

Fellowes®

Workplace Health Solutions for **wherever** work is



Designed to enhance health, comfort and productivity in the corporate and home office environment, Fellowes® Workplace Health Solutions offer a wide selection of accessories, furniture and selected services to enhance your working space and experience, whether this be in the office, at home or on the move.



Promising improved wellbeing, productivity and organisation you'll discover a range of ergonomic accessories, height adjustable furniture and workstation cleaning products as well as selected services for a healthy, clean and productive space.



Did you know?

IT'S THE LAW

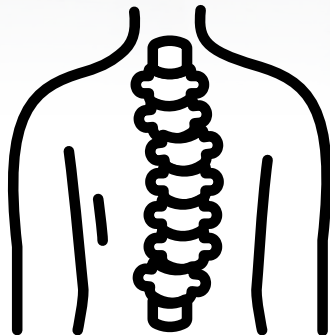
to carry out workstation risk assessments!

For employees working from home as well as in the office. (And anywhere in between)



60%

of employees who work from home said that their company's contribution to the purchase of **ergonomic equipment was insufficient**



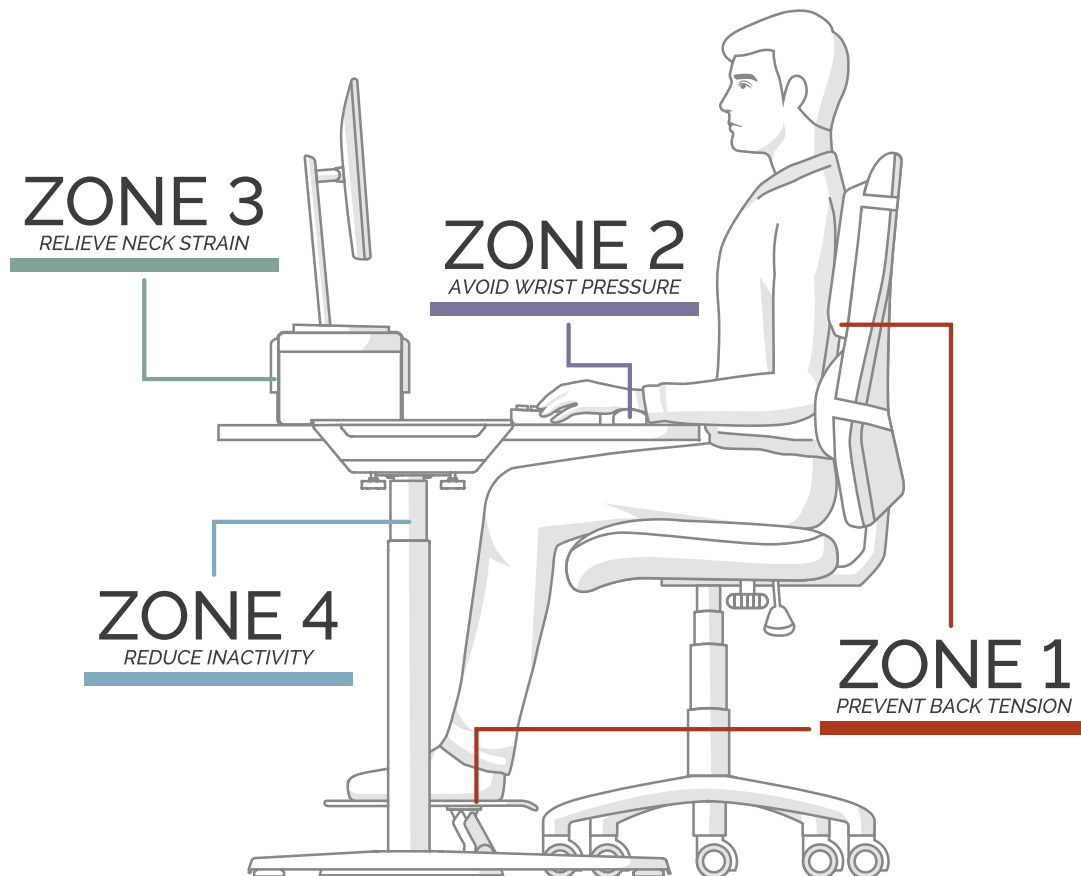
Musculoskeletal disorders are the most common occupational illnesses

8.9 MILLION

working days were lost due to work-related musculoskeletal disorders, with **480,000 workers suffering from injuries** in the UK (2019/20)

Introducing the Fellowes® 4 Zone Approach® to Workspace Wellbeing

Created to address the common issues relating to comfort and workspace design. This easy to follow guide is based on EN ISO 9241-5 and EU Directive 290/70, and breaks down the main aspects of the workstation into manageable sections, providing advice and tips on how each zone can be established ergonomically to create a healthier and happier workspace.



The Zones pinpoint health hazards and promote good posture across four key areas, for healthy working best-practice whether in a corporate office, home office or mobile office work environment.

- A few easy adjustments to your customer's workstation can make a huge difference to their daily routine.
- Increasing comfort, health, performance and productivity.

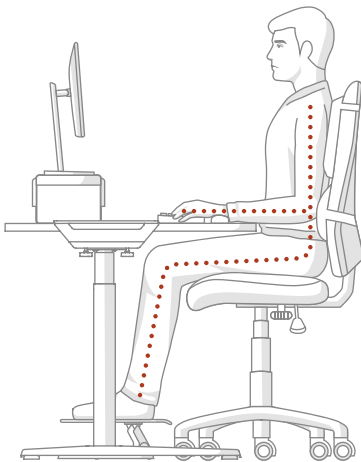
Help customers discover how they can prevent bad working habits and risks to ensure they stay productive and engaged in their work with the Fellowes 4 Zone Approach® and range of ergonomic workstation solutions.

How could you benefit from a **Back** or **Foot** Support?



ZONE 1

PREVENT BACK TENSION



The Problem

Sitting in a chair without proper support can cause poor circulation, back discomfort or fatigue.

The Solution

Check your posture. Always ensure you have suitable back and foot support whilst seated to achieve the best working position.

MICROBAN



Professional Series Ultimate Back Support

Built in Microban protection fights the growth of harmful bacteria for the lifetime of the product.

8041801



Professional Series Mesh Back Support

Mesh back support with padded features for additional support.

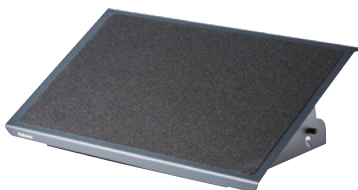
8029901



Office Suites™ Mesh Back Support

Mesh back support gently moulds to your body's contours.

9191301



Professional Series Heavy Duty Foot Support

Steel structure and platform provides sturdy support.

• Platform size 56 x 35cm

8064101

MICROBAN



Office Suites™ Microban® Adjustable Footrest

Built-in Microban® protection fights the growth of harmful bacteria.

• Platform size 44.5 x 33.4cm

8035001



Standard Footrest

Free-floating platform allows legs to stretch for increased circulation.

• Platform size 42.5 x 30cm

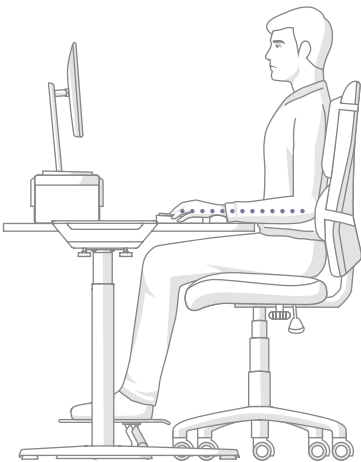
4812101

How could you benefit from a **Wrist Support**?



ZONE 2

AVOID WRIST PRESSURE



The Problem

Typing on a keyboard or laptop for long periods can cause pain and discomfort to your wrists and hands.

The Solution

Provides support to your wrists ensuring your forearms are horizontal and wrists are in a neutral position.



MICROBAN®

Photo Gel Wrist Supports

Built in Microban® Protection keeps your wrist support cleaner.

9653401 - Mousepad support Chevron

9653601 - Keyboard support Chevron

9179301 - Mousepad support Sandy Beach

9179401 - Keyboard support Sandy Beach



Penguin® Ambidextrous Vertical Mouse

Vertical design encourages a more ergonomic position whilst mousing to avoid wrist strain.

9894901 - Small (Wireless)

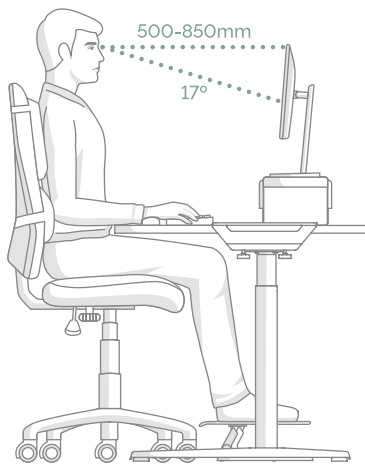
9894701 - Medium (Wireless)

9894501 - Large (Wireless)

How could you benefit from a **Screen Riser**?



ZONE 3 RELIEVE NECK STRAIN



The Problem

Leaning forward and tilting your head up or down to see your computer screen can place strain on your neck and back.

The Solution

Achieve comfortable viewing. Ensure your eyes are in line with the top of your screen and documents are positioned in-line or easy to see. Tilting the screen upwards slightly can also help achieve a more neutral posture.



Designer Suites™ Laptop Riser

4 angle height adjustments to raise the laptop screen to optimal viewing level.

- Max. Screen Size 17"
- Weight Capacity 11.3kg

8038401



Office Suites™ Laptop Riser

6 angle height adjustments to raise laptop screen to optimal viewing level.

- Max. Screen Size 17"
- Weight Capacity 5kg

8032001



I-Spire Series™ Laptop Quick Lift

Foldout front legs to optimise screen positioning.

- Max. Screen Size 17"
- Weight Capacity 4kg

8212001 - Black

8210101 - White



Designer Suites™ Monitor Riser

3 height settings to choose from to raise your monitor to the perfect height.

- Weight Capacity 18kg

8038101



Office Suites™ Standard Monitor Riser

Adjustable feet provide 5 height adjustments to maximise viewing comfort.

- Weight Capacity 36kg

8031101



Standard Monitor Riser

3 stacking height adjustments to maximise viewing comfort.

- Weight Capacity 27kg

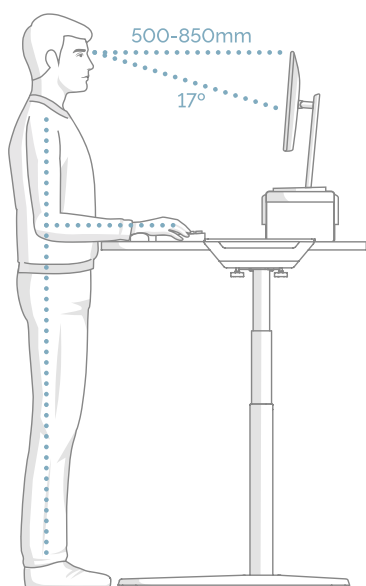
9169301

How could you benefit from a **Sit-Stand Workstation**?



ZONE 4

REDUCE INACTIVITY



The Problem

Sedentary working increases health risks such as heart disease, obesity, cancer and diabetes.

The Solution

Introduce movement. Regular changes to your working position helps you work better and feel better.

Start a healthy cycle of motion

Sit for 20 minutes, Stand for 20 minutes



MICROBAN

Lotus™ Sit-Stand Converter

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

0007901 - Black

0009901 - White



Levado™

- Incorporate movement. Stay productive, stay active.
- Change positions easily and effortlessly with the Feather-Lift™ LED control paddle and programmable memory settings

9747001 - White

9708601 - Silver



Wherever work is taking place, Fellowes has the solution

Fellowes