

1. FELLOWES PROF MESH BACK SUPPORT 8029901

Fellowes Professional Series Mesh Back Support Black 8029901

- Padded mesh back support for increased comfort
- Gently moulds to your body's natural contours
- Vertically adjustable memory foam lumbar support
- Tri-tensioning for secure attachment
- For use on most chairs

Fellowes



Code	Description	Price
666 3621	Mesh Back Support	£34.43

2. FELLOWES SLIMLINE BACK SUPPORT GRAPHITE

Fellowes Slimline Back Support Graphite 9190901

- Prevents aches and strains by providing improved back support
- Flexible for individual comfort
- Easy-to-clean, soft-touch fabric cover
- Slimline design
- Adjustable strap with buckle for use on most chairs
- Colour: Graphite with contrasting stitching



Fellowes

Code	Description	Price
099 0791	Slimline Back Support	£29.60

3. FELLOWES ULTIMATE BACK SUPPORT BLACK

Fellowes Ultimate Black Back Support 8041801

- Unique back support for comfort during prolonged sitting
- Tri-Tachment for a secure, fixed position on your chair
- 3 memory foam sections conform to the body's natural curvature
- Mid-spinal and lumbar support
- For use on most chairs
- Colour: Black



Fellowes

Code	Description	Price
098 8740	Ultimate Back Support	£37.06

4. KENSINGTON CONFORM BACK REST

Kensington Comfort Back Rest K6402012WW

- Ergonomic back rest
- Provides comfort and support for your spine
- Helps to improve posture
- Adjusts to fit almost any chair



Kensington

Code	Description	Price
198 0031	Back Rest	£42.57

5. Q-CONNECT MEMORY FOAM BACK CUSHION BLACK

Q-Connect Black Memory Foam Back Cushion KF15412

- Prevents injury from stress and strain
- Memory foam conforms to users body
- Improves posture
- Aids comfort
- Complies with health and safety regulations
- High value and quality



Code	Description	Price
113 0596	Foam Back Support	£25.84
113 0595	Mesh Back Support	£23.37

1. CONTOUR ERGONOMICS PREMIUM LUMBAR ADJUSTABLE BACK SUPPORT

Contour Ergonomics Premium Adjustable Lumbar Support Black/Grey CE77701

- Provides adaptable and comfortable support for the spine
- Ideal for all kinds of seating
- Features an internal adjustable lumbar support mechanism
- Adjusting the knob will expand the lumbar support up to 35mm
- Adjustable strap suitable for any chair
- Made of unique, long-lasting sponge designed to retain shape
- Removable cover for easy cleaning
- Colour: Black with Grey trim
- Dimensions: W330 x D70 x H350mm



Code	Description	Price
198 0180	Adjustable Premium Lumbar Back Support	£43.10

2. FELLOWES PRO HEAT/SOOTHE BACK SUPPORT

Fellowes Professional Series Heat and Soothe Back Support Black 8041901

- Back support to help prevent aches and strains
- Gel lumbar pack can be heated in microwave or chilled in freezer
- Slim profile for extra comfort
- Soft touch fabric
- Adjustable strap for use on most chairs
- Can be re-used without deterioration
- Colour: Black



Code	Description	Price
666 3619	Heat and Soothe Back Support	£36.15

4. CONTOUR ERGONOMICS PROFESSIONAL ADJUSTABLE FOOTREST

Contour Ergonomics Executive Adjustable Footrest Black CE77689

- Ergonomically designed footrest provides comfort as it relieves strain and muscle fatigue
- Four-position height adjustment (115-187mm)
- Foot-adjustable easy-glide platform rocks your feet and adjusts tilt angle smoothly and quietly
- Tilt angle adjusts up to 35 degrees
- Large, anti-slip platform with surface studs massages feet for extra comfort
- Rubber padded base
- Colour: Black



Code	Description	Price
190 0259	Professional Adjustable Footrest	£23.75

3. CONTOUR ERGONOMICS ROCKING FOOTREST

Contour Ergonomics Rocking Footrest Black CE77687

- Curved base for a 0 - 25 degree rocking motion
- Rocking motion designed to stimulate movement for improved comfort during long periods of sitting
- Durable ABS construction
- Anti-slip platform
- Platform size: 450 x 350mm
- Colour: Black
- Dimensions: W450 x D350 x H90mm



Code	Description	Price
190 0257	Rocking Footrest	£14.15

5. Q-CONNECT ECONOMY FOOTREST BLACK

Q-Connect Black Economy Footrest KF17981

- Economy footrest with tilt action
- Tilts from 0 to 15°
- Bumps on the surface to massage feet
- Platform size: 448 x 325mm
- Platform height: 90mm
- Colour: Black



Code	Description	Price
945 0017	Economy Footrest	£11.98
113 0292	Value Footrest	£14.22

Contour Ergonomics

Work doesn't have to be a pain

Ergonomics solutions to aid health and well being in the office

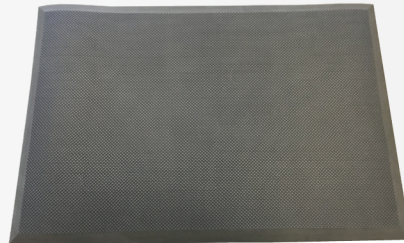
Sitting for extended periods is bad for your health, alternate from working seating or standing in just a few seconds

190 0261 Sit to Stand Workstation



666 4215 Anti-Fatigue Floor Matt

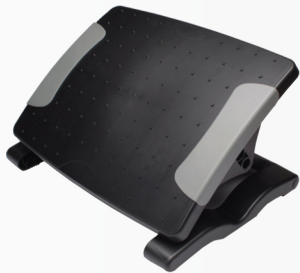
Alleviates pressure on feet whilst standing



A good quality footrest & backrest will help prevent back and leg tension from poor work posture



198 0180 Lumbar Back Support



190 0259 Professional Adjustable Footrest



190 0258 Ergo Plus Footrest



190 0257 Rocking Footrest

Avoid wrist pressure and fatigue whilst typing by using a wrist support

Contour Memory Foam Wrist Supports, super cushion memory foam padding provides comfort



198 0175 Keyboard Wrist Rest
198 0176 Mouse Pad Wrist Rest
198 0174 Wrist Support

Contour Soft Skin Gel Wrist Supports, stain and water resistant for easy cleaning



198 0177 Keyboard Wrist Rest
198 0178 Mouse Pad Wrist Rest
198 0179 Wrist Support

Avoid strain on your neck and back by ensuring your monitor or laptop is at a comfortable viewing angle



198 0169 Smart Stand



198 0170 Smart Stand with Drawer



198 0171 Professional Stand with Drawer

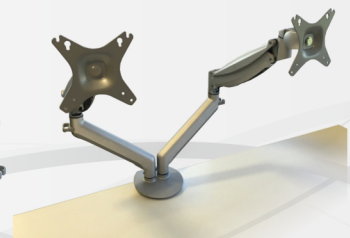


190 0260 Laptop Riser

Monitor arms, made from die-cast aluminium for maximum durability and strength



198 0172 Single Monitor Arm



198 0173 Double Monitor Arm

1. CONTOUR ERGONOMICS ERGO PLUS FOOTREST

Contour Ergonomics Professional Footrest Black CE77688

- Gliding design for easy angle adjustment from 0 - 20 degrees
- Designed to help reduce muscle strain and fatigue during long periods of sitting
- Large, non-slip platform
- Non-slip rubber padded base
- Sturdy, high impact plastic
- Platform size: 450 x 350mm
- Platform height: 90mm
- Colour: Black
- Dimensions: W452 x D350 x H90mm



Code	Description	Price
190 0258	Ergo Plus Footrest	£15.16

2. CONTOUR ERGONOMICS MEMORY FOAM KEYBOARD WRIST REST

Contour Ergonomics Memory Foam Keyboard Wrist Rest Black CE77697

- Ergonomic keyboard wrist rest designed to re-distribute pressure and relieve stress
- Super cushioned memory foam padding
- Anti-slip backing keeps wrist rest in place
- Provides improved comfort at your desk
- Colour: Black
- Dimensions: W460 x D72 x H26mm



Code	Description	Price
198 0175	Keyboard Wrist Rest	£10.24
198 0176	Mouse Pad Wrist Rest	£10.24
198 0174	Wrist Support	£6.21

3. CONTOUR ERGONOMICS SOFT SKIN GEL KEYBOARD WRIST REST

Contour Ergonomics Soft Skin Gel Keyboard Wrist Rest 460mm Black CE77699

- Soft keyboard wrist rest with skin-like feel provides superior comfort
- Gel padding for added support
- Stain and water resistant
- Easy to clean
- Anti-slip rubber backing
- Colour: Black
- Pack of 1



Code	Description	Price
198 0177	Keyboard Wrist Rest	£15.52
198 0178	Mouse Pad Wrist Rest	£15.52
198 0179	Wrist Support	£8.07

4. KENSINGTON SOLEMATE TILT/ADJ FOOTREST

Kensington SoleMate Tilting and Adjustable Foot Rest 56145

- Elevates your legs, improving posture while seated
- Non-slip textured foot grip panel
- Tilts up to 20 degrees for additional comfort
- Easily adjustable to suit any requirements
- Improves circulation and relieves aches
- Platform size: 450x350mm (WxD)



Kensington

Code	Description	Price
790 9548	Tilt Adjustable	£20.01

5. Q-CONNECT GEL MOUSE MAT BLACK

Q-Connect Black Gel Mouse Mat KF02213

- Black mouse mat for smooth use of your computer
- Ergonomic gel pad is perfect for avoiding RSI
- Smooth surface for precise mouse use
- Stylish design is perfect for any office
- Non-skid base for easier use



Code	Description	Price
190 0076	Mouse Pad	£8.19
190 0077	Wrist Rest	£9.18

1. SMARTFIT MOUSEPAD

Kensington Smartfit Mousepad K55793EU

- SmartFit System lets you measure and adjust the mousepad to find your ideal comfort setting
- Height adjustable inserts
- Gel wrist pad provides a cool, comfortable surface
- Anti-microbial surface resists stains and odours
- Non-skid base provides stability and keeps the wrist firmly in place

Kensington



Code	Description	Price
199 1319	Mouse Pad	£13.27
199 1320	Wrist Rest	£13.27

2. EASYGLIDE GEL WRISTREST MOUSE MAT BLACK

Fellowes Easyglide Black Gel Mouse Pad and Wrist Rest 9373001

- Create a comfortable working environment for all users
- Prevent ache and strains
- Ergonomic comfort
- Textured lycra
- Mouldable gel
- Positions wrist for optimum function



Fellowes

Code	Description	Price
190 0057	Black	£18.80

3. KENSINGTON GEL WAVE WRISTREST BLK/BLUE

Kensington Blue/Smoke Duo Gel Keyboard Wrist Rest 62397

- Gel pillow for optimal comfort and support
- Relieves wrist pain and redistributes pressure points
- Non-slip base to keep pad centred
- Ventilation channel to keep hands comfortable
- Colour: Blue/Smoke
- Pack of 1



Kensington

Code	Description	Price
098 5235	Blue/Black	£10.02
098 5230	Blue/Black	£9.71
190 0075	Graphite 2 Tone	£9.71

4. PLUSHTOUCH MOUSEPAD WRIST SUPPORT - BLUE

Fellowes Plushtouch Mousepad Wrist Support Blue 9287302

- Mousepad for comfort when using a computer
- FoamFusion™ Technology for superior comfort and softness
- With Microban® antimicrobial protection
- Non-skid backing to keep the mousepad in place
- Colour: Blue



Fellowes

Code	Description	Price
198 0166	Blue	£12.11
198 0165	Black	£12.11
198 0167	Black	£12.11
198 0168	Blue	£12.11

5. OFFICE SUITES LAPTOP RISER 8032001

Fellowes Office Suites Laptop Riser 8032006

- High quality laptop riser for comfort when working
- Helps prevent aches and strains
- Supporting front edge
- Adjustable tilt for improved viewing angle
- Pack of 1



Fellowes

Code	Description	Price
098 6700	Laptop Riser	£20.70

1. FELLOWES OFFICE SUITES LAPTOP RISER PLUS

Fellowes Office Suites Laptop Riser Plus 8036701

- Places monitor at comfortable viewing angle
- Helps prevents aches and strains
- Supports TFT or CRT monitors
- In-line copy holder
- Cooling vents
- Swivel feet
- Pack of 1

Fellowes



Code	Description	Price
098 8542	Riser Plus	£24.27

2. FELLOWES MONITOR RISER BLK/CLR

Fellowes Smart Suites Black/Clear Monitor Riser 8020101

- Places monitor at comfortable viewing angle
- Helps prevents aches and strains
- Height adjustable
- Includes cable and power cord guides
- Supports up to a 21 inch flat panel monitor or a maximum weight of 10kg

Fellowes



Code	Description	Price
099 1324	Smart Suites™ Monitor Riser	£19.08

4. CONTOUR ERGONOMICS PROFESSIONAL MONITOR STAND WITH DRAWER

Contour Ergonomics Professional Monitor Stand with Drawer CE77686

- Stand for monitors, laptops and notebooks up to 24 inches
- Use the height adjustment system (130-170mm) to create an ergonomic viewing angle, reducing stress on your back and neck
- Integrated drawer for storage
- Accessory trays on both sides for extra storage
- Can also be used as a stand for printers and other office machines
- Maximum weight capacity: 15kg
- Colour: Black
- Dimensions: W550 x D350 x H175mm

CONTOUR ergonomics



Code	Description	Price
198 0171	Professional Stand with Drawer	£21.67

3. CONTOUR ERGONOMICS LAPTOP DOCK WITH GEL WRIST REST

Contour Ergonomics Laptop Stand with Integrated Wrist Rest Black CE77690

- Laptop stand with integrated wrist rest for comfort
- Designed to re-distribute pressure points
- Comfortable 12 degree viewing angle
- Non-skid rubber pads keep the laptop in place
- Built-in storage compartment for AC adapter
- Cable manager to keep cables tidy and in position
- Colour: Black
- Dimensions: W398 x D340 x H66mm



CONTOUR ergonomics

Code	Description	Price
190 0260	Laptop Riser	£15.11

5. CONTOUR ERGONOMICS BASIC SMART STAND

Contour Ergonomics Adjustable Stand Black CE77684

- Stand for laptops, monitors, printers, or other office machines
- Adjustable height from 40 to 160mm to create an ergonomic viewing angle
- Reduces stress on the neck and back
- Built-in cable organiser
- Padded feet to protect the desk surface
- Platform size: 430 x 340mm
- Colour: Black
- Dimensions: W433 x D346 x H164mm



CONTOUR ergonomics

Code	Description	Price
198 0169	Smart Stand	£15.12
198 0170	Smart Stand with Drawer	£18.14

1. FELLOWES MACHINE ORGANISER PLATINUM GREY

Fellowes Machine Organiser Platinum Grey 24004

- Sturdy
- Four drawers
- Supports virtually any laser, inkjet printer and fax machine
- Detachable cable management clip
- Locate supplies conveniently near your machine
- Supports up to 34kg
- Pack of 1



Code	Description	Price
190 0009	Machine Organiser	£30.00

2. Q-CONNECT MON PRINTER STAND/DRAWER BLK

Q-Connect Monitor/Printer Stand/Drawer KF20081

- Monitor stand for a stylish and versatile office solution
- Includes multiple draws for storage
- Perfect for a computer or printer
- Stylish design is perfect for any office
- High value alternative to branded products
- Colour Black
- Size: L450 x W315 x H113mm
- Pack of 1



Code	Description	Price
190 0027	Monitor and Printer Stand	£25.10

3. I-SPIRE™ SERIES MONITOR LIFT

Fellowes I-Spire Monitor Lift 9311102

- Lifts your monitor to meet your eyeline
- Prevents neck and eye strain
- Sturdy to prevent the breakage of your monitor
- Stylish design is consistent with other I-Spire products
- No assembly required
- Dimensions: 505x220x125mm (WxDxH)



Code	Description	Price
190 0020	Monitor Lift White	£20.76

4. SMARTSUITES MONITOR RISER PLUS BLK

Fellowes Smart Suites Black Monitor Riser Plus 8020801

- Places monitor at comfortable viewing angle
- Helps prevent aches and strains
- Supports flat panel monitor up to 21 inches or max 10kgs
- Letter tray
- 2 accessory pods
- Pack of 1



Code	Description	Price
190 0013	Smart Suites™ Monitor Riser Plus	£27.15

5. Q-CONNECT ALUMINIUM LAPTOP STAND BLACK

Q-Connect Aluminium Laptop Stand Black KF20077

- Laptop stand for the easy positioning of your laptop
- Light-weight construction is perfect for travelling
- Strong and durable material
- Stylish design is perfect for any office
- High value alternative to branded products
- Platform size 500mmx220mm
- Pack of 1



Code	Description	Price
190 0025	Aluminium	£19.34

1. CONTOUR ERGONOMICS NEO ARM SINGLE ARM

Contour Ergonomics Easy Move Single Monitor Arm Silver CE77692

- Single monitor arm made of solid, die-cast aluminium for maximum durability and stability
- Easy to use height adjustment allows finger-touch movement
- Variety of viewing angles and positions: tilt +90 degrees to -30 degrees, pan +/-90 degrees, rotate 360 degrees, and height adjust
- Integrated cable management
- Clamps securely to the desk
- Supports a monitor weighing up to 8.5kg
- Compatible with standard 100/75mm Vesa plates
- Colour: Silver



Code	Description	Price
198 0172	Single Arm	£92.74
198 0173	Double Arm	£141.56

2. PROFESSIONAL SERIES DUAL MONITOR ARM

Fellowes Professional Series Dual Monitor Arm 8041701

- Fully adjustable for optimum viewing control
- Helps to increase desk space
- Clamp attaches to desktops 1-3in thick or through grommet holes at least 3.25in in diameter
- Holds flat panel monitors up to 24lbs
- Elevates monitors from 3.5in-16.5in with a reach of 2.5in-27in
- Tilts 37° up and down and swings freely left and right
- Colour: Black



Code	Description	Price
198 0041	Double Arm	£97.98

4. LOTUS SIT STAND WORKSTATION BLACK

Fellowes Lotus Sit Stand Workstation Black 0007901

- Innovative sit-stand workstation
- Over 22 varying height adjustments
- Includes a 'flush-to-desktop' down position
- Two work surfaces provide generous space for desk accessories
- Smooth Lift Counterbalance Technology™ and ergonomic handles for easy adjustment
- Includes intuitive cable management and a charging device slot
- Colour: Black



Code	Description	Price
198 0156	Black	£479.99
198 0157	White	£479.99

3. SMARTFIT SINGLE MONITOR ARM - LONG

Kensington Smartfit Single Monitor Arm Long Black K60904US

- Ergonomic long monitor arm increases comfort and productivity at your desk
- Height and length adjustable
- Cable management system for a neat and tidy workspace
- Colour: black



Kensington

Code	Description	Price
198 0029	Single Monitor Arm	£92.59
198 0027	Dual Monitor Arm	£187.28

5. EASY GLIDE SIT STAND WORK PLATFORM

Fellowes Easy Glide Sit Stand Work Platform 8204601

- Easy Glide sit-stand work platform
- Transforms any fixed height desk into an active one
- Attaches to the desk via clamp or grommet pivot
- Height adjustment range of 560mm
- Suitable for monitors of up to 8kg/24" screen size
- VESA compliant
- Repositionable mousing tray able to hold up to 2.5kg



Code	Description	Price
198 0158	Sit Stand Work Platform	£419.40

1. CONTOUR ERGONOMICS ANTI-FATIGUE FLOOR MAT

Contour Ergonomics Anti-Fatigue Floor Mat 920 x 620 x 20mm Black CE77694

- Complements the Contour Ergonomics sit-stand workstation
- Ergonomic design reduces pressure and strain on spine and back muscles
- Effectively reduces pain and discomfort from prolonged standing
- Advanced bevelled edge to help prevent tripping
- Non-slip base
- Made from polyurethane
- Colour: Black
- Dimensions: W920 x D620 x H20mm



Code	Description	Price
666 4215	Anti Fatigue Floor Mat	£59.99

2. EXTEND SIT-STAND WORKSTATION FEATURING HUMANSCALE TECHNOLOGY (SINGLE)

Felloses Extend Sit Stand Workstation Featuring Humanscale Technology Single 9701

- Extend sit-stand workstation
- Transforms any desk into an active one
- Articulating arm and innovative cable management system provides an all round range of motion.
- Perfect for collaborative working
- Quickly attaches to the back edge of any work surface
- Horizontal and vertical tilting of the screen
- Offers a radius of 1016mm from the arm pole to the front of the keyboard platform



Code	Description	Price
198 0163	Single	£536.94
198 0164	Dual	£629.19

3. CONTOUR ERGONOMICS SIT TO STAND DESK CLAMP AND KB TRAY LEVEL WITH TAB

Contour Ergonomics Sit Stand Workstation Black CE77691

- Work in either a sitting or standing position
- Designed for use with desktop PCs or laptops
- Unique braking lever system to effortlessly move from sitting to standing in just a few seconds
- Monitor platform dimensions: 600 x 400mm
- Keyboard tray dimensions: 600 x 221mm
- Total load capacity: 13kg



Code	Description	Price
190 0261	Sit to Stand Desk Clamp and Keyboard Tray	£228.93

4. KENSINGTON SIT/STAND WORKSTATION

Kensington Sit/Stand Workstation K55792WW

- Height adjustable monitor mount and keyboard tray
- Sturdy, column-mounted design
- Clamps securely to desks 19.05mm - 63.5mm
- SmartFit swivel arm features four pivot points for full articulation
- Cable management channel helps to keep desk space tidy
- VESA compatible monitor mount



Code	Description	Price
198 0032	Workstation	£262.36