms with soft touch pads.  
Three lever controls - seat height, seat slide with infinite lock positions.  
Rounded waterfall seat front to encourage pressure distribution.  
Intuitive synchro mechanism with tension adjustment.  
Seat height adjustment.  
Aluminium five-star base.

**F94-526A Mesh Seat, Mesh Back £380.00**

**HR-YK Ergonomic Headrest £35.00**

## F94 (102 Series)

### FEATURES:

Optional Ergonomic headrest with height & angle adjustment.  
Ratchet back height adjustment.  
Integrated adjustable lumbar support.  
Soft-touch mesh upholstery.  
3D arms with soft touch pads.  
Three lever controls - seat height, seat slide with infinite lock positions.  
Rounded waterfall seat front to encourage pressure distribution.  
Knee-tilt, synchro mechanism with tension adjustment.  
Seat height adjustment.  
Aluminium five-star base.

**F94-502 Mesh Seat, Mesh Back £420.00**

**F94-502 B41 Fabric Seat, Mesh Back £420.00**



F94 101

F94 102

HOOD SEATING CHAIRS COME WITH A 10-YEAR FULL PARTS WARRANTY.



# HOGANASMOBLER CHAIRS

Hoganasmobler specialises strictly in developing and making office chairs. We design, test and build them in close collaboration with ergonomists, orthopaedists, physiotherapists and industrial designers.

If it's worth doing, it's worth doing well. That principle is reflected in everything we do. The road from concept to finished chair is a long one. An office chair from Hoganasmobler is always the result of uncompromising ergonomic thinking in every detail.

- Standard Features:
- Available with all standard types of castors; hard floor, easy glide, locking by weight etc.
  - Standard gas height is 40 - 57 cms.
  - Mid-pivotal back rest.
  - Height adjustable back rest, with integral lumbar support.
  - Recline mechanism.
  - Unique independent seat tilt.
  - 6 cms seat slide.
  - Memory Foam Padding on the seat.

361	£773.00
361 Slim	£773.00
362	£816.00
381	£797.00
381 Slim	£797.00
382	£836.00
501	£882.00
502	£924.00
561	£872.00
562	£816.00

- Options:
- HAA 4D Armrests £112.00
  - HHR Height & Angle Adjustable Headrest £113.00

Standard Chair Specifications:		
Model	Seat Size(WxD)	Back Size(WxH)
361/362	43x47 cms	41x46 cms
361 Slim	40x46 cms	38x46 cms
381/382	43x47 cms	41x54 cms
381 Slim	40x47 cms	38x54 cms
501/502	46x49 cms	42x53 cms
561/562	46x49 cms	44x54 cms



# COMFORT SEATING

## Ergohuman Elite

The ingeniously simple single lever control operates the three most frequently used chair functions from a single point of contact (seat height, seat depth and back tilt). Arms are cleverly integrated into the rear of the mechanism to allow closer-to-desk working.

The Ergohuman Elite also boasts 98% recyclability, has Greenguard Gold Certification and meets EN 5459, EN 1335-2:2009 and EN 1335-3:2009.

Available in a choice of mesh, fabric or leather with polished aluminium frame and a choice of bases.

### FEATURES:

Single lever control; Twin pivot control mechanism; Dual spring technology; Seat slide; Enhanced waterfall front seat; Seat pressure reduction insets; Automatic lumbar support; Locking height, angle, width & depth armrest adjustments; Optional headrest with height and angle adjustment; Optional coat-hanger; All parts of the chair are replaceable and kept in stock for longer life-cycle.

**EHPE-LAM Mesh Seat, Mesh Back £625.00**  
**EHPE-HAM Mesh Seat, Back & Headrest £656.00**  
**EHPE-HBMF Fabric Seat, Mesh Back & Headrest £646.00**  
**EHPE-LR Legrest (mesh only) £73.00**

## Ergohuman Luxury

For the ultimate performance chair, the Ergohuman Luxury has all the qualities of the Ergohuman Plus Elite with the added benefit of enhanced aluminium detailing and seat tilt functionality.

**EHPL-LAM Mesh Seat, Mesh Back £787.00**  
**EHPL-HAM Mesh Seat, Back & Headrest £818.00**  
**EHPL-HBMF Fabric Seat, Mesh Back & Headrest £839.00**

## Mirus

The design concept of the Mirus chair offers two styles of multi-directional interactive cranial support which can help to relax tired neck and shoulder muscles. An ingeniously simple single lever control operates the three most frequently used chair functions from a single point of contact (seat height, seat depth and back tilt). Single lever control Twin pivot control mechanism Dual spring technology Seat slide Waterfall front seat Automatic lumbar support Locking height, angle, width and depth armrest adjustments Black frame

**BA-LAM Mesh Seat, Mesh Back £547.00**  
**BA-HAM Mesh Seat, Back & Headrest £567.00**  
**BA-LBMF Fabric Seat, Mesh Back & Headrest £579.00**  
**BA-LR Legrest (mesh only) £73.00**  
**BA-NS Notebook Stand £93.00**



EHPE-LAM



EHPL-HAM



Mirus + Laptop holder  
+ legrest

# GRAHL CHAIRS

The unique split back pads of the 'Duo-Back®' are positioned halfway between the top and bottom of the spine so that when reclined the lower sections of the pads move forward straightening the spine and pelvic girdle.

## **GDB11 Type 11 Duo-Back® £661.00**

Standard Features:

Synchronous multi-lock seat tilt mechanism.

Weight tension adjustment, Seat Slide

Height and width adjustable backrest pads.

Black plastic base

Seat Height 45-58cms

Seat Width 49cms, Seat Depth 40-45cms

Back Height 48-56cms, Back Width 40-45cms

## **GDB12 Type 12 Duo-Back® Chair £725.00**

As Type 11 but with Upholstered outer backrest pads.

Optional Features:

**GDBST Separate seat tilt adjustment £40.00**

**GDBA13 3D Height, depth, width adjustable armrests with Soft PU Tops £166.00**

**GDBNR Height & Depth adjustable Neck Rest £271.00**

**GDBMF Memory Foam seat pad £79.00**

**GDBCC Coccyx Relief Zone £65.00**

**GDBPB Polished Aluminium 5-star base £50.00**

**GDBSC Soft Castors for hard floors No extra charge**

## **GXBDB1 Grahl Xenium Black Edition Duo-Back Chair £762.00**

Height and width adjustable backrest pads.

Upholstered outer back rest pads.

Multi-Lock Synchronous adjustment of seat and back rest.

Weight tension adjustment, Seat Slide

Black plastic base

Seat Height 45-58cms

Seat Width 46cms

Seat Depth 38-49cms

Back Height 54-63cms

## **GXBSB1 Grahl Xenium Black Edition Solid Back Chair £557.00**

As above but with a solid back

Back Height 58-67cms

Back Width 46cms

**GXBST Independent Seat Tilt mechanism £40.00**

**GXBMFS Memory foam seat £49.00**

**GXBNR Height Adjustable Neckrest £218.00**

**GXBCC Coccyx Relief Zone £65.00**

**GXBA13 3D Height, width & depth Adjustable Arms with soft PU Tops £166.00**

**GXBL5 Adjustable lumbar support (solid back only) £37.00**



GDB11



GDB12



GXBSB1



GXBDB1

# HABITUS SEATING

## Habitus Chair Range

The Habitus Range of ergonomic chairs have been designed in 4 sizes and with a host of different options available, because one chair does not suit everyone as people vary in size, shape and requirements.

All Habitus chairs have the following features: Counter Balanced Rocking Mechanism, Seat Slide. Adjustable Lumbar Support, Memory Foam Seat Independent Height and Angle Adjustable Backrest.

Model	H2	H3	H5	H6
Price	<b>£595.00</b>	<b>£605.00</b>	<b>£615.00</b>	<b>£625.00</b>
Seat Width	46cms	46cms	50cms	50cms
Seat Depth	41-47cms	41-47cms	46-52cms	46-52cms
Back Height	53-60cms	62-69cms	53-60cms	62-69cms
Back Width	48cms	48cms	48cms	48cms

### Seat Options

<b>HABBCC</b>	Blind Coccyx Cutout	<b>£30.00</b>
<b>HABCC</b>	Complete Coccyx Cutout	<b>£34.00</b>
<b>HABCRI</b>	Coccyx With Removable Infill	<b>£45.00</b>
<b>HABTS</b>	Inflatable Thigh Support	<b>£34.00</b>
<b>HABSWR</b>	Seat Width Reduction	<b>£30.00</b>
<b>HABSDR</b>	Seat Depth Reduction	<b>£30.00</b>
<b>HABAC</b>	Air Core Seat System	<b>£46.00</b>
<b>HABEMFS</b>	Extra Memory on the Seat	<b>£36.00</b>
<b>HABLS</b>	Long Seat 54-60(d)x51(w)cms	<b>£30.00</b>
<b>HABWS</b>	Wide Seat 45-51(d)x57(w)cms	<b>£30.00</b>

### Back Options

<b>HABMFB</b>	Memory Foam on Back	<b>£38.00</b>
<b>HABTHO</b>	Inflatable Thoracic Support	<b>£33.00</b>
<b>HABVS</b>	Single Inflatable Vertical Support	<b>£24.00</b>
<b>HAB3CL</b>	Triple Cell Lumbar Support	<b>£48.00</b>
<b>HABSAC</b>	Inflatable Sacrum Support	<b>£30.00</b>
<b>HABNR</b>	Adjustable Neckrest	<b>£95.00</b>
<b>HABHR</b>	Adjustable Headrest	<b>£95.00</b>

### Arm Options

<b>HABRET</b>	Retractable Arms	<b>£90.00</b>
<b>HAB4D</b>	4D Arms	<b>£96.00</b>

### Gas Stems Options

<b>HABS</b>	For seat heights 48-63cms(standard)	<b>£0.00</b>
<b>HABXH</b>	For seat heights 60-73cms	<b>£25.00</b>

### Other Options

<b>HABPB</b>	Polished Base	<b>£36.00</b>
<b>HABFR</b>	Footring	<b>£40.00</b>
<b>HABLOC</b>	Brake Loaded Castors	<b>£22.00</b>
<b>HABBUC</b>	Brake Unloaded Castors	<b>£22.00</b>





## AERIS CHAIR RANGE

### MUVS Muvman Stool £315.82

One seat but fits all needs. The Muvman dynamic sitting/standing seat is ideal for work environments. A unique flexible seat and moveable joint in the base allows you to sit in comfort at all times.

Easy height adjustment at the touch of a button.

Seat height 51-84cms Seat surface 34x32cms

Upholstery is available in 4 colours Grey, Black, Blue or Green.

The base plate is available in Grey or Black

### MUVH Muvman Stool £340.00

As above but with a seat height 60-93cms

### MUVIS Muvman Industrial Stool £282.50

Muvman industrial Vinyl Black only

Seat height 51-84cms

### MUVIH Muvman Industrial Stool £306.66

As above but with a seat height 60-93cms

The **Swopper** is not like any conventional seat. Due to the 3D active seat the Swopper encourages you to sit, bounce and move in different positions extending your reach and ensures the best sitting position.

Seat height 45-59cms

Anthracite colour base

Upholstered in Microfibre hardwearing breathable fabric which is easy to clean and has a velvety touch.

### SWSC Standard Swopper £449.16

### SWRC Swopper with castors £465.83

Optional Extras

### SWSS Small Spring 42-57cms £0.00

The **3Dee** uses the same 3D active technology as the swopper. The chair will move with your body supporting your back and giving comfort at all times.

The backrest tension and lumbar support are independently adjustable.

Seat height 42-56cms.

Black aluminium base, black spring, standard castors.

Upholstered as standard in Trevira CS cloth in 3 colours Black, Grey and Coral.

### 3DEE Standard Chair £682.50

Optional Extras

### 3DPL Polished aluminium seat and backrest £90.83

### 3DHS Seat height 45-59cms £0.00

### 3DSC Microfibre cloth £50.00

Available in Red, Grey, Royal Blue and Black

### OYO Oyo Chair £282.50

Use the Oyo chair in the office, boardroom, lounge, library or anywhere that needs style and comfort.

The unique design of the Oyo chair allows you to move rock and bounce.

You can sit forwards, backwards or sideways in comfort everytime.

Double steel tubular chrome frame.

Glass-fibre reinforced plastic with special soft foam and a 3D net structure material.

Available in Grey, Black, Red, Blue and Green.





# HÅG SEATING

## HÅG SOFI CHAIR

The HÅG SOFI is the ultimate task chair. Packed full of smart functionality, its complete user-friendliness makes it ideal for both your own desk, and multi-user working environments. It's easy to adjust and continuously energizes you.

HÅG in Balance®  
(balanced, flowing tilt function backwards and forwards)  
Seat slide  
Adjustable lumbar support  
Adjustable tilting resistance forwards and backwards  
Lockable tilt

Seat depth: 389-442 mm  
Seat height: 396-543 mm  
Seat width: 450 mm

**7200 Medium Back £624.00**  
**7300 High Back £661.00**  
**7500 Mesh High Back £610.00**  
Mesh available in black or grey

**SOFI Communications Chairs**  
As above but Seat height: 400-550 mm

**7202 Medium Back £523.00**  
**7302 High Back £563.00**  
**7502 Mesh High Back £482.00**  
Mesh available in black or grey

Optional Extras  
**SOFIA Adjustable armrests with soft tops £144.00**  
**SOFISBA SlideBack Adjustable armrests with soft tops £178.00**



7200



7300



7500



7202



7302



7502

**Please see our website for other HÅG products.**

# HÅG CREED CHAIR

Model	6002	6003	6004	6005	6006	6056
Price of chair without arms	<b>£526.00</b>	<b>£592.00</b>	<b>£643.00</b>	<b>£634.00</b>	<b>£678.00</b>	<b>£748.00</b>
Seat depth (mm)	390-490	390-490	390-490	390-490	390-490	390-490
Seat width (mm)	440	440	440	440	440	440
Back Height (mm)	455	475	510	555	585	590
Fully Upholstered	Yes		Yes		Yes	Yes
Partially Upholstered		Yes		Yes		

The HÅG Creed builds on the best from two original ground breakers, the HÅG H04 and HÅG H05. It combines classic design with smart functionality, is user-friendly, and features our unique centre-tilt mechanism.

HÅG in Balance® (balanced, flowing tilt function backwards and forwards)  
 4 in 1 adjustment: seat depth, back height and forward and backward tilt tension in one wheel  
 Tilt range is 15° forwards and 16° backwards. The starting (neutral) position is taken as 1° backwards  
 Adjustable seat height  
 Possibility to adjust backrest separately  
 Lockable in three positions  
 Black or Silver metal base and gas stem  
 150 mm lift as standard  
 Castors for hard or soft flooring need to be specified at time of order

## Options

**HAGCAA Adjustable Armrests £110.00**  
**HAGSBA SwingBack® armrests £144.00**  
**HAGCHR Adjustable headrest £191.00**  
**Headrest (unavailable on 6002)**  
**HAGFR Footring £100.00**  
**(Footring only on the 200 & 265 gas stem)**  
**HAGC150 Seat height 395-535mm £0.00**  
**HAGC200 Seat height 455-635mm £4.00**  
**HAGC265 Seat height 540-775mm £14.00**



## HÅG SEATING HÅG CAPISCO CHAIRS

**8105 £328.00**

Seat Width 470mm

**8106 £831.00**

Seat width 470mm

Seat depth adjustment 340-420mm

Height of back pad 460mm

**8107 £974.00**

As the 8106 but with a headrest.

**HAGBASE Polished Aluminium Base £92.00**

**HAGFR Footring £100.00**

**Hag StepUp £107.00**

Gas Stems

**CAPISCO150 Seat height approx 416-546mm**

**No extra cost**

**CAPISCO200 Seat height approx 485-660mm**

**No extra cost supplied as standard**

**CAPISCO265 Seat height approx 570-810mm**

**£11.00**

## HÅG CAPISCO PULS CHAIRS

Seat and Backrest is available in 5 different colours Black, Light-Grey, Blue-Grey, red or Yellow-Green.

**8001 £236.00**

Comes with a non-removable pad in the centre of the seat

Seat width 460mm

Seat height 455-620mm (Standard)

**8002 £321.00**

As the 8001, but with a removable seat cushion

**8010 £332.00**

Comes with a back pad and a non-removable pad in the centre of the seat

Seat depth adjustment 400-470mm

Seat width 460mm

Height of back pad 400mm



8105



8106



8107



8002



8010



Hag StepUp

## RH SUPPORT STOOL

A series of support chairs for sit-stand work environments. With exceptionally good flexibility, it is ideal for a range of work situations. The chairs are available with or without backrest. Comes as standard with black polyamide base and glide feet

**4501 with Backrest £356.00**

**4502 without Backrest £258.00**

Support chair with saddle-shaped seat.  
Backrest width 38 cms and height 23 cms  
Seat width 41 cms and depth 38 cms  
Seat height approx 56-81 cms

**4511 with Backrest £349.00**

**4512 without Backrest £250.00**

As the 4501 but with a round seat pad  
Seat diameter 35 cms

**4521 with Backrest £346.00**

**4522 without Backrest £248.00**

As the 4501 but with 'Limpan' seat pad  
Seat width 45 cms and depth 24 cms

**4545 £363.00**

Seat width 35 cms and depth 35 cms

**6F Footring £56.00**

### Castors

**7D** For Carpeted Floors **No extra charge**

**7HN** For hard floors **No extra charge**

**7G** Locks automatically when seated **£16.00 set**



## SCORE SADDLE STOOLS

Jumper and Amazone stools supplied with the following as standard:

Gas height Adjustment

Adjustable seating angle

Jumper seat size 44x30cms (W x D)

Amazone seat size 34x30cms (W x D)

Black Leatherette PVC Upholstery.

**SJEL Jumper Low £329.00**

**SAEL Amazone Low £329.00**

Work surface height 70 - 80 cms

Sitting height 49 - 63 cms

**SJL Jumper Standard £329.00**

**SAL Amazone Standard £329.00**

Work surface height 80 - 90 cms

Sitting height 57 - 76 cms

**SJH Jumper High £329.00**

**SAH Amazone High £329.00**

Work surface height 90 - 100 cms

Sitting height 63 - 88 cms

Options:

**SJAB Backrest for above chairs £152.00**

**SJAC Soft castors brake loaded £22.50 set**

**SJAF Foot operated height adjustment £189.00**

**SFR 45cms Footring £52.00**

For Stanskin Upholstery coating anti-microbial and anti-fungal treatment. Advantages = Urine, blood, sweat, fungal and 100 % waterproof.

Upcharge of £10.00 per chair





## OE SEATING

### **OE6 Heavy Duty Chair £782.00**

#### **OE6AH Headrest £131.00**

Heavy duty chair up to 30 Stone

Seat height 430-550mm

Back height 580-670mm

Seat width 545mm

Seat Depth 540mm with 60mm seat slide, 6 Star base for increased stability, 2-way lumbar support, adjustable in Height and Depth, Back height adjustment, Memory foam as standard on seat, Independent seat tilt and back rake, height and width adjustable arm, Memory foam on Back

### **OE15 Ergonomic Chair £405.00**

Multi user chair with the following features: 3 lever Independent Mechanism Height adjustable backrest. Angle adjustable backrest.

Seat tilt with tension control. Memory foam on seat, Seat Slide

Seat Length 45-50cms

Seat Width 50cms

Back Height 55-61cms

Back Width 45cms

Seat Height 47-62cms

#### **OE15L Inflatable Lumbar Support £33.00**

#### **OE15RLS Reactive Lumbar Support £48.00**

#### **OE15TS Inflatable Thoracic Support £33.00**

#### **OE15RET Height & Retractable Arms £82.00**

#### **OE15A 4D Adjustable Arms £88.00**

#### **OE15AC Air Core Seat £46.00**

#### **OR15NR Adjustable Neckrest £90.00**

#### **OE15HR Adjustable Headrest £90.00**

#### **OE15MB Memory Foam Back £38.00**

#### **OE15MS Mini Seat 37-42x42cms (DxW) £22.00**

#### **OE15SS Short Seat 41-46x47cms (DxW) £22.00**

#### **OE15LS Long Seat 54-60x51cms (DxW) £30.00**

### **AMFAP ARMazing Arm Pads £35.99 pair**

Provide extra comfort and support to your standard chair arm pad  
Elasticated memory foam arm pads that fit over your standard chair arms from 6-11"



AMFAP



OE6



OE15



Both the OE35, OE36 and OE37 are available on different mechanisms.

**SM= Fully Synchronised Mechanism**

**IM= Independent Adjustable Mechanism**

Weights up 23 Stone

**OE35SM Mid Back Chair £325.00**

**OE35IM Mid Back Chair £325.00**

Comes as standard with Inflatable lumbar support,  
Seat slide, Height adjustable back  
Seat Length 45-50cms  
Seat Width 50cms  
Back Height 58-64cms  
Back Width 49cms  
Seat Height 48-58cms

**OE36SM Slim Back Chair £310.00**

**OE36IM Slim Back Chair £310.00**

Comes as standard with Inflatable lumbar support,  
Seat slide, Height adjustable back  
Seat Length 45-50cms  
Seat Width 50cms  
Back Height 50-56cms  
Back Width 45cms  
Seat Height 48-58cms

OE36



OE35



OE37



**OE37SM High Back Chair £346.00**

**OE37IM High Back Chair £346.00**

Comes as standard with Inflatable lumbar support,  
Seat slide, Height adjustable back  
Seat Length 45-50cms  
Seat Width 50cms  
Back Height 68-74cms  
Back Width 45cms  
Seat Height 48-58cms

Options

**OEHA Height Adjustable Arms £40.00**

**OEMFA Multifunction Adjustable Arms £61.60**

**OECC Coccyx Cutout £27.25**

**OETS Inflatable Thoracic Support £22.50**

**OEHR Adjustable Headrest £43.50**

**OEAC Aircore Seat £47.50**

**OESS Small Seat 39-44x45cms (L x W) £20.00**

**OEHD Weights up 28 Stone £72.90**

**THE HEADREST IS ONLY AVAILABLE ON THE OE35 CHAIR**

**OE4 Adjustable Kneeling Stool £158.00**

Fully assembled and ready to use, ideal for the office or home.  
Correctly aligns your spine, Beech frame with castors

**OE4C Adjustable Coccyx Relief Kneeling Stool £171.00**

As above but with the coccyx taken out of the seat for maximum comfort.



OE4C



OE4

## VARIER

### **V1B Multi in Black £482.50**

### **V1N Multi in Navy £482.50**

Multi™ balans® is an all-round chair with an adjustable sitting angle. The chair can be used at high or low tables. It is collapsible and is easy to move from one room to another. The sitting angle (the distance between thigh and torso) can be regulated from very open to closed. Natural lacquered or black beech. Upholstered in revie fabric

### **V2B Variable in Black £240.83**

### **V2N Variable in Navy £240.83**

When you sit on a Variable™ balans® you'll use the wooden runners to distribute your body weight. This automatically straightens up and balances the spine properly over the pelvis. Using the shape of the runners the body weight will regulate the position of the chair and the knee pads will prevent the body from sliding forwards. Natural lacquered or black ash. Upholstered in revie fabric

### **V3B Wing in Black £565.83**

### **V3N Wing in Navy £565.83**

Wing™ balans® has an angled seat in combination with the leg cushion let you sit upright with the backbone in a natural position. The shoulders and neck are relieved and you are sitting comfortably and can concentrate on your activity. Black lacquered beech & black plastic cross. Upholstered in revie fabric

### **VMS1 Move Standard Seat £307.50**

### **VMS2 Move Small Seat £307.50**

Move™ is a classic but also functional height adjustable stool that provides your body support for continuous movement while sitting or standing with 360 degrees of movement.

Move is an ideal work chair and complements any height adjustable desk.

Natural lacquered or Black lacquered ash base

Standard Seat diameter 43cms

Small Seat diameter 36cms

3 Seat height:

Low gaslift: 49–68 cm

Medium gaslift: 56–82 cm

High gaslift: 65–87 cm



V1



V3



V2



VMS1

**Please see our website for other Varier products.**

## BODYBILT CHAIRS

Designed for users above the average size and are guaranteed for weights up to **36st/226kg/500lbs**

Standard Features:

Height and Depth Adjustable Backrest  
Seat tilt adjustment  
Seat tilt tension control  
Seat slide  
Adjustable Armrests  
Adjustable lumbar support  
Forward tilt 0 degrees  
Rearward tilt 10 degrees

**J2504 BodyBilt Chair £1180.00**

Seat width 65cms  
Seat depth 53-59cms  
Back width 55cms  
Back height 56cms  
Seat height 44-53cms  
Forward tilt 0 degrees  
Rearward tilt 10 degrees

**J3504 BodyBilt Chair with Headrest £1300.00**

Specification as above but with a headrest.  
Headrest length 20.30cms  
Headrest depth 12.70cms  
Headrest width 35.60cms

Guaranteed for weights up to **42stone**

**B2503 Bariatric Chair £1800.00**

Standard Features:

Seat tilt adjustment  
Seat tilt tension control  
Adjustable Armrests  
Adjustable lumbar support  
Reinforced Seat  
Seat width 71cms  
Seat depth 58.5cms  
Back width 55cms  
Back height 56cms  
Seat height 44-53cms  
Forward tilt 0 degrees  
Rearward tilt 10 degrees



## KAB SEATING

### The KAB K4 Chair

The K4's modern ergonomic styling and all-round comfort make it equally ideal for 24/7 applications such as Control Rooms, Operation Centres as well as General Offices.

The cushion tilt and extension feature offer an improved level of comfort for people of different heights.

Guaranteed to support weights up to 31.5stone / 200kgs

Seat Slide

Lumbar Support

Back Rest Recline Handle

Rocking & tilt synchronized mechanism

Tension adjustment

Tip-up Armrest

Adjustable Headrest

5 - star aluminium base

Upholstered in either Fabric or Half Leather Half Fabric

**KABK4F KAB K4 Fabric £823.00**

**KABK4FL KAB K4 Fabric & Leather £922.00**



K4

### KAB Controller Chair

As its name suggests, The Controller 24-hour chair is widely used in CCTV and control rooms.

The Controller has all the key features required to provide great comfort

Ideal in police, ambulance and fire control rooms, CCTV rooms or military establishments - to name but a few.

Guaranteed to support weights up to 31.5stone / 200kgs

Backrest angle adjustment

Height adjustment

Air lumbar support

Tip up adjustable armrests

Adjustable headrest

Rocking & tilt synchronized mechanism

Tension adjustment

5 - star aluminium base

Body contoured cushions

Upholstered in either Fabric or Half Leather Half Fabric

**KABCTF KAB Controller Fabric £769.00**

**KABCTFL KAB Controller Fabric & Leather £872.00**



Controller



# JOLLY BACK CHAIR – SAFE SEATS FOR TEACHERS

The award-winning Jolly Back Chair is an innovative low seating solution, designed by a Chartered Physiotherapist, for adults working at low heights.

Ergonomic features improve comfort, posture and help reduce and prevent back pain, muscle and joint aches (primarily in the neck, shoulders, knees and hips) by addressing the challenges of sitting at child height, bending over and kneeling at low tables.

Natural supported posture - improves back care, protects future health and promotes wellbeing

Comfortable, wedge seat cushion - no more sitting on hard, plastic children's chairs

Height adjustable back rest support - exactly where it's needed

Work comfortably with children, at their level

High quality lockable castors - chair twists so you don't have to

Easy to move around in sitting and standing - no lifting required

Reduces neck strain for children - as they are not looking up too high

Available in 3 sizes, Small, Medium and Large.

**JBCS Small Size £164.00**

**JBCM Medium Size £164.00**

**JBCL Large Size £164.00**



JOLLY BACK CHAIR SIZE GUIDE (sizes are a guide only)			
	Pupil Age Range (user mostly working with)		
Adult User Height	Early Years 0 – 5 years	Key Stage 1 5 – 7 years	Key Stage 2 7 – 11 years
5'3" and under	Small	Small	Small
5'4"	Small	Small	Medium
5'5"	Small	Medium	Medium
5'6"	Medium	Medium	Large
5'7"	Medium	Large	Large
5'8" and over	Large	Large	Large





# BACKAPP

## Backapp helps you exercise by balancing

The technology of the Backapp products has been thoroughly tested both by average users and by the top scientists in the field of ergonomics, we know it works.

By sitting on Backapp with your feet on the footplate you're balancing while sitting. You're balancing on the Magic Ball without your feet touching the ground. You're balancing just like as when you ride a bike, paddle a kayak, ride a horse or take a walk in the forest. You're balancing without even thinking about it. The central "core" back muscles are used to balance your body - the balance motor is on.

## Balance training increases your energy consumption significantly

The scientific studies show that energy consumption increases significantly when sitting relaxed on Backapp with the magic ball set between the green and red settings. Sitting on Backapp increases your energy consumption by 19 percent compared to an ordinary office chair. Your balance motor is working.

## Improve your posture

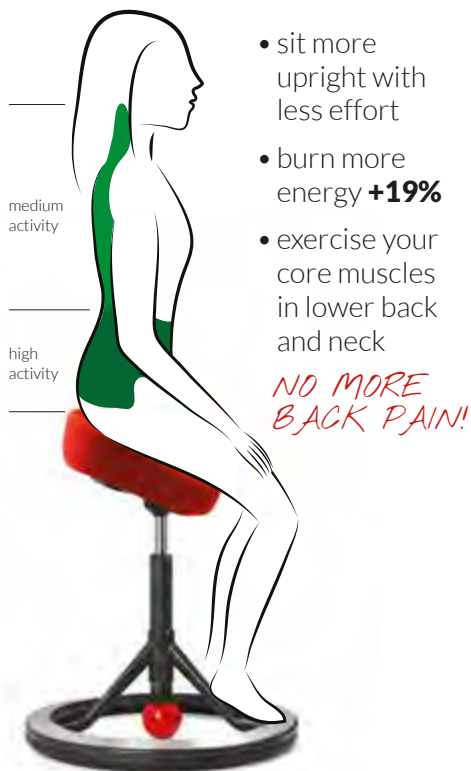
Two studies show that it takes less effort to keep correct posture while sitting on Backapp compared to sitting on an ordinary office chair without a backrest. Therefore, you're able to sit comfortably on Backapp all day!

## You get less back pain

A scientific study showed that people with lower back pain experienced a reduction in back pain after sitting one hour on a Back App compared to an ordinary office chair. This is logical. You're sitting with better posture, your balance motor is working, you're exercising the muscles in your lower back and therefore you get less back pain.

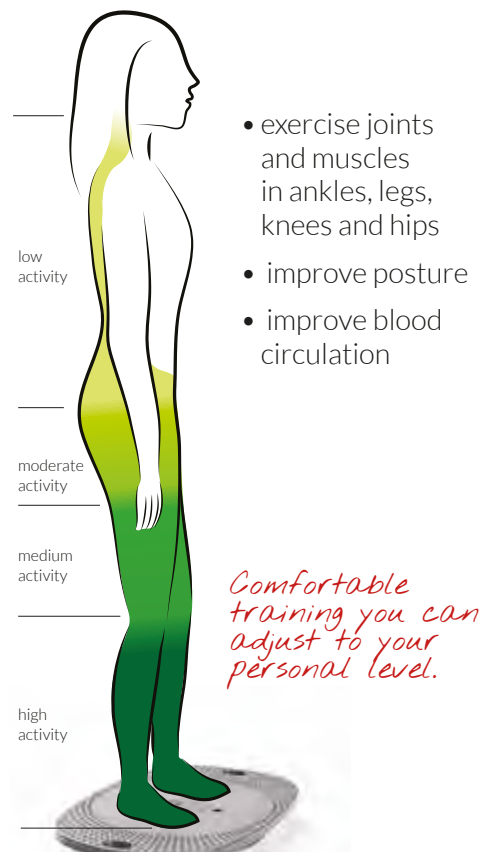
### Sitting on the Back App Chair

On the Back App Chair with the adjustable Magic Ball and your feet on the footplate you will:



### Standing on Back App 360

On the 360 Balance Board with the adjustable Magic Ball you will:



Backapp comes in 3 different variations: Backapp Smart, Backapp Wheels and Backapp Hipp

Backapp Smart and Backapp Wheels are available with the following:  
 Frame colour Grey, Black or Polished Aluminium  
 Upholstered in Nordic Wool, Alcantara, Synthetic Leather and leather.

Prices below are for Upholstery in Nordic Wool with a Silver frame.

**BACAPS Backapp Smart £533.00**

**BACAPW Backapp Wheels £709.00**

Frame Upcharges

**BACBF Upcharge black frame £46.00**

**BACPF Upcharge polished aluminium £92.00**

Upholstery Upcharges

**BACAUC Upcharge for alcantara £50.00**

**BACSLUC Upcharge for synthetic leather £50.00**

**BACLUC Upcharge for leather £143.00**

**BACAPH Backapp Hipp £307.00**

**BACAPBB Backapp 360 balance board £129.00**



BACAPBB

By turning the red knob in either direction you easily adjust the tilting movement.



BACAPS



BACAPW



BACAPH

# ONGO – ACTIVE SITTING

Move into the working world of tomorrow. Ergonomic office chairs have been optimized so that users can sit in them for as long as possible. But this is not adapted to human nature, nor to tomorrow's needs. On ONGO® stools you constantly change your position: up, down, right, left, leaning forwards or backwards or sometimes inclined around the stool's own axis.

ONGO® promotes mobility in four dimensions: motor, spatial, geographical and cognitive. Our seating and workstations can be adjusted both vertically and 360° horizontally, for ideal working conditions that also facilitate people's physical movement as they sit.

ONGO® stools and standing aids bring movement and health to sitting, while at the same time giving their users valuable feedback.

This is done through an integrated ball track, the concave foot or a flexible bearing of the seat or gas stem.

ONGO® Stools are light so it's simple to carry them from A to B with one hand or on wheels, allowing you to easily roll them to the next workstation.

## REASONS FOR ACTIVE SITTING WITH ONGO®

- Provides more movement and healthier posture
- Stimulates and strengthens the back muscles
- Activates the metabolism and promotes blood circulation
- Lightweight and versatile
- Fosters motivation and productivity
- It is fun to use and also ideal for your office or home
- Is renowned for design excellence and quality
  - Made in Germany
- 3 years warranty



### ONGO®Classic - moving and adaptable

The ONGO®Classic strikes a balance between these apparently conflicting needs. Naturally, you can sit on it, dynamically, but you can also move on it.

The curved base responds to any shift in weight, activating muscles and blood circulation.

The innovation of the ball track built into the foot gives acoustic feedback on every movement.

Choose among three interchangeable balls (steel, glass, and plastic) to vary the level of difficulty for your exercises with the ball track.

It's time to say goodbye to unhealthy habits of sitting still. When you hear the ball humming along the track, you know you're moving in the right direction.

Regular Seat height 44-66cms, Tall Seat Height 55-78cms

Seat surface (diameter) 39cms, Foot diameter 42cms

Weight approx. 5.7 kgs

Available with Black or White body and a Black, White or Silver for the ball run. Multiple upholstery colours available.

**ONCLR Classic Regular Height £251.00**

**ONCLT Classic Tall Height £270.00**



### ONGO®Free - sit while standing

ONGO®Free is not really a stool, but a sit-stand stool ideal for height-adjustable workplaces.

That's why its triangular seat is designed in such a way to always offer optimal support and comfort at any height without restricting its owner. That makes it a perfect choice to keep moving and always find exactly the right posture. The change between sitting and standing relieves the back, strengthens the body's own support system and helps increase concentration and motivation.

Thanks to a non-rotating gas pressure spring it can be easily and continuously adjusted in height - from 58-92cms.

For stability the underside of the pressed wood floor plate is coated with soft plastic.

Triangular Seat 39 x39cms

Foot diameter 39cms

Weight approx. 5.5kgs

Available with Black or White body and White, Black, Walnut, Oak or Aluminium foot surface

**ONFREE OngoFree £270.00**





# ONGO – ACTIVE SITTING

## ONGOStand – active and comfortable

ONGO®Stand firmly stands on the floor with three feet. Its gas stem is mounted in the foot, it is so flexible that the height as well as the inclination of the seat adapts perfectly to any working condition. Ideal for people who need or want to work standing up. Because the combination of stability and mobility increases the radius of action – for unimpeded concentration and optimal results.

Height adjustable 61-90 cm with automatic reset.

Seat 37 x 30 cm, available in black or white.

The optional seat cushion which are easy replaceable which clips is available in 3 colours of microfiber fleece - Black, Grey and Red 3-arm base 53x33cms

An ESD version is also available, please contact us for information.

**ONST OngoStand £190.00**

**ONSTC OngoStand Cushion £38.00**

**ONSTP Ongostand Plus £277.00**

Sculped foam seat for added comfort.

Seat height lever on both sides

## ONGO®Roll - agility in action

The ONGO®Roll should really be called "Rock 'n' Roll".

Because the ergonomic design stool not only rolls in any direction on its 5 smooth-running double castors, but also rocks thanks to its flexible seat mounting which allows the seat to be tilted all around. What could be more mobile? Its design is also flexible. With the choice between a round or saddle seat, the ONGO®Roll is agility in action.

Round seat diameter 35.5cms

Saddle seat 37 x 30cm

Body available in Black or White

Saddle seat cushion available in 3 colours of microfiber fleece - Black, Grey and Red.

Round seat has multiple upholstery colours available

Regular Seat height 52–63cms, Tall Seat Height 59–77cms

5-arm base diameter 54cms

Braked double castors, 2 with manual holding mechanism with soft rolling surface, suitable also for hard floors

Weight 6.0 and 6.3 kgs, standard/tall

**ONROLRSS OngoRoll Round Seat, Standard Height £251.00**

**ONROLRST OngoRoll Round Seat, Tall Height £251.00**

**ONROLSSS OngoRoll Saddle Seat, Standard Height £210.00**

**ONROLSST OngoRoll Saddle Seat, Tall Height £210.00**

**ONROLC OngoRoll Cushion (only for the saddle seat) £38.00**





### ONGO®School – active learning in motion

ONGO®School, Stools that not only enable children to make rocking movements while learning, but actively encourage them to do so. The rounded surface promotes movement, coordination, and a feeling of balance while sitting. This improves learning capacity and stimulates creativity. The textured seat area and large foot ensure safe sitting at all times.

People have been made by Mother Nature to move. The same can be said when it comes to the brain.

Movement supports the flow of blood in the body, and coordinated movements improve the nerve system's functionality. Which leads us to the essentials of the ONGO®School: It fosters movement while sitting. This is achieved through the use of a rounded foot, a fixed seat, and the elimination of a backrest.

Available in 4 different fixed heights 38cms, 43cms, 46cms, 51cms and 1 adjustable height 43-62cms.

The polypropylene seat is available in four colours Red, Green, Blue and Black.

Seat diameter 36cms

Base diameter 39cms

**ONSC38 OngoSchool 38cms High £72.00**

**ONSC43 OngoSchool 43cms High £72.00**

**ONSC46 OngoSchool 46cms High £72.00**

**ONSC51 OngoSchool 51cms High £72.00**

**ONSCAH OngoSchool Adjustable Height £122.00**

### ONGO®Balance Plate - working in balance

Whether at home or in the office, the ONGO®Balance Plate is the ideal platform for finding a good balance between intense mental activity and stimulating movement. It combines appealing design with balanced function.

Working standing up on the ONGO®Balance Plate not only stimulates the small muscles, but also strengthens the body's entire support structure. It also trains your sense of balance and therefore your brain.

Plate diameter 39cms

Color: White

Plate: wooden core with HPL coating

Surface of foot bottom: CFC free integral foam

Weight: approx. 2.8 kgs

**ONBP OngoBalance Plate £71.00**



ONBP



ONSC38



ONSC51



ONSCAH

# ACTIFORCE ELECTRIC DESKING

## STEELFORCE PRO 300 SLS SERIES

### Steelforce Pro 300 SLS series has the following

Single step, sit-stand electrically height adjustable  
 Spindle lifting system & low energy consumption  
 Height adjustment 690-1160mm  
 Square leg 70 x 70mm  
 Powder coated steel in Silver  
 Soft start & stop function  
 Automatic contact protection system  
 Compatible with the Memory Master Controller **SFMMC**

**Beech, Maple and White desktops available from stock.  
 Please contact us for other desktop sizes and colours**

### STEELFORCE PRO 370 SLS

Width Adjustment 1100-1700mm  
 Capacity 80kgs

**SF370FS Frame Only £455.00**

**SF370FS12 with 1200x800mm desktop £535.00**

**SF370FS14 with 1400x800mm desktop £545.00**

**SF370FS16 with 1600x800mm desktop £555.00**

**SF370FS18 with 1800x800mm desktop £565.00**

### STEELFORCE PRO 370/600 SLS

Width Adjustment 950-1550mm

600mm foot depth

Capacity 80kgs

**SF370/600 Frame Only £455.00**

**SF370/600/10 with 1000x600mm desktop £535.00**

**SF370/600/12 with 1200x600mm desktop £535.00**

### STEELFORCE PRO 371 SLS

Width Adjustment 1100-1700mm

Depth Adjustment for the 3rd leg 1100-1700mm

Capacity 150kgs

**SF371FS Frame Only £730.00**

**SF371FS16 1600x1200x800x600mm desktop £890.00**

**SF371FS18 1800x1200x800x600mm desktop £910.00**



### STEELFORCE PRO 370 SLS Bench

Spindle lifting system & low energy consumption  
Height adjustment 690-1160mm  
Width Adjustment 1100-1700mm  
Soft start & stop function, automatic contact protection system,  
Capacity 80kgs, available in Silver, Black or White.  
Compatible with the Memory Master Controller **SFMMC**

**SF370BS Frame Only £995.00**

**SF370BS12 with 1200x800mm desktops £1155.00**

**SF370BS14 with 1400x800mm desktops £1175.00**

**SF370BS16 with 1600x800mm desktops £1195.00**

**SF370BS18 with 1800x800mm desktops £1215.00**

### Options for the SF370 and SF470 Bench Frames

**SFSH Screen Holders £50.00**

Width adjustable between 16-76mm

**SFACT Adjustable cable tray £118.00**

Adjustable between 950-1550mm

**SFCTC Cable tray extension £43.00**

For interconnecting bench cable trays together

**SFCTB Cable tower box £34.00**

Allows cable direct to the floor

**SFCS Cable spine £36.00**

Hides the cables from desktop to cable tray

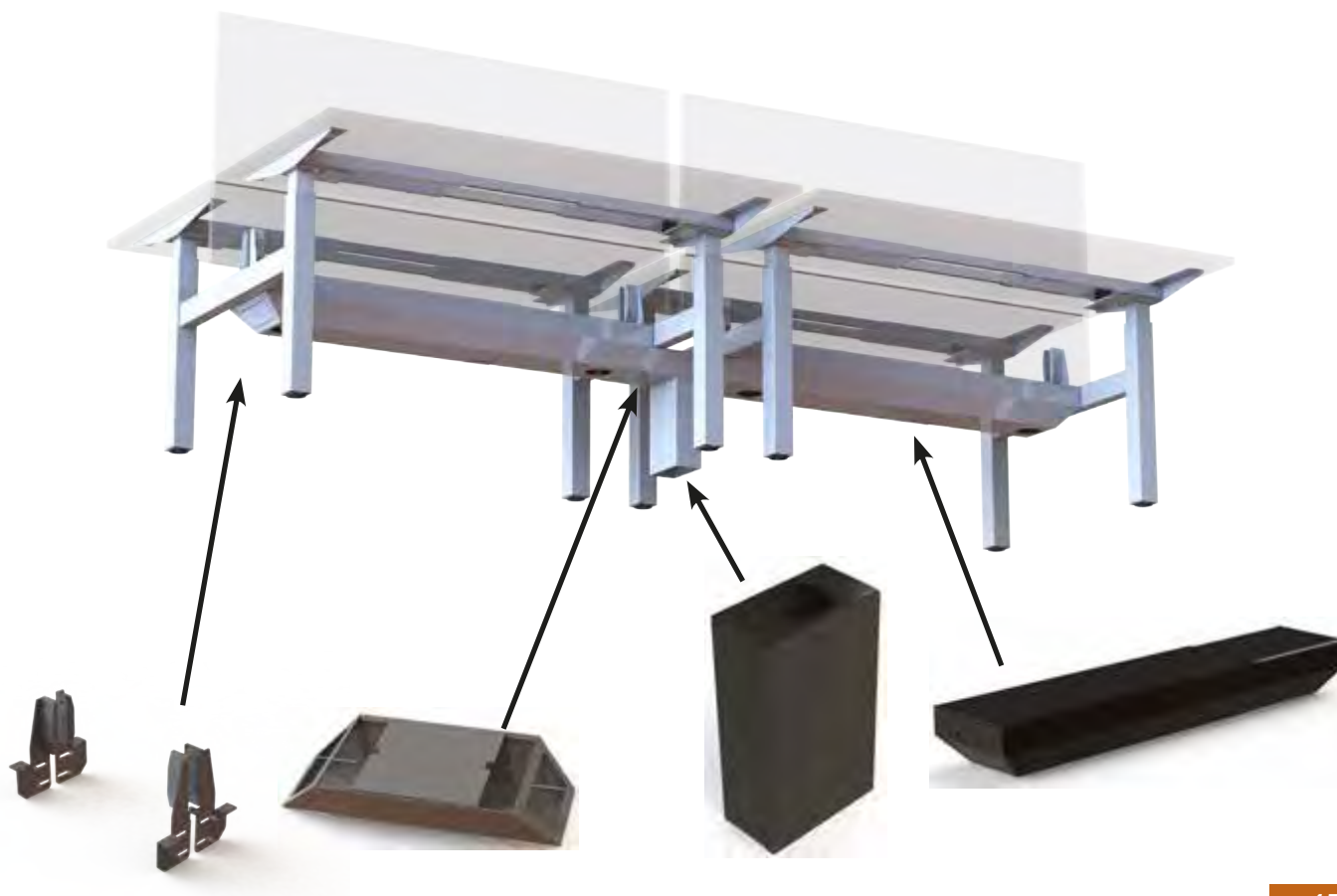
Upholstered Screen

**SFBS12 1200x600mm Screen £185.00**

**SFBS14 1400x600mm Screen £195.00**

**SFBS16 1600x600mm Screen £205.00**

**SFBS18 1800x600mm Screen £215.00**



## STEELFORCE PRO 400 SLS SERIES

### Steelforce Pro 400 SLS series has the following

Dual step, sit-stand electrically height adjustable  
 Spindle lifting system & low energy consumption  
 Height adjustment 615-1275mm  
 Width Adjustment 1100-1700mm  
 Square leg 70 x 70mm  
 Available in Silver, Black or White.  
 Soft start & stop function  
 Automatic contact protection system  
 Compatible with the Memory Master Controller **SFMMC**

#### **SF470FS Frame Only £640.00**

**SF470FS12 with 1200x800mm desktop £720.00**

**SF470FS14 with 1400x800mm desktop £730.00**

**SF470FS16 with 1600x800mm desktop £740.00**

**SF470FS18 with 1800x800mm desktop £750.00**

### STEELFORCE PRO 471 SLS

Depth Adjustment for the third leg 1100-1700mm  
 Capacity 150kgs

#### **SF471FS Frame Only £905.00**

**SF471FS16 1600x1200x800x600 Desktop £1065.00**

**SF471FS18 1800x1200x800x600 Desktop £1085.00**

### STEELFORCE PRO 470 SLS Bench

Capacity 100kgs

#### **SF470BS Frame Only £1195.00**

**SF470BS12 with 2 x 1200x800mm desktops £1355.00**

**SF470BS14 with 2 x 1400x800mm desktops £1375.00**

**SF470BS16 with 2 x 1600x800mm desktops £1395.00**

**SF470BS18 with 2 x 1800x800mm desktops £1415.00**

**For Bench Options See Page 47**

### Upholstered Screen

**SFBS12 1200x600mm Screen £185.00**

**SFBS14 1400x600mm Screen £195.00**

**SFBS16 1600x600mm Screen £205.00**

**SFBS18 1800x600mm Screen £215.00**

### STEELFORCE PRO 472 SLS

120 Degree Frame

Width Adjustment 1200-1800

Capacity 150kgs

#### **SF472FS Frame Only £905.00**

SF470BS



SF470FS



SF471FS



SF472FS



## STEELFORCE PRO 675 SLS CONFERENCE

Dual step, sit-stand electrically height adjustable  
Spindle lifting system & low energy consumption  
Height adjustment 615-1275mm  
Width Adjustment 2500-3000  
Rectangle leg 100 x 60mm  
Capacity 150kgs  
Powder coated steel in Silver, White or Black  
Soft start & stop function  
Automatic contact protection system  
Compatible with the Memory Master Controller **SFMMC**

**SF675FS Frame Only £905.00**



## HANDCRANK DESKING

### STEELFORCE PRO 200 HC

Single step, sit-stand crank height adjustable  
Height Adjustment 620-1050mm  
Width Adjustment 1020-1600mm  
Capacity 60kgs  
Powder coated steel in silver

**TCDF1L Frame Only £375.00**

**TCDF1L1200 1200x800mm desktop £455.00**

**TCDF1L1400 1400x800mm desktop £465.00**

**TCDF1L1600 1600x800mm desktop £475.00**

**TCDF1L1800 1800x800mm desktop £485.00**

### STEELFORCE PRO 370 HC SLS

Hand crank spindle lifting system  
Height adjustment 690-1160mm  
Width Adjustment 1100-1700mm  
Square leg 70 x 70mm  
Capacity 60kgs  
Powder coated steel in Silver

**SF370HC Frame Only £375.00**

**SF370HC12 with 1200x800mm desktop £455.00**

**SF370HC14 with 1400x800mm desktop £465.00**

**SF370HC16 with 1600x800mm desktop £475.00**

**SF370HC18 with 1800x800mm desktop £485.00**





## elements BY ACTIFORCE

Innovation must become a way of life if we want to stop depleting raw materials and wasting resources and start recycling materials.

This is way innovation is the driving force behind the creation of the Elements format.

### Features:

Electric height adjustment 640-1300mm  
47mm thick desktop with Integrated electronics and cables  
Recessed hand controller  
Soft Start and Stop  
Capacity 80kgs  
Easy to install just plug and play  
Available in 3 colours White, Black and Silver

**AED1400 1400x800 Solid Desktop £1350.00**

**AED1600 1600x800 Solid Desktop £1375.00**

**AED1800 1800x800 Solid Desktop £1400.00**

**AED2000 2000x800 Solid Desktop £1425.00**

**AEDLQ 2186x1200 Liquid Desktop £2365.00**

**Liquid is a 3-leg desk frame**

### Optional Extras

**AEDQI Integrated Qi Air Charger £175.00**

**AEDMS Integrated Multi Socket £120.00**

**(1 x power socket and 2 x USB sockets)**

**AEDCT Elements Cable Tray £60.00**

**AEDPS Elements Power Module £104.00**

**(5 sockets and 2 x USB)**



AEDLQ



AED1600



**ALUFORCE PRO** series has the following  
 Dual step, sit-stand height electrically adjustable  
 Height Adjustment 630-1280mm  
 Width Adjustment 1180-1700mm  
 Capacity 80kgs  
 Made from aluminium and powder coated steel

#### **ALUFORCE PRO 250 M**

**TEDF2L** Frame only **£620.00**

**TEDF2L1200** with 1200x800mm desktop **£700.00**

**TEDF2L1400** with 1400x800mm desktop **£710.00**

**TEDF2L1600** with 1600x800mm desktop **£720.00**

**TEDF2L1800** with 1800x800mm desktop **£730.00**

#### **ALUFORCE PRO 251 M**

Main Width Adjustment 1180-1700mm  
 Extension Width Adjustment 1200-1400mm

**TEDF3L** Frame only **£885.00**

**TEDF3L1612** 1600x1200x800x600mm desktop **£1045.00**

**TEDF3L1812** 1800x1200x800x600mm desktop **£1065.00**



TEDF2L



TEDF3L

#### **ALUFORCE PRO 140**

Single step, sit-stand electrically height adjustable  
 Height adjustment 700-1170mm  
 Width Adjustment 1100-1700mm  
 Capacity 60kgs  
 Aluminium and powder coated steel  
 Available in silver or white

**AF140F** Frame Only **£455.00**

**AF140F12** with 1200x800mm desktop **£535.00**

**AF140F14** with 1400x800mm desktop **£545.00**

**AF140F16** with 1600x800mm desktop **£555.00**

**AF140F18** with 1800x800mm desktop **£565.00**

#### **ALUFORCE PRO 140/600**

Single step, sit-stand electrically height adjustable Height adjustment 700-1170mm Width Adjustment 950-1550mm 600mm foot depth Capacity 60kgs Aluminium and powder coated steel Available in silver

**AF140/600** Frame Only **£455.00**

**AF140/600/10** with 1000x600mm desktop **£535.00**

**AF140/600/12** with 1200x600mm desktop **£535.00**



AF140F



AF140-600

## STANDARD DESKING

Robust and stylish, these desks feature 25mm thick MFC tops, with steel legs, all with individual height adjustment. A modesty panel is supplied as standard unless stated. Desks come with portholes for cable management and can be supplied as flat packs or assembled for you on site. When ordering, please state the product code followed by the size and colour required and whether you would like a left or right-handed desk (L or R).

### Corner Desks

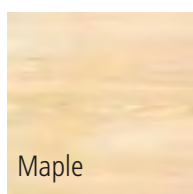
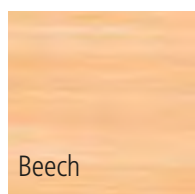
**CCL** (L) or (R) Corner Cantilever Desk

<b>1400 x 1200 x 800 x 600 mm</b>	<b>£350.00</b>
<b>1600 x 1200 x 800 x 600 mm</b>	<b>£361.00</b>
<b>1800 x 1200 x 800 x 600 mm</b>	<b>£371.00</b>

### General Workstations

**GWCL** General Workstation Cantilever Desk

<b>800 x 800 mm</b>	<b>£190.00</b>
<b>1000 x 800 mm</b>	<b>£202.00</b>
<b>1200 x 800 mm</b>	<b>£211.00</b>
<b>1400 x 800 mm</b>	<b>£226.00</b>
<b>1600 x 800 mm</b>	<b>£236.00</b>
<b>1800 x 800 mm</b>	<b>£242.00</b>



### Wave Desks

**WCL** (L) or (R) Wave Top Cantilever Desk

<b>1200 x 800 x 600 mm</b>	<b>£293.00</b>
<b>1400 x 800 x 600 mm</b>	<b>£305.00</b>
<b>1600 x 800 x 600 mm</b>	<b>£314.00</b>
<b>1800 x 800 x 600 mm</b>	<b>£323.00</b>
<b>1200 x 1000 x 800 mm</b>	<b>£313.00</b>
<b>1400 x 1000 x 800 mm</b>	<b>£323.00</b>
<b>1600 x 1000 x 800 mm</b>	<b>£330.00</b>
<b>1800 x 1000 x 800 mm</b>	<b>£342.00</b>

### Double Wave

**DWCL** 1600 x 1000 mm **£350.00**

## PEDESTALS

### Fixed Pedestal High

**MPD86** Two shallow & one filing drawer **£312.00**

Dimensions 730 x 430 x 800 mm (h x w x d)

**MPD66** Two shallow & one filing drawer **£280.00**

Dimensions 730 x 430 x 600 mm (h x w x d)

### Mobile Pedestal Low

**MPL61** Three shallow drawers **£217.00**

**MPL62** One shallow drawer, one filing **£217.00**

Dimensions 544 x 430 x 570 mm (h x w x d)

### Pen Tray for all Pedestals

**MPPT** Pen Tray **£23.00**

MPD86





## DESKTOP POWER UNITS

Individually 5A Fused Sockets (20mm 5A Glass Fuse)  
Master On/Off Switch  
2metre Power cord with 13A UK plug  
Desk clamps included  
Finished in Metallic Grey or White  
UK Desk Power Pack built to BS 6396

**DPG2S 2 Power Sockets in Grey £54.00**

**DPW2S 2 Power Sockets in White £54.00**

**DPG4S 4 Power Sockets in Grey £70.00**

**DPW4S 4 Power Sockets in White £70.00**

As above but with Dual USB fast charging port (3.4A)

**DPG2SUS2 2 Power Sockets & 2 USB in Grey £78.00**

**DPW2S2US 2 Power Sockets & 2 USB in White £78.00**

**DPG4S2US 4 Power Sockets & 2 USB in Grey £96.00**

**DPW4S2US 4 Power Sockets & 2 USB in White £96.00**

### Desk Port Power

Socket Fits into 80mm desk port holes  
Easy to install

**DPS 1 x Power Socket £24.00**

**DPSDU 1 x Power, Data and USB Charger £54.00**

DPG2S



DPG2SUS2



DPG4S



## CPU HOLDERS

**CH2 QuickClick CPU Silver £47.85**

**CH2W QuickClick CPU White £47.85**

Easy, unique and safe width adjustment  
Elegant design and safe use for vertical assembly of small, medium and slim computers. In Silver.  
Width 50-135mm, Height 225-435mm

**Easy Adjust CPU £52.00**

Height adjustable 307-532mm, width adjustable 78-220mm, quick and easy to install.

**CH9S** Silver, **CH9W** White, **CH9B** Black

**Slide Rotate CPU £79.00**

CPU Holder with slide & rotate, height adjustable 307-532mm, width adjustable 78-220mm, quick and easy to install.

**CH10S** Silver, **CH10W** White, **CH10B** Black



CH9



CH2



CH10

DPS



DPSDU



## CABLE TRAYS

Steel Cable Tray Available in 2 sizes Easy to install

1100mm Long **£42.00**

**DCST1S** Silver, **DCST1W** White, **DCST1B** Black

1470mm Long **£46.00**

**DCST2S** Silver, **DCST2W** White, **DCST2B** Black

**The Liftpipe** adjustable cable organizer. Elegant shape, with rounded front, adapts to all workplaces and types of desks. A clever design with centred fastener, for easy assembly. 100 mm wide and 100 mm high. No tools required.

With "quick lock" sets at three different height levels.

"Quick lock" system ensures fast, easy access to cables and connectors.

**DCT5** 650mm long, Silver **£46.50**

**DCT6** 1050mm long, Silver **£54.00**

**DCT6W** 1050mm long, White **£54.00**

**DCT7** 1450mm long, Silver **£67.00**

**Cable Baskets** **£22.00**

**DCT8B** Black, **DCT8S** Silver, **DCT8W** White

Cable Management Basket. Easy to install.

Measures: 720mm long by 146mm wide and 101mm high.



DCT6



## CABLE SPINES

**Desk Cable Manager** **£36.00**

Modular system segregates the cables

**DCMB** Black, **DCMS** Silver, **DCMW** White,

Maximum height 910mm. Weighted Base.

**5 Piece Extension Kit** **£12.00**

**DCMEB** Black, **DCMES** Silver, **DCMEW** White

This kit gives an extra 280mm length.



DCMB



DCMEB



DCST1S



DCST2W



DCT8B

## MODESTY AND PRIVACY PANELS

### DCMU Cable Manager Under Desk **£16.50**

Includes 1 rail 1152mm long. 5 x Cable Clips and screws. Black only.

### Cable Spring **£46.00**

**DCSB** in Black, **DCSS** in Silver, **DCSW** in White  
For desk heights up to 150cms. Easy to install.

### Metal Modesty Panels

Steel Construction  
330mm High, 20mm Thickness  
Comes with 2 fixing brackets

- MMP8 800mm wide £106.00**
- MMP10 1000mm wide £111.00**
- MMP12 1200mm wide £116.00**
- MMP14 1400mm wide £121.00**
- MMP16 1600mm wide £127.00**

DCMU



DCSB



MMP8

### Upholstered Privacy Panel

Supplied two fixing clamps.  
Screens are 500mm high

- RDS10 1000 Wide £91.00**
- RDS12 1200 Wide £93.00**
- RDS14 1400 Wide £95.00**
- RDS16 1600 Wide £97.00**
- RDS18 1800 Wide £101.00**

### Backdrop Rectangle Upholstered Privacy Panel

These Screens 400mm above desktop and 100mm below the desktop

Supplied two fixing clamps.

- BDPP10 1000 Wide £121.00**
- BDPP12 1200 Wide £125.00**
- BDPP14 1400 Wide £129.00**
- BDPP16 1600 Wide £133.00**
- BDPP18 1800 Wide £136.50**



BDPP10



RDS10

## DESK ACCESSORIES

### DR1 set of 4 £12.50

Circular desk raiser to enable a static desk to be adjusted in height. Very strong and sturdy, Made out of recycled plastic. Easy to stack, Each raiser is 25 mm in height, Will accept circular or cantilever legs. Comes in a set of 4. In black finish.

### DRPTS Silver £18.50

### DRPTB Black £18.50

A Handy gadget box for mounting under the desktop. 360 Degrees rotation, Easy Assembly. 370x38x250mm (W x H x D)

### PD1 £70.00

Small, portable angled table or tray that is independently suspended by 2 legs and 2 feet, adjustable by joints, and is used by "straddling" the user's body. The push-button locking design allows you to adjust the leg angles a full 360 degrees. Size folded 56 x 30 x 4.65cms. Durable soft rubber wrist guard.

DR1



DRPTB



LDU3



## CORNER KEYBOARD SHELVES

### CS1 Perspex Corner keyboard Shelf £33.50

Increases the desktop workspace on a corner desk 600(W) x 400(D)mm

### CS2 Metal Corner keyboard Shelf £44.50

Increases the desktop workspace on a corner desk 700(W) x 400(D)mm

### Metal lockable drawer unit in Black

#### LDU1 500 x 250 x 45 mm £115.00

#### LDU2 850 x 250 x 45 mm £125.00

#### LDU3 1200 x 250 x 45 mm £135.00

Metal runners

Easy to install

Includes lock and tray insert.

Available in 3 sizes

CS1



CS2



PD1





## ANTI FATIGUE MATS

### **AFM1 Anti Fatigue Mat £50.00**

Bevelled edges help avoid trip hazards  
Closed cell vinyl foam  
900x600x10mm (W x D x H)  
Easy to clean

### **AFM2 Anti Fatigue Mat £65.00**

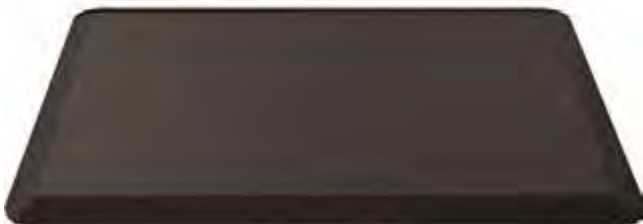
Bevelled edges help avoid trip hazards  
Easy to clean  
910x610x19mm (W x D x H)

### **AFM3 Active Anti Fatigue Mat £69.00**

Bevelled edges help avoid trip hazards  
740x450x18mm (W x D x H)  
Carry Handle  
Hardwearing rubber and polyurethane  
Easy to clean



AFM1



AFM2



AFM3

## SIT-STAND DESKTOP SOLUTIONS

### **L-E-VATE**

#### **L-E-VATE PRO-S Small £175.00**

#### **L-E-VATE PRO-M Medium £209.00**

A cost-effective sit-stand solution  
Ease to use to enable you to go from sitting to standing  
Retrofit – can be added to any existing workstation  
Single lever adjustment which enables you to go from sitting to standing  
Smooth vertical height adjustment from 120-450mm  
Optional keyboard and mouse platform included  
Maximum weight capacity of 15kgs  
Small - Desk Top 700x500 (W x D)  
Medium - Desk Top 880x530 (W x D)



L-E-VATE PRO



## SIT-STAND DESKTOP SOLUTIONS

With the Lotus™ sit-stand workstation range it allows you to transform your desk into a dynamic sit-stand workstation adding movement to your working day to stay active and healthy.

### **LOTSB Lotus Sit-Stand Workstation Black £357.00**

### **LOTSW Lotus Sit-Stand Workstation White £357.00**

Smooth Lift Counterbalance Technology™ and ergonomic handles make height adjustment easy and worry-free, while accommodating multiple users and work styles.

22 height adjustments and flush-to-desktop "down" position, you will experience stability at every setting.

Waterfall design with device viewing channel to conveniently position documents and accessories.

Two work surfaces offer generous, useful space to hold all of your essential desk accessories.

Arrives fully assembled

Product Dimensions 140 x 832 x 616mm (H x W x D)

Platform Size 806 x 207mm (W x D)

Keyboard Platform 832 x 309mm (W x D)

Height Adjustment Range of 432mm (10-442 mm)

Weight Capacity 15.88kgs

Compatible with Lotus™ single and dual monitor arm kits.

### **LOTDXW Lotus DX Sit-Stand Workstation Black £510.00**

### **LOTDXB Lotus DX Sit-Stand Workstation White £510.00**

The Lotus™ DX has all the features of the Lotus™ Sit-Stand Workstation but takes your workstation to the next level with built in wireless charging and USB connectivity making staying productive effortless.

Built-in wireless Qi charging station with USB ports, making it easy to keep your devices fully charged and at your fingertips. Microban® antibacterial protection keeps your workstation cleaner, perfect for hot-desking.

### **LOTSMA Lotus Single Monitor Arm £36.00**

### **LOTDMA Lotus Dual Monitor Arm £55.00**

For use only with the Fellowes Lotus™ Sit-Stand and DX Workstations

Height adjustable up to 40cm above the top surface

Monitor stays in place when you lift or lower the Lotus™

Easy to mount via grommet hole

Single arm holds a monitor up to 27" and 8kgs

Dual arm holds monitors up to 26" and 5.8kgs

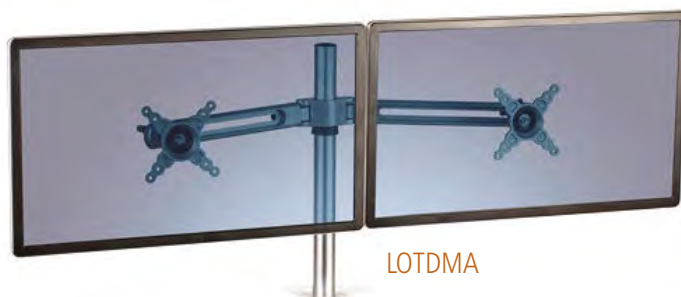
Concealed cable management to keep your workspace streamlined

VESA 75/100 fitting

Colour Silver



LOTSMA



LOTDMA



LOTSB



LOTDXW

**LOTSVE Lotus VE Sit-Stand Workstation Single £322.00**

**LOTDVE Lotus VE Sit-Stand Workstation Dual £340.00**

The Lotus™ VE brings effortless and intuitive adjustment to a new platform

Waterfall design offers two generous work surfaces to hold all of your essential desk accessories

Features 38cm of vertical adjustment so you can work in a position that's perfect for you

Built in cable management to keep your workspace clutter free

Easily mount to the back edge of any work surface with the secure clamp design.

Effortlessly transition from sitting to standing with Smooth Lift Technology™.

Product Dimensions 1079 x 737 x 724mm (H x W x D)

Platform Size 718 x 190mm (W x D)

Keyboard Platform 730 x 227mm (W x D)

Height Adjustment Range 366 mm (14.5-381 mm)

Weight Capacity 11.40 kgs

LOTSVE



LOTDVE



**LOTRTSB Lotus RT Sit-Stand Workstation Single Screen in Black £379.00**

**LOTRTSW Lotus RT Sit-Stand Workstation Single Screen in White £379.00**

**LOTRTDB Lotus RT Sit-Stand Workstation Dual Screen in Black £399.00**

**LOTRTDW Lotus RT Sit-Stand Workstation Dual Screen in White £399.00**

Tri-Motion™ system facilitates a flexible range of movement in all directions, perfect for collaborative working.

Effortlessly transition from sitting to standing with Smooth Lift Technology™.

Waterfall design with device viewing channel to conveniently position documents and accessories.

Premium cable management to keep you tangle free.

Easily mount to the back edge of any work surface with the secure clamp design.

Sturdy real wood surface – available in black or white .

Includes a single or dual Lotus™ monitor arm as standard

Product Dimensions 222 x 902 x 603mm (H x W x D)

Platform Size 720 x 210mm (W x D)

Keyboard Platform 738 x 267mm (W x D)

Height Adjustment Range 419 mm (12-432 mm)

Desk Clamp

Weight Capacity 15.88kgs

LOTRTSB



LOTRTDW





## SIT-STAND DESKTOP SOLUTIONS

### WorkFit-T-TL Sit-Stand Desktop Workstation

Freestanding and sits on any flat surface, with a quick adjustment using the counterbalancing mechanism it converts to a sit-stand workstation

The keyboard platform moves in tandem with the worksurface and is positioned 11.4cms below it.

Simple, easy to use and with 38cms of height adjustment it fits all users

Ideal for 1 or 2 monitors or a monitor and laptop

#### RWFTB WorkFit-T Black £339.00

#### RWFTW WorkFit-T White £339.00

Worksurface 88.9x58.6cm

Keyboard platform 62.9x23.5cm

#### RWFTLB WorkFit-TL Black £355.00

#### RWFTLW WorkFit-TL White £355.00

Worksurface 95x58.6cm

Keyboard platform 62.9x28cm



RWFTLB



RWFTLW



### RWFZM Workfit Z Mini £239.00

Sit-stand solution with a soft, grey woodgrain finish.

Provides infinite, click-free adjustments upto 32 cm for weights upto 11.4 kg

Easy set-up no tools needed

Worksurface 78.7 x 39.4 cm

Keyboard Tray 62 x 22 cm



RWFZM

RWFSAB





## MONITOR ARMS

### **RWFSAW Single Monitor Arm Kit - White £69.95**

### **RWFSAB Single Monitor Arm Kit - Black £69.95**

Upgrade your WorkFit to hold LCD monitor above the desktop.  
13 cm of height adjustment to easily lift screens to the correct height and frees up space

Tilt & rotate the screen, VESA fitting 75/100

Easy to install to the WorkFit via bolts

Weight Capacity: Screen 2.7–7.3kgs

For use with WorkFit-T, WorkFit-TL

### **RWFDAB Dual Monitor Arm Kit - White £103.95**

### **RWFDAB Dual Monitor Arm Kit - Black £103.95**

As above but for Dual monitors.

Weight Capacity for each screen 2.7–8.63kgs

For use with WorkFit-T, WorkFit-TL

### **RWFSLAW Monitor and Laptop Kit - White £103.95**

### **RWFSLAB Monitor and Laptop Kit - Black £109.95**

As above but for 1 monitor and a laptop.

Weight Capacity: Screen 2.7–7.3kgs, laptop 4.5 kg

For use with WorkFit-T, WorkFit-TL

RWFSLAW



RWFDAB



### **R71 LX Desk Mount LCD Arm £134.00**

Durable polished aluminium construction

Sleek and streamlined, the LX frees up space and allows positioning of your display for greater productivity. Reposition your LCD with just a touch. Up, down, forward, back.

### **R72 As above but laptop version £162.00**

### **R73 LX Dual side-by-side Arm £262.00**

As the R71 but for dual screens.

### **R74 Ergotron MXV Single Arm £134.00**

### **R75 Ergotron MXV Dual Arm £262.00**

The MXV adjustability helps increase viewing comfort, while its upscale finish leaves a stylish impression.

Offers a narrow profile - 25% slimmer than the LX monitor arm range

33cms of height adjustment

Extends monitor(s) up to 22.2 (56 cm)

For monitors weighs 3.2 to 9.1 kgs

Arrives fully assembled for easy installation

Desk Clamp attaches to surface edge 12-32mm thick

Includes a 10-year warranty

In White

R71



R72



R74



R75



## MONITOR ARMS

### **R91 ViewLite Plus Monitor Arm £199.00**

The ViewLite Plus allows you to adjust your monitor to any position with a simple hand movement  
 Height adjustment with a 240mm range  
 Depth adjustment with a 543mm range  
 Comes with both bolt through desk and desk clamp 10-40mm  
 Rotate 360°, tilt +90°/-55°, swivel 360°  
 VESA compatible with quick release system  
 Max monitor weight 7kg

### **R92 ViewLite Plus - Wall Fitting £136.00**

Wall mounted version of the above arm,  
 depth adjustment with a 330mm range

### **R93 ViewLite Plus - Rail Fitting £145.00**

Wall mounted version of the above arm  
 offers the ability to mount a monitor on a rail system  
 depth adjustment with a 330mm range

### **R94 Viewlite Plus Dual Arm £399.00**

As the R91 but for dual monitors

### **R96 Viewlite Plus Tablet Holder £72.00**

Smallest possible tablet dimensions (HxW) 225x150mm  
 Largest possible tablet dimensions (HxW): 265x190mm

### **R97 Viewlite Plus Laptop Holder £41.00**

Exclusively compatible with the Viewlite quick-release VESA system  
 Supports a max. thickness of 30 mm for an opened notebook

### **R131 NS Single Monitor Arm £129.00**

Gas monitor arm. Height adjustable from 17 to 51cms  
 arm length upto 61cms  
 VESA Fitting  
 tilt 180° tilt, 180° rotate and 360° swivel  
 Clamp and Bolt through fitting. in Silver

### **R132 NS Dual Monitor Arm £229.00**

As R131 but for dual monitors.



# MONITOR ARM

## Arc Monitor Arm

Often the design of display support products either favour aesthetics or engineering, creating an imbalance between form and function. Arc combines these disciplines in order to create an innovative, beautifully crafted and easy to use piece of workplace equipment.

Movement is key in a dynamic and modern working environment. Arc is the embodiment of good ergonomic design and allows for every pivot and angle, matching your workflow throughout the day. Designed to allow you to effortlessly position your screen at the ideal height, angle and distance for the best possible viewing experience and posture.

It also needed to be aesthetically pleasing and intuitive to use, encouraging user interaction rather than being a mechanical and oppressive tool.

The integrated weight setting adjuster within the body of the arm means that all tweaks can be made by hand with no tools.

Arc automatically locks your screen in place, just simply click and lift to remove. Our patented design lets you free a monitor, large or small, without having to hold a catch down. This all makes installing a new screen quick and easy.

Cables flow from the screen to table, neatly contained along the full length of the monitor arm for a clean and uncompromised look. Lift the cover to reveal the hand adjuster and cable routing.

Single, dual and laptop are available

**R150 Arc Monitor Arm £246.00**

Optional addons

**R151 Dual Bar only £140.00**

**R153 Laptop only Stand £128.00**

**R154 Extension post £128.00**

## Gas Spring Monitor Arm

**R161 Single GTarm £68.00**

**R162 Dual GTarm £92.00**

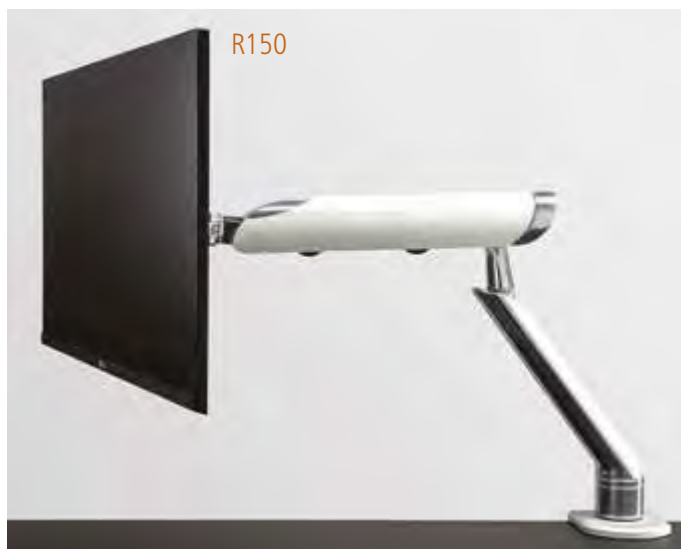
Gas spring monitor arm

Screens up to 9kgs

VESA fitting 75/100mm

Cable management

Clamp and grommet fitting  
in Silver



## MONITOR ARMS

### **R121 Single Monitor Arm £89.00**

Quick release VESA mounting plate  
Installable in under 2 minutes  
One touch height adjustment  
Complete cable management  
Includes clamp and through desk fixing  
No tools required

**R121S** Silver, **R121W** White **R121B** Black

### **R122 Double Monitor Arm £139.00**

As the R121 but for dual monitors  
**R122S** Silver, **R122W** White, **R122B** Black

### **R123 Quad Monitor Arm £300.00**

As the R121 but for quad monitors  
**R123S** Silver, **R123W** White, **R123B** Black

### **R124 Laptop stand £39.00**

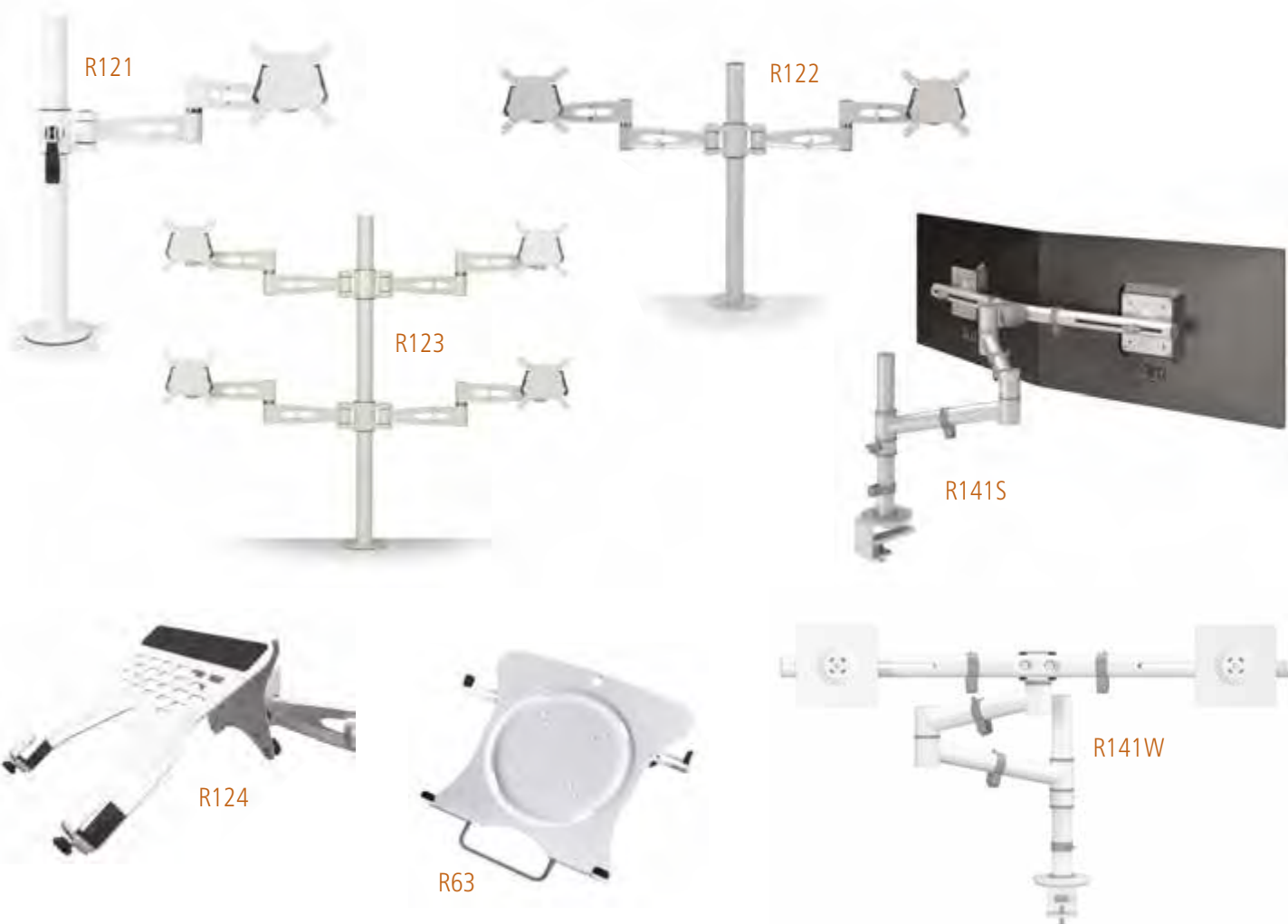
Laptop stand for the R121, R122 in R123  
**R124S** Silver, **R124W** White

### **R63 Universal Notebook Support £56.00**

VESA fitting. Because the notebook holder is equipped with width and height adjustable clamps, it is suitable for almost every common notebook. Max. notebook width 260-400 mm. Made of durable steel.

### **R141 ViewGo Dual Monitor Arm £126.00**

Static height adjustment range of 210 mm  
Independent depth adjustment Cable management  
VESA compatible  
Desk clamp and bolt-through fixing  
Monitor size limit: width 620 - height 900 mm  
Easy installation using just one supplied tool  
Unique mechanism enables precise horizontal levelling  
**M141W** White, **M141S** Silver **M141B** Black





## MONITOR STANDS

### **R5 TFT, LCD or Laptop Variable Height Stand £23.45**

This dual use stand offers all the advantages of simplicity and at low price. A robust platform comes complete with three sets of interlocking blocks which allow height adjustment up to 122 mm.

### **R24GRE LeBloc 1 Monitor Stand Grey £6.50**

### **R24BLK LeBloc 1 Monitor Stand Black £6.50**

These stands interlock to raise screens in 25 mm increments to exactly the correct height. Designed for 14" to 17" monitors, it interlocks with LeBloc2. Dimensions 290 x 290 mm (w x d).

### **R25GRE LeBloc 2 Monitor Stand with Shelf Grey £11.95**

### **R25BLK LeBloc 2 Monitor Stand with Shelf Black £11.95**

This shelf system offers height increments of 50mm. Interlocks with Lebloc 1.

### **R27GRE LeBlocFS Flat Screen Monitor Stand Grey £13.75**

### **R27BLK LeBlocFS Flat Screen Monitor Stand Black £13.75**

These interconnecting stands have been designed exclusively for flat screens. At only 22 cms deep, they create extra desk space. Dimensions 13" x 8.8" x 2.5" (w x d x h).

### **R65 Q-Riser 100 £44.95**

Fixed perspex monitor riser  
10cms high with a cable management  
Also lets you store your keyboard under the monitor stand  
310x280x105mm W x D x H

### **R66 Q-Riser 130 £64.95**

Monitor riser 5 adjustments between 6-14cms  
Intergrated cable holder  
310x265x60mm W x D x H

### **R67 Q-Riser 140 £74.95**

Monitor riser 5 adjustments between 6-14cms  
Intergrated cable holder  
370x300x60mm W x D x H

### **R68 Q-Riser 150 £109.95**

Monitor riser with extendable document holder  
5 adjustments between 90-160mm  
Intergrated cable holder  
310x330x90mm W x D x H

R5



1 x R24BLK - 2 x R25BLK



R27GRA



R65



R66



R67



R68



## LAPTOP & TABLET STANDS

### **LT1 Laptop Stand £59.95**

Raises the laptop to a more comfortable keying and viewing position. Raised wrist supports allows the wrist to sit in a more neutral position. Comes with carrying handle.

### **LT16 U-Top £49.99**

The classic 'U TOP' laptop stand with new copy holder, and 'quick lock' support arms.

Easy set-up, Folds flat for transportation and storage  
Non-slip rubber feet, 4 Cable storage slots  
Light weight less than 240Grams, and only 3mm thick!  
6 Angles from 30 - 48°

### **LT16PRO U-Top Pro £59.99**

U TOP PRO laptop stand with improved document holder and 'quick lock' support arms.

Document Holder also capable of supporting books  
Six height settings from 32 to 48°  
Easy set-up, Folds flat for transportation and storage  
Non-slip rubber feet, 4 Cable storage slots  
Light weight less than 250Grams, and only 5mm thick!

### **LT17 Swivel Laptop/Tablet Support £49.50**

Aluminium Portable Laptop Stand  
Ergonomic design constructed of aluminium material.  
Folds flat for easy storage and travel  
Built-in swivel base for easy viewing angle adjustment  
Rises laptop up to 16 cms (6.3") offering laptop great dissipation  
Includes neoprene travel bag for transport and storage, also serves as a mouse pad.

### **LT18 Oryx Evo D Laptop Stand £58.86**

Ultra-light, fold flat laptop stand with 4 height settings.  
For use with laptops up to 17"  
It also features an in-line copy holder, which holds reference documents in the perfect position to avoid neck strain.

LT1



LT16PRO



LT18



LT16



LT17



**LT24 Adjustable Aluminium Stand £50.50**

Made of high grade, light weight and sturdy aluminium.  
Slim design.  
Displays laptop at six different angles for viewing comfort.  
Neoprene carry case doubles as mousepad.  
Adjustable height and width.  
Min. size: 252x182mm.  
Max. size: 252x275mm.  
Weight: 600 grams.

**Ergo-Q 260 Laptop Stand**

5 height adjustable positions between 90-210mm  
This compact lightweight laptop stand with integrated inline document holder  
For laptops upto 15.6"  
Hyllite aluminium

**LT32 Laptops upto 15.6" £109.95**

230x310x7mm W x D x H

**LT33 Laptops upto 12" £104.95**

183x244x.6mm W x D x H

**LT34 Ergo-Q 330 £74.95**

6 height adjustable positions between 110-190mm  
Lightweight plastic laptop stand with integrated inline document holder. For laptops upto 17"  
310x228x 13mm W x D x H

**Flextop 270 Laptop Stand**

This compact lightweight laptop stand can attach to your laptop or just rest on the two brackets. Can be attached to the laptop  
Hyllite aluminium with rubber anti-slip brackets

**LT35 Laptops upto 15.6" £84.95**

7 height adjustable positions between 90-220mm  
300x275x6mm W x D x H

**LT36 Laptops upto 12" £79.95**

5 height adjustable positions between 70-160mm  
268x210x6mm W x D x H

**LT38 Ergo-Top 320 £74.95**

5 height adjustable positions between 160-220cms  
Perspex laptop stand with integrated inline document holder  
For laptops upto 17". Cable management  
245x370x157mm W x D x H



LT24



LT34



LT32



LT35



LT38

## LAPTOP & TABLET STANDS

### **LT51 TSP (Tablet Survival pack) £65.00**

Not just another tablet stand! This is your ergonomic interface between you and your tablet.

The TSP has been awarded the coveted FIRA ERGONOMIC EXCELLENCE AWARD for the unique and outstanding ergonomic benefits it offers the user.

Not only can a compact keyboard up to 153mm X 300mm be stored underneath the TSP to make agile working easier and keep your travel case tidier.

Lifts your tablet 240mm above the worksurface

Suitable for all iPad models, Microsoft Surface, Galaxy, Kindle Fire, and any other tablet up to 15mm in thickness

Compactly folds for easy transportation.

Supports tablets in portrait and landscape.

Compact keyboard storage (keyboard not included).

2 Angle settings.

Tablets secured by our innovative Tab lock system.

Supplied with outer plastic case.

Non-slip rubber feet.

Compactly folds to 322x160x26mm.

Weighs just 210 grams!



LT51

### **LT52 LSP (Laptop Survival pack) £65.00**

This is not just a laptop stand, it's your award winning agile working solution.

The LSP has been awarded the coveted FIRA ERGONOMIC EXCELLENCE AWARD for the unique and outstanding ergonomic benefits it offers the user.

Not only can a compact keyboard up to 153mm X 300mm be stored underneath the LSP to make agile working easier and keep your travel case tidier.

Lifting your laptop to a choice of 9 different settings from 25 to 47 degrees using our unique and innovative Smart Set adjustment system. Once you choose a suitable angle the Smart Set system will automatically set to that angle next time you open the stand to save time.

Compactly folds for easy transportation.

Supports laptops up to 17".

Compact keyboard storage.

9 Angle settings

Smart set angle adjustment system.

Supplied with outer plastic case.

Non-slip rubber feet.

A4 Document Holder.

Compactly folds to 343x160x26mm

Weighs just 210 grams!



LT52



### **LT53 Ergo-Q Hybrid Tablet Stand £109.95**

A compact and light stand agile working solution suitable for with tablets, laptops, and hybrid laptops..

This mobile stand has 4 adjustable heights, which lets you use the tablet in landscape or portrait mode.

Add an external keyboard and an external mouse and you have a veritable desktop PC. Mobile work with a healthy work posture is possible.

Suitable for:

laptops (up to 17")

Hybrid devices like the Microsoft Surface Pro 4 (with Ergo-Q Hybrid lock functionality)

Many tablets like the Galaxy Tab A 10.1, Tab 3 and Tab S2 9.7", as well as the iPad 2017, iPad Pro, iPad Air 2 and the Surface Pro 3 (only without the possibility of the Ergo-Q Hybrid the Ergo-Q Hybrid lock functionality).

220x293x15mm W x D x H

Weighs 600 grams



LT53



### **LT54 TabletRiser £109.95**

The risk of working behind a tablet is that we adopt a poor work posture, which can cause physical complaints, because the screen contains the keyboard.

The innovative TabletRiser unfolds from briefcase to stand in one simple motion.

The stand also fits an external compact keyboard (neither tablet nor keyboard is included).

Adjust the tablet to the proper angle and the right height.

Tablet rotates 360 degrees and is easy to remove.

230x326x40mm W x D x H

Weighs 700 grams



LT54



## LAPTOP KITS

### **LK1W Wired Laptop Kit 1 £79.00**

Standard mini keyboard  
Adjustable aluminium laptop stand  
Logitech B100 mouse



### **LK1C Cordless Laptop Kit 1 £91.50**

Adjustable aluminium laptop stand  
Wireless keyboard and mouse



### **LK2W Wired Laptop Kit 2 £163.50**

S-Board 840 keyboard  
Adjustable aluminium laptop stand  
Contour Unimouse right or left handed



### **LK2C Cordless Laptop Kit 2 £171.25**

Ultraboard 950 cordless keyboard  
Adjustable aluminium laptop stand  
Contour Unimouse right or left handed



### **LK3W Wired Laptop Kit 3 £230.50**

Ultraboard 950 wired keyboard  
Ergo-Q 260 laptop stand  
Contour Unimouse right or left handed



### **LK3C Cordless Laptop Kit 3 £243.00**

Ultraboard 950 cordless keyboard  
Ergo-Q 260 laptop stand  
Contour Unimouse right or left handed



## LAPTOP BACKPACKS AND ROLLING BACKPACKS

### **BP3 Targus Rolling Notebook Backpack £80.00**

Featuring a shoulder strap and telescopic handle, the Targus laptop backpack gives users the option to carry or wheel. It has a padded laptop compartment for screens up to 15.4". The telescopic handle locks at two different lengths. Dimensions 355 x 29 x 56 mm.

### **BP4 16 - 17.3" Classic Backpack £36.99**

A lightweight and compact, classically styled Backpack in black. With foam protection for your laptop, 2 large zipped pockets. Lifetime warranty.  
Laptop compartment dimensions: 42 x 30 x 4.5cm  
External dimensions: 32.5 x 49.5 x 18.5 cm  
Weight: 0.82 Kgs

### **BP5 Roller Backpack £74.99**

2 compartments, lateral protection, wheelable & convertible into backpack, black, lifetime warranty.  
Laptop max size 29 x 38.5 x 4 cm  
External Size 35.5 x 52.5 x 26 cm  
Weighs only 2.1Kg



### **BP6 Targus CityLite Convertible Backpack/Briefcase £59.95**

Stylish convertible laptop bag that switches from backpack to briefcase. Tablet pocket, front pocket and hideaway bottle holder for easy storage. Detachable shoulder straps and retractable handle for quick switch from backpack to briefcase. Multi-fit laptop cradle for a secure hold. Padded straps for comfortable carrying all day long. Tactile zipper pulls. For laptops up to 15.6". Weighs 0.88 kg. Dimensions 320 x 110 x 440mm (W x H x D)

### **BP7 Targus Citylite Security backpack £64.95**

Secure and stylish laptop backpack perfect for protecting your tech on-the-go. The backpack can only be accessed via zips around the shoulders, RFID-blocking pockets protect your credit cards from scanning. For laptops up to 15.6". Weighs 0.97 kg. Dimensions 344 x 20.5 x 460mm (W x H x D). No front access to protect your belongings. Lockable zips and discrete pockets to protect your valuables. Reflective stripes and personal panic whistle. Multi-fit laptop cradle for a secure hold. Padded shoulder straps.





## BACK SUPPORTS & WEDGES

### **LR1 4" Circular Spinal Lumbar Roll £19.00**

4" x 11" lumbar roll in grey with adjustable strap. Support when and where you need it in the home, car or office. The easily-portable roll should fit snugly in the small of the back.

### **LR2 4" D-Shaped Spinal Lumbar Roll £19.00**

4" x 11" lumbar roll.

### **LR3 5" Circular Spinal Lumbar Roll £19.00**

5" x 11" lumbar roll.

### **LR4 5" D-Shaped Spinal Lumbar Roll £19.00**

5" x 11" lumbar roll.

### **LR5 Slimline Wedge £23.50**

Provides support sitting in the home or office to correct a poor seat angle or in the car to level out a dip in the seat. Easily portable. 360 x 360 x 50 mm.

### **LR5-1 Slimline Wedge with Coccyx Cutout £23.50**

Provides support sitting in the home, office or car and relieves pressure on the base of the spine. Easily portable. 360 x 360 x 50 mm.

### **LR6 Seat Wedge £23.50**

An 11-degree seat wedge. Corrects poor seat design or provides a forward tilt to level out poor seat angles. 360 x 360 x 100mm.

### **LR7 Seat Wedge with Coccyx Cutout £23.50**

An 11-degree seat wedge. Corrects poor seat design or provides a forward tilt to level out poor seat angles. Cutout relieves pressure on the base of the spine. 360 x 360 x 100 mm.

### **LR8 Coccyx Wedge with Memory Foam £41.50**

An 8 degree seat wedge with a coccyx cutout. It can correct poor seat design or provide a forward tilt when sitting. 360 x 360 x 70 mm.

### **LR8-1 8 degree Wedge with Memory Foam £41.50**

An 8 degree seat wedge. It can correct poor seat design or provide a forward tilt when sitting. 360 x 360 x 70 mm.

### **LR9 Designer Back Support £48.75**

Topped with visco-elastic memory foam to mould to the individuals requirements, this is used when maximum lateral and lumbar support is needed. It has a washable cover and fixing straps. 400 x 380 mm.

### **LR10 Back Support £42.00**

As LR9 but no memory foam.

### **LR11 Standard Car Support £38.00**

As LR12 but no memory foam.

The standard car support fits snugly into your vehicle to provide optimum support using cold-moulded foam. 300 x 210 mm.

### **LR12 Designer Car Support £43.75**

Topped with visco-elastic memory foam, designed to mould to each individual, this product provides outstanding comfort and support. 300 x 210 mm.

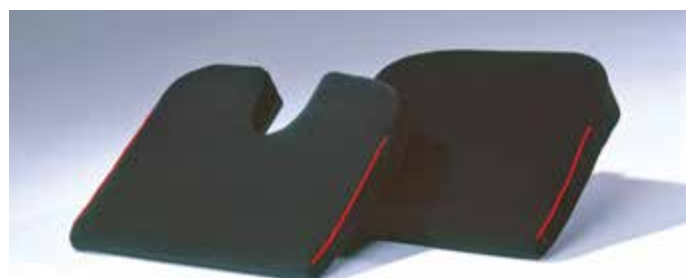


LR1 & LR3



LR2 & LR4

LR5 - LR8



LR9



LR12



### LR13 Winged Support £27.50

A great little product, ideally suited to the office environment. It provides stable, balanced sitting and gives integrated lateral support not provided by conventional rolls. Easily portable, it has a washable cover and is supplied with fixing straps. 320 x 150 mm.

### LR13-1 Designer Winged Support £39.25

As LR13 but with memory foam.

### LR18 Standard Padded Back Friend Oatmeal £63.95

### LR18B Standard Padded Back Friend Black £63.95

Designed to reduce back pain and increase the postural quality of the office chair. The Back Friend is portable, with a hand grip for ease of carrying when folded. It can be used on any seat to give the same level of comfort wherever you sit. Standard seat thickness 25 mm. Backrest width 295 mm. Height 480 mm. Seat 410 x 365mm (w x d).

### LR19 De Luxe Padded Back Friend Oatmeal £67.95

### LR19B De Luxe Padded Back Friend Black £67.95

This has all the features of the Standard Padded Back Friend plus an extra thick 50 mm padded seat. Backrest width 295 mm. Height 480 mm. Seat 410 x 365 mm (w x d).

### LR20 Carry Case £21.00

Designed to keep the Back Friend clean when not in use.

LR13



LR18/19



LR35

### LR35 Dynaspine Support £72.00

Dynaspine is a revolution in portable back supports, in that its unique design provides dynamic support for the back.

- Height adjustable
- Flexible design conforms to the contours of your spine for ideal fit.
- Encourages forward positioning of your hips on the chair which takes the pressure off the back of your thighs and aligns the spine correctly.

### The Therapeutica Back Supports

When viewed from the side a correctly aligned spine contains an 'S' curve. A back support needs to consider the spine's contour, the user's size, freedom of movement and the support needed for provision of relief and prevention of back pain and fatigue.

- Ergonomically designed to conform to the natural contours of your spine while supporting your spine properly.
- Shoulder blades and arms are free for unrestricted movement
- Aids in the prevention and relief of back pain and fatigue
- Promotes greater comfort in seated posture
- Unique but simple fastening system allows easy fastening to any kind of seating
- Available in 3 sizes for a custom fit: Petite Back, Average Back, and Tall Back.

Measure from tailbone to top of shoulders.

**Petite Back: 53-58cms,**

**Average Back: 58-63cms**

**Tall Back: 63-68cms**

Spinal Back Support

**LR22 Petite £102.49**

**LR23 Average £107.49**

**LR24 Tall £114.16**

Spinal Back and Neck Support

**LR25 Petite £125.24**

**LR26 Average £126.66**

**LR27 Tall £141.24**

Therapeutica  
Back Supports



## FOOTSTANDS

### **FR1 Score Basic 952 £169.95**

Height range 3" to 11". Tilt adjustable footplate.  
18.5" x 13.5" (w x d)  
Easy to reach foot controls. Chrome and black.

### **FR2 Hag Quickstep £124.00**

Fixed height. 2-sided use. Lightweight and easily moved.

### **FR4 Score PRO 959 £165.95**

Easily adjustable to the right height for you with single foot  
Height range 9- 37cms  
Adjustable footplate W 49 cm X D 40 cm  
Supports loads of up to 100 kg

### **FR4M Score PRO 952 Footrest £157.00**

Mini version of the FR4. Footplate W 44 x D 32 cms  
Height adjustment: 8 – 30 cm

### **FR5 Footform £158.00**

Solid steel construction. Height adjustable by pressing down on the red button with your foot. Ideal for high work surface stations Height adjustable from 3.5" to 5.1" or 5.5" to 12.5".

### **FR9 Tubular Footrest £25.75**

Economical footrest of simple design, the ribbed foot support ensures a firm grip, whilst the rubber feet avoid slipping or scratching of floor surface. Height adjustment to 4 positions.

### **FR10 Wedo Relax Footrest £62.75**

Incorporates a removable cover, which reveals a compartment for foot controls of dictating machines. Height adjustable front 5-15 cms and back 8-21 cms.  
Platform size 22" x 12" x 2" (w x d x h)

### **FR20 The Footprint £134.95**

Foot operated height adjustment  
Height adjustable between 90-30cms  
Lockable in 12 individual height positions  
Angle adjustable footplate  
Footplate size 45x33cms (WxD)

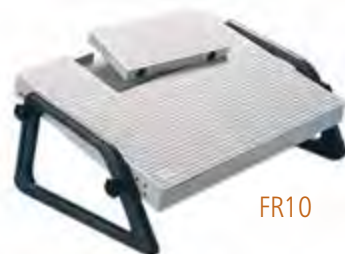
FR1



FR4



FR10



FR2



FR9



FR5



FR20



**FR11 DCA £29.75**

Sturdy platform self adjusts for greatest comfort. Heavy-duty frame and platform. Non-slip o-rings to ensure that the footrest remains firmly in place.

**FR12 Comfort Footrest £37.57**

Adjustable footrest, inclines in both directions. Anti-skid base to prevent slipping. Foot massage surface helps ease tired feet. Dimensions 320 x 450 x 80 mm (d x w x h). Pack weight: 1.506 kg. Pack dimensions: 330 x 455 x 90 mm.

**FR13 Adjustable Tilting Footrest £47.87**

Height adjustable footrest, raises and tilts for comfort and support. Adjusts to three different heights. Surface tread offers great base for foot massage. Adjustable height between 95 and 170 mm. Dimensions 340 x 450 x 100 mm (d x w x h). Pack weight: 2.541 kg. Pack dimensions: 350 x 466 x 110 mm.

**FR18 Adjustable Footrest £36.25**

Product size 450 x 350 x 70mm (L x W x H)  
4 Angle height adjustment to 6, 12, 16, 25 degrees  
Max height at back 126mm  
Max weight 80kg  
Non slip foot pad and floor pads

**FR19 Deluxe Comfort Footrest £48.25**

Features acupressure bumps designed to help increase comfort and blood circulation  
Easily adjusts to multiple tilt angles 0-40 degrees  
Manually adjustable to 3 different heights 4.1, 5.2 & 5.7 inch.  
Non-Slip Rubber Feet enhance overall stability

**FR15 Adjustable Leg Support with Glide feet £76.00**

Max user weight 100kg (15.75 Stone)  
Height adjustment 38-50 cms (15-20")  
Length 50 cms (20")  
Width 32 cms (12")  
Chrome plated steel frame.  
Adjustable in height.  
Independent height adjustment.  
Padded top with concave shape.  
Non-marking, slip resistant rubber tips.

**FR16 Adjustable Leg Support with Castors £83.00**

As the FR15 but with castors.

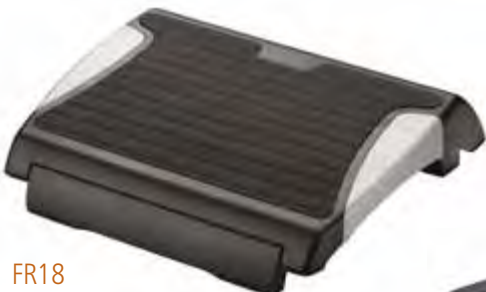


FR11

FR13



FR12



FR18



FR19



FR16



# TELEPHONE HEADSETS

**Please contact us to ensure your telephone is compatible with the headset you require**

The Plantronics EncorePro 500 Series is an all-new generation of headsets for customer service centres and offices, designed for the future, and built on experience. Three innovative models deliver greater comfort for all-day wearing, superior noise-cancelling for clearer calls, and increased reliability so conversations can continue without worry. And they'll help you meet the OSHA / Noise at Work regulations.

**Requires direct connect cable to connect to phone**

Flexible unibody boom with noise-cancelling microphone  
Visual and tactile positioning guides, adjustable head band  
Monaural, binaural or 3-in-1 wearing styles

**HS4 EncorePro HW510 Monaural Headset £78.00**

**HS5 EncorePro HW520 Binaural Headset £96.00**

**HS6 EncorePro HW540 3-in-1 Headset £88.00**

The HW540 is a 3-in-1 headset, over-the-head, behind-the-neck, over-the-ear

**HS24 M22 £98.50**

Plantronics M22 amplifier brings superior sound-quality and acoustic protection to your telephone. As well as providing compatibility with those telephones that do not allow direct connection of headsets it offers a range of additional features.

**HS28 MX10 Computer/Telephone Switch £105.00**

Computer/telephone switching with dual-channel volume control. The MX10 brings telephone and computer integration closer together, giving you full control of two separate audio channels allowing you to switch and mix between them.

**U10P £12.95**

Coiled cord connects any H-Series headset with Quick-Disconnect plug to compatible Plantronics amplifiers, or phones with compatible headset ports

**CS540 with HL10 Handset lifter £239.99**

Wireless high performance for the office

The CS540 is a super-lightweight DECT™ headset with a 120 metre wireless range, ideal for working in busy hot-desking environments, and with the ability to connect up to four headsets on a single call.

Audio controls volume/mute at your fingertips

Noise-canceling microphone reduces background noise interruptions, ensuring great audio quality and easing listener fatigue

HL10 Handset Lifter adds remote call answer/end convenience

**NC-181VM High Fidelity Monaural PC Headset With Noise Canceling Microphone £42.00**

Andrea's PureAudio USB solution bypasses your desktop or laptop computer's integrated sound system, providing increased intelligibility and performance of microphone input and speaker output for all of your digital audio applications including VoIP and speech recognition programs.





## MICE, KEYBOARDS & TOUCHPADS

### **M2USB Cirque Easy Cat Touchpad USB £31.00**

The touchpad makes it easier than ever to control your computer. Simply glide your finger over the smooth surface to point, then tap on the pad or press on the buttons to click. No drivers required.

### **M3USB Cirque Smart Cat Touchpad USB £48.00**

With intelligent software, one-touch scroll and zoom, and distinctive sounds for each operation, the Cirque Smart Cat® combines all the power of a top-of-the-line mouse with the unrivalled comfort and durability of a touchpad.

### **M4USB Cirque Smart Cat Pro Touchpad USB £58.00**

The Cirque Smart Cat PRO® adds the flexibility of programmable hotlinks. These one-touch zones can be independently programmed to: execute programs/commands, open files, control browser functions, assign (toggle) mouse actions and control cursor modes.

### **M5 Logitech Wireless Trackball M570 £59.99**

Ergonomically designed thumb trackball for right-handed use. Move the cursor by rolling the ball with your thumb. High precision, low maintenance, smart power management, web wheel for easy scrolling. Batteries included. PC and Mac compatible.

### **M6 Kensington Orbit™ Optical Trackball £29.45**

Stationary trackball design optimises desk space when compared to a mouse. Design for left or right-handed users. Two customizable buttons with Kensington TrackballWorks™ software. Optical technology delivers superior precision. USB Connection with PS2 adapter. PC and Mac® compatible.

### **M71 Logitech Marble Mouse £41.99**

Whether you are left or right handed, the Marble Mouse provides all the comfort and familiar feel of an advanced mouse but with the convenience and precision of a trackball. Innovative optical tracking delivers superior precision and smooth motion. PC and Mac compatible.

### **M24 3M Renaissance Mouse Small £81.50**

### **M25 3M Renaissance Mouse Large £81.50**

This ergonomically designed input device that helps reduce stress to the nerve in the carpal tunnel and to the muscles in the user's arm. It has also been shown in clinical trials to reduce discomfort for computer users.

### **M24C 3M Renaissance Small Cordless £132.50**

### **M25C 3M Renaissance Large Cordless £132.50**



M2USB



M3USB



M4USB



M6



M24-M25



M5



M71

## MICE, KEYBOARDS & TOUCHPADS

### **M72 Evoluent Vertical 3 Mouse £84.95**

3 standard buttons, right click, left click and scroll

#### **Evoluent Version 4**

### **M73 Evoluent Left Hand £104.95**

### **M74 Evoluent Right Hand Cordless £129.95**

### **M76 Evoluent Small Right Hand Cordless £129.95**

### **M77 Evoluent Right Hand £104.95**

### **M78 Evoluent Small Right Hand £104.95**

Extended lip prevents rubbing the your little finger on the desk. Adjustable laser sensor. Pointer speed indicators. Lighted Evoluent logo. Improved thumb rest. Now two thumb buttons.



### **M103MW Oyster Mouse Medium Wired £115.00**

### **M103MC Oyster Mouse Medium Cordless £135.00**

### **M103LW Oyster Mouse Large Wired £115.00**

### **M103LC Oyster Mouse Large Cordless £135.00**

The most revolutionary ergonomic pointing device on the market. Wired or Cordless, Medium or Large versions. Switchable for both right and left handed use. Adjustable to 5 different angular positions for ultimate comfort. 6 buttons and a scroll wheel. Mac & PC compatible.

#### **The HE Vertical Mouse**

### **M141 Medium Right Hand Wired £49.99**

### **M142 Large Right Hand Wired £49.99**

### **M143 Medium Right Hand Cordless £69.99**

### **M144 Large Right Hand Cordless £69.99**

### **M145 Medium Left Hand Wired £49.99**

### **M146 Medium Left Hand Wired Cordless £69.99**

Provides a neutral, relaxed position of the hand and wrist, moving from the forearm instead of your wrist. The mouse fits comfortably in your hand and supports your wrist and fingers. Windows, Mac and Linux compatible. USB Connection. Wired and Cordless



**M79 Ergoslider Plus + £186.00**

Ergoslider Plus+ has an extremely low, elegant design. All button functions are centred on the manoeuvre panel for access and natural tactility on the keyboard. The comfortably soft removable wrist support gives a nice rest for the wrist and can be supplemented, when necessary with a larger and deeper support for increased comfort. Ultra-slim design and unlike other pointing devices, the bar can easily be removed and be cleaned. Sensor 800 dpi laser, USB, Plug & Play, 5 button mouse, incl. Scroll  
Dimensions: 390 x 102 x 23 mm, Weight: 300 g

**M80W Wowpen Joy Wired £40.95**

**M80C Wowpen Joy Cordless £58.35**

Wow-Pen Joy is an optical mouse, which meets high ergonomic demands as well as a joyful design without any compromises.

**M75 Nib Clickless Software £54.00**

Nib Click-Less Software (for Windows or Macintosh) automatically performs 95% of button clicking operations for the average word processor user. It can be used with any standard mouse. Available for 1 month free trial.

**M81 DXT2 Ergonomic Precision Mouse £69.95**

**M81C DXT2 Cordless £84.95**

High quality, high performance, high accuracy mouse. Unique design. Can be used right- or left-handed (instantly switchable). Fits most hand sizes.

**M69B E-Quill-AirO2bic Left Hand Black £89.95**

**M69G E-Quill-AirO2bic Left Hand Grey £89.95**

**M70B E-Quill-AirO2bic Right Hand Black £89.95**

**M70G E-Quill-AirO2bic Right Hand Grey £89.95**

The E-Quill-AirO2bic™ as the first and only Grip-Less™ mouse, makes it possible to move the cursor without having to use the small and easily over-worked muscles required for 'holding' the mouse.

**M99 Grip Vertical Mouse £39.95**

The vertical position of your hand makes using this mouse very comfortable for people who work intensively on a computer. IT's a great help, for example, for users with arm, wrist and shoulder problems. Compatible with WinXP, Vista, Win7, Win8, OS X.

**Penguin Ambidextrous Vertical Mouse**

**M170SW Small Wired £60.95**

**M171MW Medium Wired £60.95**

**M172LW Large Wired £60.95**

**M173SC Small Cordless £83.95**

**M174MC Medium Cordless £83.95**

**M175LC Large Cordless £83.95**



M79



M171MW



M69



M99



M80W



M81



## MICE, KEYBOARDS & TOUCHPADS



### RollerMouse® Red

**RollerMouse Red & Red plus.** The most accurate RollerMouse available, and with unmatched build quality, the Red & Red plus will provide the best experience available. Advanced engineering and superior technologies mean that this is the most capable, adaptable and comfortable RollerMouse available. With a choice of standard palm rest or an extended rest you can choose your own level of comfort.

- M14RED RollerMouseRed £241.66**
- M14REDW RollerMouseRed Wireless £241.66**
- M14REDPLUS RollerMouseRedPlus £249.99**
- M14REDPLUSW RollerMouseRedPlus Wireless £249.99**
- M14REDMAX RollerMouseRedMAX £299.99**

### RollerMouse® Free3

**RollerMouse Free3.** A great all rounder, with the benefits of higher cursor speeds, the Free3 performs well with general office work, but is also capable of dealing with undemanding creative work, opening up possibilities for photo & video apps for example. An open roller-bar and a larger palm rest means it is great for users with large hands. A sleek design means it also pairs well with many laptops. If you want a wireless device then this is for you.

- M14FREE3 RollerMouseFree3 £216.66**
- M14FREE3W RollerMouseFree3Wireless £233.33**



### RollerMouse® Pro3

**RollerMouse Pro3 & Pro3 Plus** Our most enduring version which is most at home used with a traditional workplace computer, Pro3 is ideal for workers performing traditional office work including office applications and web browsing. With a partially enclosed roller-bar, this is ideal for users with smaller hands. Pro3 Plus has an extended wrist rest for additional comfort.

- M14PRO3 RollerMousePro3 £166.66**
- M14PRO3PLUS RollerMousePro3Plus £183.33**



**Avoid Overextension:** Overextension is caused when a traditional mouse is too far away from your body position. RollerMouse offers a solution allowing you to work in a neutral and relaxed position, close to the body, in front of your keyboard.

**Prevent Excessive Gripping:** RollerMouse's roller-bar design means that the computer cursor can be controlled using just your fingertips, meaning no pain caused by tense muscles in the hand. RollerMouse will enable the most relaxed position possible.

**Enables Load Sharing:** Central placement in front of the keyboard allows the user to start to use both hands, reducing wear & tear on one part of the body.

**Configure It:** All RollerMouse versions provide at least six key functions for enhanced productivity, including the "one touch" double click, copy and paste. Adjustable cursor speeds mean you can work at a pace that suits you, and all buttons can be re-programmed to work with your favourite software.





## unimouse

**Reduce Pain.** Unimouse allows you to adjust the angle of the mouse, as often as you like, to help you work more naturally. A more upright, vertical hand position can take away the build-up of painful pressure in your wrist and forearm, encouraging the use of larger muscles in the upper arm.

**Avoid Strain.** Unimouse is much more than a vertical mouse. It's designed to move, so you can shift position in the same way you'd adjust your chair or desk. Unimouse fits you, not the other way around. An adjustable thumb support positions your hand to prevent gripping and pinching. A gently contoured palm support gives your hand full control and relaxes the click action.

**Work Faster.** Unimouse can enhance your productivity. Its performance is provided by a state of the art optical sensor, and variable cursor speeds give you precision to match the pace of your work. Save time and effort with six programmable buttons personalised to the software you use, a double-click button to reduce those clicks, and smart-sleep battery life measured in months.

Wired or wireless, on PC or Mac, Unimouse is comfort in motion.

**M113C Unimouse Right Hand Cordless £74.99**

**M113W Unimouse Right Hand Wired £66.66**

**M113LC Unimouse Left Hand Cordless £74.99**

**M113LW Unimouse Left Hand Wired £66.66**

## BALANCE keyboard

Contour Balance Keyboard was made for you and the way you work.

Specifically designed to fit the RollerMouse Red, Red Plus, and Free3, the Balance Keyboard puts your hands in the perfect typing and mousing position. By using Balance Keyboard with a RollerMouse, we bring you and your workstation closer together.

**Emphasis on comfort.** Balance Keyboard is ideal for use with the latest models in the RollerMouse range, or in partnership with Unimouse, putting all your controls where you need them.

**More functions close at hand.** Dedicated media keys provide direct access to smart functions, and it is simple to re-program them if you wish. Standard function keys (F1-F12), are ready for use as soon as you press Fn lock.

**Wireless and free.** Balance keyboard is wireless and powered by two AAA-batteries. You connect it to your PC or Mac using the USB receiver supplied, with convenient storage in the battery compartment when not in use.

**M14KEY Balance Keyboard £66.66**



## MICE, KEYBOARDS & TOUCHPADS

### M83 HandShoeMouse

However excellent the functionality of the mouse - we all use it with great ease - most of the time it is too small for the hand while its shape forces hand and fingers in an unnatural gripping position. It lacks comfort.

Therefore a group of mechanical engineers redesigned the mouse, and invented the HandShoe mouse.

The Hand And Fingers Are Supported in The Ideal Relaxed Position.

Ideal Angle of 25 Degrees (not Vertical!)

Special Thumb Support.

The special shape of the HandShoe Mouse allows your hand and wrist to float without any effort.

Its full hand and finger support prevents skin contact with the desktop, unlike most computer mouse types where you press down on the desktop and work from the wrist or rub over the desktop while sliding. Both of these actions are a source of complaints.

BlueRay Track and light click will work on almost every surface.

Small: up to 170 mm

Medium: 170 - 190 mm

Large: 190 - 210 mm

Available Left or right-handed, wired or cordless

3 year warranty



<b>M83RESW</b>	Right-hand Extra Small Wired	<b>£99.00</b>
<b>M83RSW</b>	Right-Hand Small - Wired	<b>£99.00</b>
<b>M83RMW</b>	Right-Hand Medium - Wired	<b>£99.00</b>
<b>M83RLW</b>	Right-Hand Large - Wired	<b>£99.00</b>
<b>M83RSC</b>	Right-Hand Small - Cordless	<b>£117.00</b>
<b>M83RMC</b>	Right-Hand Medium - Cordless	<b>£117.00</b>
<b>M83RLC</b>	Right-Hand Large - Cordless	<b>£117.00</b>
<b>M83LSW</b>	Left-Hand Small - Wired	<b>£99.00</b>
<b>M83LMW</b>	Left-Hand Medium - Wired	<b>£99.00</b>
<b>M83LLW</b>	Left-Hand Large - Wired	<b>£99.00</b>
<b>M83LSC</b>	Left-Hand Small – Cordless	<b>£117.00</b>
<b>M83LMC</b>	Left-Hand Medium – Cordless	<b>£117.00</b>
<b>M83LLC</b>	Left-Hand Large – Cordless	<b>£117.00</b>

### Left and Right Handed XSmall to Large



Full support  
of the hand and wrist

Ergonomic control

Scroll wheel

Support for the thumb

Universal USB connection

Different version for  
the right and left hand

Optical drive

# MOUSETRAPPER – THE WELLNESS MOUSE

## **Mousetrapper – The wellness mouse – The mouse alternative that prevents the strain of desk work**

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.

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.

MTKeys - Makes working with a computer easier!

Enhance the Mousetrapper feeling by customising the buttons/functions so they precisely suit your workflow.

Download MTKeys then select MTKeys for Windows or OS X.

Once MTKeys has downloaded, an image of the product will appear that matches the image underneath your Mousetrapper.

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 pulldown 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.

## **M152 Mousetrapper Advance 2.0 £229.00**

Advance 2.0 is the top seller in the Mousetrapper range

Super-slim, ergonomic design

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

480x110x20mm (WxDxH). Weight: 665g. 2000 dpi

## **M157 Mousetrapper Alpha £293.00**

Mousetrapper Alpha combines the benefits of a centred pointing device with the user- friendliness of a full-sized keyboard.

Perfect product for those who want to reduce pain and improve wellbeing without having to compromise efficiency or flexibility.

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

Bluetooth 4.1 or USB

Compatible with all PC and Mac computers with a USB port.

313x220x20mm (WxDxH). Weight: 745g, 2000 dpi

Supplied with protective neoprene sleeve

M157



M152





## MICE, KEYBOARDS & TOUCHPADS

### **M62 Mini Keyboard £23.75**

Sleek Black USB mini keyboard, angle adjustable feet, Cable Length 1.5m, number of Keys: 87 Keys  
334.5mm x 140.9mm x 24.9mm (L x W x H)  
Compatible with: Windows 98/2000/ME/XP/Vista/Windows 7

### **M64 S-Board 840 (Saturnus) Keyboard £54.95**

Slim, lightweight keyboard that combines ergonomics with stylish design. Scissor action keys with excellent tactile feedback. multimedia keys and 2 USB Ports  
305x165x20mm W x D x H

### **M65 S-Board 840 (Saturnus) Numeric Pad £47.95**

Complementary number pad with built-in calculator.  
Calculator results can be transferred directly into programs.

### **M67W Ultraboard 950 Keyboard Wired £65.95**

### **M67C Ultraboard 950 Keyboard Cordless £70.95**

The UltraBoard 950 is the latest compact keyboard from BakkerElkhuizen. The light keystroke and clear layout make this a complete keyboard. 285x147x19mm (W x D x H)

### **M68 Ultraboard 955 Numeric Pad £41.95**

this stand-alone  
numerical keyboard matches that of the  
UltraBoard 950 keyboard  
87x147x19 mm (W x D x H)

### **M93 Ultraboard 960 Keyboard £80.95**

The UltraBoard 960 is a compact keyboard with a numerical keypad.  
Light scissor action key stroke  
2 handy USB ports  
363x147x19 mm (W x D x H)

M62



M64

M65



M68



M67



M93





**M50 Microsoft Natural Ergonomic 4000 Keyboard £50.00**

Rest your wrists against the plush palm rest in a relaxed, natural angle with this keyboard's curved key bed, ergonomic arc, and reversed slope.

For close-in tasks, use the Zoom Slider, located in the middle of the keyboard, to zoom in and out with the touch of a finger.

**M82 Left Handed Keyboard £57.95**

The "A-Type" keys match the way that your fingers naturally move and provides maximum comfort while typing. 12 Programmable keys. Works with PC and Mac. Plug and play

**M108 Ergotight Wireless Keyboard & Number Pad £84.95**

A compact keyboard with full size keys.

Soft touch Keys

Non-reflective surface, batteries included

Keyboard 303 x 124 x 8-25mm (W x D x H)

Number Pad 81 x 124 x 8-25mm (W x D x H)



M50



M82



M108

**M15 Goldtouch GO Keyboard £153.49**

Goldtouch Go is the first truly ergonomic portable keyboard. Lightweight and with a 30 degree tilt, this surely is a must have compact keyboard for professionals on the go. Weighs only 1lb and is the size of a 14" laptop keyboard. It sits neatly on top of your laptop for a truly portable ergonomic desktop. Can be split and locked horizontally and vertically. USB Only.

**M15C Goldtouch Go2 Bluetooth Keyboard £169.95**

Goldtouch Go2 Bluetooth Wireless Mobile keyboard for PC and Mac.

**M16 Goldtouch Ergonomic Keyboard £135.95**

A keyboard that can be split both horizontally and vertically.

**M17 Goldtouch Wrist Rests £33.95**

Allow you to fit the soft gel pads to each wrist individually - just where you need them.

**M18 Goldtouch Ergonomic Keypad £67.95**

Designed for number crunchers, the Goldtouch Keypad can be placed where it's most comfortable. This enhances flexibility by allowing you to periodically change arm, hand, shoulder position.



M15



M16



M18



M17

## MICE, KEYBOARDS & TOUCHPADS

### **M52 Kinesis Freestyle2 £103.95**

Introducing the New Kinesis Freestyle2 adjustable split keyboard in an ultra-thin design. Black colour & USB connection only.

### **M53 Kinesis Freestyle2 + V3 Kit £132.90**

1 set of V3 lifters with the Freestyle2 keyboard.

Adjustable to 3 different degrees 5, 10 and 15

### **M54 Kinesis Freestyle2 + VIP3 Kit £142.90**

1 set V3 lifters with the Freestyle2 keyboard.

1 set of integrated palm supports, 1 set of replaceable, padded palm pads.

Adjustable to 3 different degrees 5, 10 and 15

### **M55 As M52 but with 50cm separation Cable £122.95**

### **M56 Kinesis Low-Force Numeric Keypad £49.95**

### **M115 Solo X Wireless Keyboard £48.95**

Ultra-slim wireless rechargeable keyboard

Magnetic tilt-strip. 308 x 112 x 8mm.

### **M116 Wireless Keyboard & mouse set £42.45**

Wireless rechargeable keyboard and folding mouse set

100 key UK layout including a full numeric pad.

Rechargeable keyboard and battery-powered mouse.

Keyboard 338 x 109 x 12mm. Mouse 116 x 60 x 32mm.



## MONSTER KEYBOARDS

### **M30 Upper Case Letters £55.00**

The Key Monster HiVis. It has been widely recognised that people with impaired sight respond more positively to black fonts on yellow keys. Yellow keys and enlarged black font.

### **M31 Upper Case Letters £55.00**

White keys large black font is great for people with impaired sight or for people who just prefer larger keys.

### **M33 Upper Case Letters £55.00**

### **M34 Lower Case Letters £55.00**

Multicoloured Educational - all keys grouped into vowels, consonants, numbers for easy learning.

### **M36 Upper Case Letters £39.50**

### **M37 Lower Case Letters £39.50**

High vis keyboard. Enhanced 105 Windows key layout, Highly reliable membrane contact technology.

Responsive tactile feed-back keys.



## WRITING AIDS AND PENS

### W3 Soft Pen Grips £2.25 Pack

Writing grips with a soft, padded feel. Packet of three.

### W4 Firm Pen Grips £4.25 Pack

Writing grips with a firm feel. Packet of three. Assorted colours.

### W6 PenAgain Ergo-Sof Ball Pen £8.25 each

Design Black ink

Ergonomic design, Extra soft rubber finish

Retractable point, Compact size

### W6PR £3.45 Pack

PenAgain refill

2 Black ink refills per pack



W3



W6



W4



MR6

WR26



## ARM & WRIST SUPPORTS

### Fellowes Gel Wristrest

A simple, gel filled wrist rest with a non-slip rubber base and covered in a lycra-based fabric. 20" length.

### WR2G Graphite £24.69

### WR10 Tru Back Superglide £18.75

Wrist support with a non-slip base to keep your wrists in a neutral position. Super glide surface with unique silicon impregnated material. High-density foam-filled wrist rest.

### Fellowes Standard Gel Mousemat £24.06

Integrated gel wrist and mouse pad. 160 x 260 x 30 mm.

### MR2G Graphite

### MR6 Tru Back SuperGlide Wrist Support £12.95

High-density foam-filled wrist rest with a non-slip base that keeps your wrists in a neutral position. Superglide surface with unique silicon impregnated material.

### MR7 MouseBean Hand Rest £9.95

Designed to provide support, protection and comfort when using a mouse, the MouseBean allows the wrist to rotate into a comfortable position. Can be used with either hand.

### Puk Wrist Support £12.50

WR26PK = Pink, WR26WH = White, WR26BL = Blue,

WR26GR = Green, WR26OR = Orange

The Puk it's a smooth, comfortable, gliding wrist rest. Resting between your palm and wrist. The PUK will glide & slide in every direction

- The PUK does not contain Latex!



WR10

MR7



MR2G



WR2G





## ARM & WRIST SUPPORTS

### **WR13 Tru Back WASP £27.95 each**

The WASP (Wrist and Arm Support Platform) allows you to glide your hand across the full range of the keyboard and mouse while your wrist is comfortably supported. You won't have to support the weight of your hands and forearms whilst using your computer.

### **ER1 Ergorest Arm Support £91.00**

Desk-clamping forearm support with 360-degree swivel and height adjustability. Clamp size 15-43mm. Metal construction with a padded forearm support. Can reduce RSI symptoms and be used on either arm. In cream and black.

### **ER3 Ergorest Arm Support Large Clamp £91.00**

As above but with clamp size 34-64mm.

### **ER2 Ergorest Arm Support with Mousepad £120.00**

Metal construction with a padded forearm support and independent mousepad attached. Can reduce RSI symptoms and can be used on either arm. In cream and black.

### **ER6 Handy Combi, Arm support £87.75**

For use with both keyboard and mouse  
Black Lycra. 670mm long x 230mm wide

### **ER7 £87.75**

As ER6 but in Black Artificial Leather

### **ER8 Handy Duo Combi Arm support £104.50**

Length and width are adjustable for curved desktops  
Black Lycra. 680-820mm long x 240mm wide



WR13

ER1 / ER3



ER2

## SUPERVISOR GLARE GUARD

### **SUPCM SuperVisor® with Clamp £109.95**

SuperVisor® is designed to block or limit the level of either artificial or natural light from a person's field of view in order to create a more comfortable environment

Visor size 42x30cms

Maximum Height 1 meter from Clamp

Maximum desk thickness of 5.5cms

### **SUPWB SuperVisor® with Weighted Base £160.00**

As above but with the weighted base

## DAYLIGHT DESK LAMP

### **DL10WT Daylight Desk Lamp White £104.00**

Suitable for all types of deskwork, this desk lamp is popular with partially sighted people as the PL tube creates an even light and increases clarity. It's supplied with a weighted table base and table clamp.



DL10WT

SUPCM



ER6 / ER7



ER8



## DOCUMENT HOLDERS AND WRITING SLOPES

### **C4 Copymate Freedom 14" £52.95**

### **C5 Copymate Freedom 18" £56.95**

The Copymate Premier models offer a host of practical features designed to enable large amounts of data to be copied safely and comfortably.

30mm deep bottom ledge.

### **C10 Sturdy Metal Copyholder £58.75**

This sturdy steel copyholder is adjustable in height (0-340 mm), depth and angle. It can cope with documents, books, folders, dossiers etc. up to A3 size.

Dimensions (wxdxh): 375 x 265 x 0-340 mm. Color: silver

### **C13 Fellowes Weighted Copyholder £62.33**

This copyholder is height and angle adjustable, and has a built-in adjustable clip for A4 and foolscap paper. It's freestanding and has a weighted metal base.

### **C15 FlexDoc £54.95**

Height adjustable inline document holder

5 adjustments between 80-130mm

384x260x70mm W x D x H

### **C23 Height Adjustable A3 perspex copyholder £61.99**

With space to store a full-size keyboard, this A3 document holder can also serve as a laptop support. It's constructed from 6 mm transparent acrylic. Maximum weight 25kg. Dimensions 536x280x136-206mm (w x d x h).

### **C24 £64.99**

This A3 document holder has a fixed height and is made from 6 mm transparent acrylic. It can also be used as a laptop support. Maximum weight 25kg. Dimensions 510x280x190mm (w x d x h)

### **C24 Mini £62.99**

Compact version of C24 for use with mini keyboards  
390x280x190mm (w x d x h)

### **C25 £64.99**

Same as C24 but extra high 536x280x160-235mm (w x d x h)  
Height adjustable

### **C25 Mini £62.99**

Compact version of C25 for use with mini keyboards  
390x280x160-235mm (w x d x h)



C5



C10



C23



C13



C15

C24



C25



## DOCUMENT HOLDERS AND WRITING SLOPES

### **WS1 Perspex Writing Slope £37.95**

Strong, yet small and lightweight, this writing slope supports A4 papers and files. 340 x 390 x 120mm (w x d x h)

### **WS2 Height Adjustable Perspex Writing Slope £61.75**

This strong, lightweight A3 adjustable writing slope in clear perspex can accommodate two sheets of A4 side by side. Dimensions 450 x 420 x 135-210mm (w x d x h)

### **WS3 Extra Wide Writing Slope £76.25**

Accommodating three sheets of A4 paper side by side, this height adjustable slope is made from strong, lightweight clear perspex. Dimensions 600 x 420 x 135-210mm (w x d x h)

### **WS5 Flexdesk 630N £114.95**

Combining a document holder and writing slope  
Height and angle adjustable.  
It offers two working surface positions, which lock into place with a magnetic catch. This enables the user to make optimum use of available workspace. Height adjustable back range 110-180mm  
With a white matte worktop

### **WS25 Flexdesk 640 £129.95**

AS the WS5 Flexdesk 630N but with a silver matte worktop

### **WS10 MicroDesk Standard Size £86.00**

The MicroDesk is a unique solution allowing comfortable keyboarding and document reference in line with your keyboard and monitor. The MicroDesk has been specifically designed for keyboard users that need to refer to paperwork or documentation that has traditionally been placed to either side of the monitor or keyboard.

Height and slope adjustment for individual comfort.

Width accommodates full range of keyboards. Utilises your desk space with an elevated, adjustable working surface.

Non slip line guide with all models. Surface 560(W) x 310(D) mm, Front height 75mm-95mm, Rear height 150mm-190mm.

### **WS11 Compact Size £80.00**

For use with a laptop on a docking station or a confined work area. Surface 430(W) x 310(D)mm, Front height 75mm-95mm, Rear height 150mm-190mm.



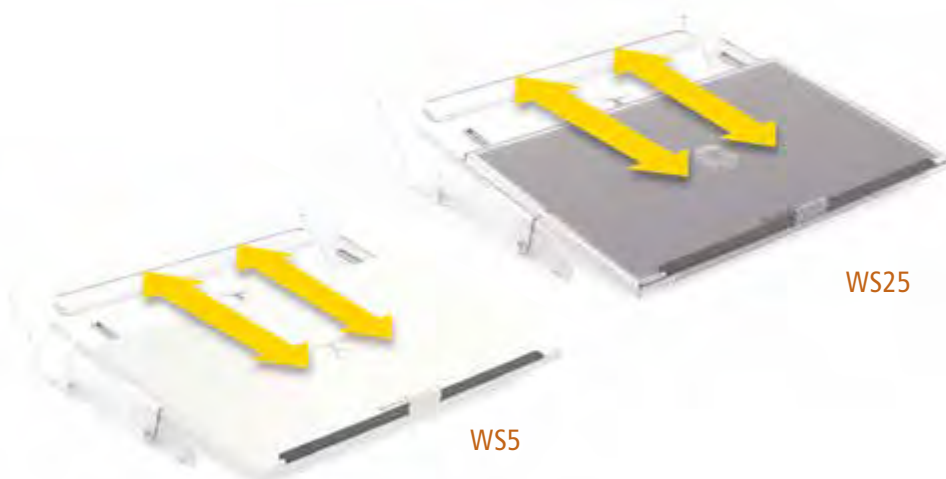
WS1



WS2



WS10



WS25

WS5



WS11

## SPEECH TO TEXT

### **WS8 U-Slope Pro Standard £99.99**

The U Slope Pro offers benefits of an adjustable document holder and reading/writing slope. Easy quick angle adjustment across 13 levels, a padded document shelf which quickly converts into a sturdy book holder. 530 x 320 x 110mm(min)

### **WS14 Standard Nota slide £104.76**

The Nota Slide dual purpose reading/writing slope has a sliding top which converts it from an in-line document holder to a stable writing slope.

4 height/angle settings

Non-slip feet and non-reflective overlay.

525 x 395 x 95-160 mm W x D x H

### **WS14M Mini Nota slide £104.76**

As above but 405 x 395 x 95-160 mm W x D x H with non-slip feet and non-reflective overlay.



WS14



### **DRG2 Dragon NaturallySpeaking**

#### **Professional latest version £291.66**

Speech Recognition software provides people with dyslexia and other disabilities the freedom to write and control their computer with their voice.



## TEXT TO SPEECH

### **TEXTHELP Annual Subscription £150.00**

### **TEXTATW 3 Year Access To Work Subscription £415.00**

Read&Write is the world's leading literacy support software designed to assist users of all ages who require extra assistance when reading or composing text. The software provides users with dyslexia, literacy difficulties and English as a Second Language with literacy support throughout their education, from primary through to tertiary level and into the workplace.

This new licence offers even more to the end user and will develop to be even more useful than ever and is designed to be a truly holistic software solution.

Additional new features include:

A revised and more user-friendly toolbar with a customer focused UX.

Multi-platform coverage in one licence for all Read&Write platforms (Win, Mac, G Suite, iPad and Android tablet).

Supporting multi device use and flexible working.

Access to new features, enhancements and security updates during the term of the licence.



## MIND MAPPING

### **MVBS MindView Business £279.00**

MindView is a professional mind mapping software that allows you to visually brainstorm, organize and present ideas. With powerful MS Office integration, comprehensive project management features and collaboration options, MindView has become the industry leader in mind mapping software.

### **MVMAC Mindview for Mac £279.00**

### **SparkSpace Professional £299.00**

### **Spark Report Writer £220.00**

### **Spark Space Working Words £275.00**

## VISION IMPAIRMENT SOFTWARE

### **ZTM ZoomText Magnifier £450.00**

#### **DOWNLOAD**

ZoomText Magnifier enlarges and enhances everything on your computer screen, making all of your applications easy to see and use. Zoom-in, sit back and enjoy using your computer without straining your eyes. ZoomText Magnifier enlarges and enhances everything on your computer screen, making all of your applications easy to see and use.

### **ZTMR ZoomText Magnifier and Reader £575.00**

#### **DOWNLOAD**

Combining the revolutionary new features of ZoomText Magnifier with a powerful set of reading tools, ZoomText Magnifier Reader gives you the total computer access solution. ZoomText reads your documents, web pages and email right through your computer's speakers.

## HARDWARE

### **DM770 Olympus Digital Voice Recorder £159.99**

Easy-to-use and especially designed for user with impaired vision. Voice Guidance in seven languages (EN, FR, DE, ES, IT, RU and SV).

Distinctive Button Contours, Screen colour reversible  
200 index marks available, MicroSD slot and 8 GB internal memory, Battery type: 1x AAA, Lightweight with only 72g  
Integrated USB connector, Complete with Sonority Software with the additional Audio Notebook Plug-in, USB extension cable, case and strap.

## READING RULERS & OVERLAYS

### **Duo Reading Ruler**

Narrow (app. 1cm) strip for highlighting single lines of text. Broad (app. 2.5cms) strip for scanning ahead in a paragraph and for studying diagrams, tables, columns of figures etc.  
Text marker (a solid line on the edge of the broad strip) for tracking down a paragraph

### **RR10 Pack of 10 Mixed Colours £9.99**

Includes, Aqua Blue, Sky Blue, Yellow, Grass Green, Celery Green, Jade Green, Pink, Magenta, Orange and Purple

### **RR5 Pack of 5 Mixed Colours £6.99**

Includes a mixture of our most popular colours: Aqua Blue, Yellow, Grass Green, Pink and Sky Blue.

### **A4 Colour Overlays**

Full size coloured overlays can be preferable to the smaller, more convenient Reading Rulers in a number of cases.

Available in 10 colours Aqua Blue, Sky Blue, Celery Green, Jade Green, Grass Green, Yellow, Orange, Magenta, Pink and Purple.

### **A4 Colour Single Sheet £3.25**

Please state what colour required

### **A4-5 Pack of 5 Single Colour £13.99**

Please state what colour required

### **A4-10 Pack of 10 Single Colour £24.99**

Please state what colour required

### **A4-5M Pack of 5 Mixed Colours £13.99**

Aqua Blue, Sky Blue, Grass Green, Yellow and Pink

### **A4-10M Pack of 10 Mixed Colours £24.99**

1 of each colour

### **Monitor Overlays**

You can change the background colour in your windows preferences, but you can't change the background colour of a web page. Monitor overlays are so simple - they just lie flat against your screen to reduce the glare. Available in 4 sizes and 5 colours Aqua, Grass, Yellow, Sky and Pink.

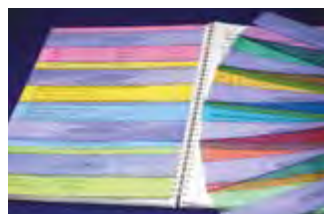
### **MC017 17 inch overlay £5.99**

### **MC019 19 inch overlay £5.99**

### **MC021 21.5 inch widescreen overlay £7.99**

### **MC024 24 inch widescreen overlay £7.99**

Please state what colour required



Reading Ruler



Overlay Colours



# HAPO

## HAPO 30 lbs (13.6kgs) of lifting power

The HAPO gives you 30 lbs (13.6kgs) of lifting power and was designed to give your body supported help for any application that involves lifting or bending.

Can be used in the office, warehouse, onsite, on the move or at home. HAPO is the only device on the market that can be worn while driving a car, van, lorry, forklift etc..

Just use the assistance locking system to turn off the assisted power to enable you to sit while driving, then simply turn it back on once you have finished driving.

While active lifting using the HAPO it resulted in:

A reduction of biceps brachialis activity.

**Reduction of 8.83%** of spine erector muscular activity

Reduction of the cervical and lumbar muscles in charge of low back pain.

Reduction of lower limb muscles activity.

When static using the HAPO it resulted in:

**Reduction of 11%** of spine erector muscular activity

**Reduction of 14%** on your deltoids when performing a static lift

Reduction of joint stress in the intervertebral discs

Ideal for anyone who lifts or bends throughout the day, feel instant relief while using the HAPO

With HAPO, keep your back straight and your head held high at all times.

HAPO has a convenient lock system which enables you to turn the assisted power on and off as and when required.

No discomfort while moving

Reduces lumbar stress and decreases fatigue

Decrease lumbar disc pressure

Improves overall stability

Comfortable to wear and easy to put on

Wearable under a jacket

Weights 2.6 lbs (1.2kgs)

Adjustable waistband up to 120cms

User Height Range in cms:

Small 155-168. Medium 169-182, Large 183-196

**HAPO1 Small Size £900.00**

**HAPO2 Medium Size £900.00**

**HAPO3 Large Size £900.00**



# STANDARD TERMS & CONDITIONS

## General

We put forward all quotations and accept all orders subject only to the terms and conditions which follow, and to the exclusion of all other guarantees, conditions or warranties (including any as to Quality and fitness for a particular purpose), whether express or implied by statute or common law or otherwise. If a customer order contains conditions, such conditions are only deemed to be binding insofar as they are not inconsistent with our terms and conditions.

No additions to or variations from our terms and conditions shall have effect unless we accept such variation in writing under the hand of a Company Officer.

Our catalogue, price list or other advertising matter shall not form part of any contract between us. We reserve the right to modify designs and specifications without notice.

## Prices

We will endeavour to maintain prices quoted, but we reserve the right to increase prices to take into consideration increases in costs incurred between acceptance of and delivery of an order. All prices quoted are in pounds sterling (£) and are subject to Value Added Tax at the prevailing rate.

## Terms of Payment

Payment shall be made to us at the time and in the manner stated in our quotation or if no such time and manner are stated, then within 30 days of the date of our invoice. In all cases the prices we quote are strictly net. In the event of non-payment within these terms we reserve the right to charge 4% per calendar month on all outstanding accounts. The buyer shall not be entitled to withhold payment either wholly or in part when it becomes due on any grounds whatsoever, except where expressly agreed in writing.

## Delivery

We will use our best endeavours to deliver promptly, but will be under no liability whatsoever for a delay in estimated delivery times or failure to deliver from any cause. The delivery operative will normally be unaccompanied; in no event will we be liable for any action of the purchaser or their employees. The purchaser will indemnify us against all claims, proceedings, demands and costs arising therefrom. Deliveries will normally be made to the most convenient ground floor external door available.

## Ownership of Goods

The title and property in goods supplied by us do not pass until full payment has been received by us, however the risk in respect of such goods passes to the purchaser at the moment of delivery. Until title in goods passes the purchaser shall hold the property of ours in trust. If payment becomes overdue or the customer becomes insolvent, commences winding up procedures, commits an act of bankruptcy or has a Receiver or Administrator appointed, we may immediately reclaim the goods, if necessary by entering premises owned or occupied by the purchaser or the customer of the purchaser.

## Insurance of Goods

After delivery, goods accepted by the customer shall be their responsibility with regard to insurance.

## Cancellation

Orders cannot be cancelled, except with our written consent and on terms that will indemnify us against any loss.

## Governing Law

All our quotations shall be put forward and made in England, and shall in all respects be construed and operate under English Law.

## Guarantee

All chairs are supplied with a five-year guarantee against fault in manufacture, including structural parts, when used in normal office conditions. 24-hour usage chairs carry a two-year guarantee. The guarantee is conditional in that it covers normal use and that misuse has not taken place and that the final decision rests with ourselves, our component and fabric suppliers. The guarantee is conditional on the chair being returned to us for assessment.

All accessories come with a 1 year manufacturer's guarantee.

# DELIVERY

Prices were correct at time of going to print and we reserve the right to alter prices if required.

## Chair Delivery Charges

Chair delivered in a box to mainland UK

**£18.50 + VAT**

Chair Delivery and installation to mainland UK

**£55.00 + VAT**

## Desking Delivery Charges

Flat Pack price on application

Desk Delivery and installation to mainland UK

**£75.00 + VAT**

## Accessories Delivery Charges

Delivery via our courier on a next day service to mainland UK.

Subject to the time the order is received

**£11.50 + VAT**

For multiple deliveries on chairs and desking please contact us for a price.

## IMPORTANT ADVICE CONCERNING RECEIPT OF DELIVERIES

We hope that you will be delighted with your purchases from us and that your delivery has arrived with you in excellent condition and on time. It is your responsibility to carefully check that all items have been delivered in the correct quantity and to the required specification. Any errors, omissions or damage to items must be notified to us, by telephone or email, within 24 hours of receipt of your delivery, or by the end of the next working day. This enables us to raise any queries with our couriers and with our despatch department.

Please note that any errors or omissions notified to us after this period will not be considered.

Please retain all original packaging until after you have decided to keep the goods. Items not returned in original packaging are non refundable.

If any item that you have ordered does not fully meet your needs then we must be notified, by telephone or email, within 7 days of your receipt of delivery. The costs of returning goods to us is to be at your own expense and we strongly recommend that you use an insured courier service for this and obtain a receipt of despatch as we will not be responsible for returned items which fail to arrive with us or which are damaged in transit. We do not refund outward carriage.

If ordered incorrectly then a 20% restocking charge may apply.

## SALE OR RETURN ITEMS

**Desks, telephone headsets and activated software are not on a sale or return basis.**

If your order was agreed on a 'Sale or Return' basis then you have 14 days from the date of delivery to notify us that the goods are unsuitable and that you wish to return them. You must telephone or email us to advise us of this and we will provide you with a 'Goods Return Number'. This number must be clearly written on the outside of the package. The costs of returning goods to us is to be at your own expense and we strongly recommend that you use an insured courier service for this and obtain a receipt of despatch as we will not be responsible for returned items which fail to arrive with us or which are damaged in transit. We do not refund outward carriage.

All 'Sale or Return' goods must be received by us in resale condition, in the original packaging, and with all supporting documentation enclosed. We reserve the right to charge you for any items which do not meet our inspection criteria when we receive it back.



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Wigan  
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