



Ergonomic Solutions  
*Live your best WorkLife*

**Fellowes**

Helping everyone in  
your organisation live  
their best *WorkLife*

*Hello,*

I am the Fellowes *WorkLife* Coach.

As an expert in wellbeing at work, I take a specific interest in workspace ergonomics.

Work has changed significantly over the last few years, and with new styles of working, it's now more important than ever to pay extra attention to your work environment.

Having the right work-life balance is all about being happy and successful at work - and living the best life outside of it.

Through the pages of this brochure, you'll discover the importance of **best-practice ergonomics in and around the workstation**. And the role it plays in creating a healthy, happy and more productive workforce.





# What's the secret to ***your success?***

If you asked your employees or colleagues what makes your organisation successful, you'd probably get a dozen or more different answers.

Some may say

*It's the quality of your product or the standard of your service*

Others may feel

*It's your commitment to innovation or maybe your investment in marketing*

Of course, each answer will contribute to the reason why your organisation is successful. But, there's a real chance that your business may have overlooked the most important answer of all.

There's one thing that all successful organisations have in common - and you already know the answer...

## **People.**

That's why ergonomic working is vital to ensure a business's most valuable assets - ***its people***, stay healthy, happy, productive and successful.



# Ergonomics:

## *Self-care for your workspace*

By designing tasks, workspaces, and tools to fit the needs and capabilities of workers, ergonomic practices help prevent injuries, enhance efficiency, and promote long-term well-being. Here's why it matters:

### **1. Prevention of work related injuries**

Ergonomic working is key to reducing the risk of musculoskeletal disorders (MSDs), which are one of the biggest causes of absences from work. These injuries, which affect muscles, tendons and nerves, often result from poor posture, repetitive tasks, or improperly designed workspaces.

Common issues like back pain, carpal tunnel syndrome, and neck strain can be avoided by implementing ergonomic practices. **Proper desk height, correct screen, mouse and keyboard positioning, and supportive seating solutions,** can help workers maintain better posture and avoid strain.

**Effective office ergonomic interventions on average reduce MSD's by\***

**61%**

**and reduce lost work days by**

**88%**





Roughly **3** out of **5**  
workers in the  
EU-28 report  
MSD complaints

## 2. Increased comfort and job satisfaction

A well-designed ergonomic workspace leads to greater comfort, which in turn improves job satisfaction. When workers feel physically comfortable, they are more likely to stay focused and engaged, resulting in better performance. Ergonomics minimises discomfort, reduces fatigue, and allows workers to concentrate on their tasks rather than on aches and pains caused by poor posture or awkward working conditions.



## 3. Boosts productivity and efficiency

Ergonomics plays a significant role in enhancing productivity. When employees work in an environment designed for their comfort and ease, they generally complete tasks more quickly and with greater accuracy. Which, of course, is good news for your organisation as well as the people working within it.

Ergonomic office designs  
could increase productivity  
by up to\*

40%

\*[www.lifespaneurope.com](http://www.lifespaneurope.com)



#### 4. Reduces fatigue and improves energy levels

In an environment where workers are constantly stretching, twisting, or straining to reach items, fatigue can set in quickly, leading to reduced performance. Proper ergonomics ensures that the body works efficiently, allowing employees to maintain higher energy levels throughout the day.

Around

**50%**

of those surveyed said that they “always” or “often” feel exhausted, stressed or overwhelmed.

\* Advancing workforce wellbeing - Deloitte Insights



#### 5. Adapts to diverse needs

Every person is different in terms of height, size, age and physical capability. Ergonomic working recognises these differences and promotes adaptability. Height adjustable desks, monitor and desk accessories ensure that a variety of users can work comfortably regardless of their physical characteristics. This inclusivity makes workspaces more accessible and welcoming to a diverse workforce.

Effective  
workspace  
ergonomics  
can reduce  
staff turnover\*

by **87%**

\* Office ergonomics - Chartered Institute of Ergonomics & Human Factors



#### 6. Fosters a safe work environment

Proper ergonomics reduces the likelihood of accidents caused by repetitive strain, overexertion, or poor positioning. A culture of safety not only protects workers but also promotes a sense of care and responsibility, which can boost morale and contribute to a positive workplace culture.



# Workstation Assessments *are a legal requirement*

The European Display Screen Equipment (DSE) Workstation Assessment Regulations are designed to protect employees who regularly work with display screens (such as computer monitors) from the health risks associated with prolonged use of such equipment. These regulations are based on the European Directive 90/270/EEC, which sets the minimum safety and health requirements for work with DSE.

Employers must conduct regular DSE workstation risk assessments to ensure work equipment and environments are safe and meet ergonomic standards. These assessments involve evaluating factors like **seating position, screen placement, lighting**, and **overall working posture**. Corrective measures must be implemented if risks are identified.

The UK Display Screen Equipment (DSE) Workstation Assessment Regulations fall under the broader framework of the Health and Safety (Display Screen Equipment) Regulations 1992. These regulations are designed to protect workers from the risks associated with using display screen equipment for prolonged periods.

The regulations aim to prevent issues such as musculoskeletal disorders (MSDs), eye strain, and fatigue that can arise from poorly set up workstations. Employers must perform DSE workstation risk assessments for employees who regularly use DSE for an hour or more each day as part of their work. These assessments should:

- Identify potential risks from improper setup or use;
- Ensure compliance with ergonomic standards;
- Be revisited when there are significant changes, such as a change in equipment, relocation of the workstation, or the user developing a health condition.





With the rise in home and remote working, the ***DSE regulations have been extended to cover home workstations.***

Employers are responsible for ensuring that home workers have the same ergonomic conditions as those in the office, including providing guidance and support on how to set up home workstations.



## Enforcement and Responsibilities

Employers are legally required to comply with the DSE regulations. Failure to do so can result in penalties, including fines. Employees also have a responsibility to follow the guidance provided and report any issues related to their DSE workstation. **Responsibilities include:**

1

Conducting DSE workstation assessments for all relevant employees.

2

Ensuring ergonomic workstation setup (adjustable chairs, monitor height, etc.)

3

Providing regular breaks or task changes to avoid prolonged screen use.

4

Offering free eye tests and corrective lenses if necessary.

5

Providing training on safe DSE use and setup.

6

Ensuring remote workers have appropriate ergonomic set-ups.



## It's important to ***make the right choice***

Thank you for taking time to read through our brochure. Best-practice ergonomic working is obviously important to you. Whilst we hope you'll consider Fellowes as your brand of choice for your ergonomic solutions, we don't take it for granted. We want you to feel fully confident that you're making the right decision for your organisation, colleagues and yourself.

Whether you're buying a single wrist rest or 1500 monitor arms, we want you to be 100% satisfied with your purchase. The following pages are dedicated to Fellowes: the brand and its heritage, our products and services, and the commitment we have to helping people...

Live their best **WorkLife**



# Our credentials

Today, Fellowes is owned and lead by the 4th generation of the Fellowes family, offering a wide range of office solutions.



**1917**

Fellowes was established in **1917**, in Chicago, Illinois, US, rapidly becoming one of the fastest-growing manufacturers of workplace solutions.

**1970's**

Global expansion began in the **early 1970s**. First in Canada, then in the UK followed by the rest of Europe.

**1980's**

With the arrival of personal computers Fellowes entered the ergonomic product category.



**2000's**

Fast-forward to the 21st century and **Workspace Wellbeing** is one of our fastest-growing categories, benefiting from strong investments in new product development for an even more successful future.



# Here are just some of the benefits you can expect when investing in our products:

## Ergonomically tested

All Fellowes ergonomic solutions have been independently tested to comply with the ergonomic requirements set out in European Health and Safety Legislation: ISO 9241-5.

In addition, a range of our premium solutions have been awarded Ergonomic Excellence by FIRA International which recognises products which are more likely to improve efficiency, productivity and well being for the user.



## Fully adjustable ergonomic features

All our products feature height or angle adjustability ensuring they will fit a wide range of users.

## Working trends

All our products have been designed to include a range of features such as compact designs, built-in carry handles and storage options, to adapt to any workspace.

## Anti-microbial protection

A selection of our products feature built-in Microban® protection which fights the growth of harmful bacteria for the lifetime of the product.







### 5 year limited warranty

All Fellowes ergonomic accessories and monitor arms are expertly designed and built to last. That's why we're confident in offering an **extended 5-year limited warranty across the entire range.**



### Better for the planet.

We're increasing the sustainable attributes of our ergonomic solutions. Products within our range are made from recycled content or are up to 100% recyclable. All new products come in **plastic-free 100% recyclable packaging.**

# Get in the **zone** with the **Fellowes 4 Zone Approach®**



**ZONE 3**  
RELIEVE  
NECK  
STRAIN



**ZONE 4**  
REDUCE  
INACTIVITY



# Here's how it works:

Derived from European ergonomic regulations, The **Fellowes 4 Zone Approach®** breaks down the main aspects of the workstation into 4 manageable sections called 'Zones'.

Each Zone provides advice and product recommendations on how to work ergonomically to create a healthier and happier workspace.



**ZONE 1**  
PREVENT  
BACK  
TENSION

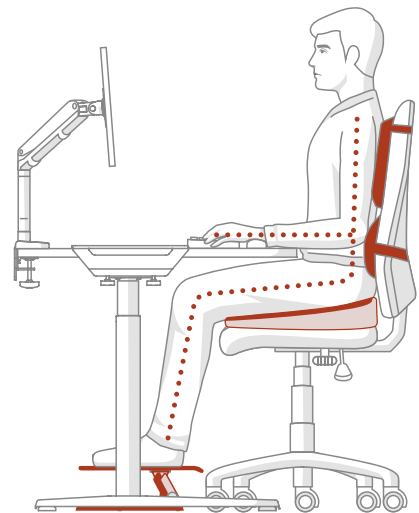
**ZONE 2**  
AVOID  
WRIST  
PRESSURE

## ZONE 1

PREVENT BACK TENSION

**Sitting for long periods of time without proper support can cause poor circulation and back pain.**

Zone 1 focuses on a range of foot rests, seat cushions, back and lumbar supports to help you achieve the correct posture whilst seated most common complaints among desk workers.



**60%**

of workers have suffered from a sore or aching back whilst working at their desk\*

\* Fellowes Work Colleague of the Future (WCOF) Research 2019

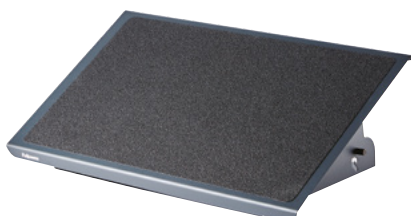


### **Breyta™ Foot Rest**

- 100% recyclable
- Optional rocking motion
- Built in carry handle & leg storage
- Height settings: 3 (7.9, 11.6, 12.6cm)
- Platform size: 49 x 36cm

**100016562 - Black**

**100016563 - White**



### **Professional Series Heavy Duty Foot Rest**

- Rocking motion
- Non-slip platform
- Height settings: 3 (10.5, 12, 13.5cm)
- Platform size: 56 x 35cm

**8064101**



### **Office Suites™ Microban® Adjustable Foot Rest**

- Microban® anti-microbial protection
- Option of rocking or static support
- Height settings: 3 (10.8, 12.7, 14.6cm)
- Platform size: 44.5 x 34.4cm

**8035001**



### **Standard Adjustable Foot Rest**

- Made from 99% post-consumer recycled content
- Height settings: 2 (8.5, 10.5cm)
- Platform size: 42.5 x 30cm

**48121-70**



## ZONE 1 - FOOT RESTS, SEAT CUSHIONS & BACK SUPPORTS



PRODUCT INCLUDES  
RECYCLED  
CONTENT



### **Breyta™ Wedge Seat Cushion**

- Wedge design for correct pelvic positioning
- Discreet coccyx cut out
- Built-in carry handle
- Foam made from 93% pre-consumer recycled content
- Fabric cover made from 100% post-consumer recycled content

**100119849**



PRODUCT INCLUDES  
RECYCLED  
CONTENT



### **Breyta™ Comfort Seat Cushion**

- Dual foam densities provide comfort and support
- Discreet coccyx cut out
- Built-in carry handle
- Base layer foam made from 93% pre-consumer recycled content
- Top layer foam contains post-consumer recycled content
- Fabric cover made from 100% post-consumer recycled content

**100119850**



PRODUCT INCLUDES  
RECYCLED  
CONTENT

### **Breyta™ Comfort Back Cushion**

- Full back support
- Built-in carry handle
- Foam contains post-consumer recycled content
- Fabric cover made from 100% post-consumer recycled content

**100119852**



PRODUCT INCLUDES  
RECYCLED  
CONTENT

### **Breyta™ Lumbar Cushion**

- Targeted lumbar support cushion
- Compact design for easy transportation
- Foam contains post-consumer recycled content
- Fabric cover made from 100% post-consumer recycled content

**100119853**

### **Back Angel™ Back Support**

- Distinctive independent wing design moulds to your back
- 7 different height settings

**8026401**



### **Professional Series Mesh Back Support**

- Adjustable memory foam lumbar support
- Mesh fabric allows for air flow

**8029901**

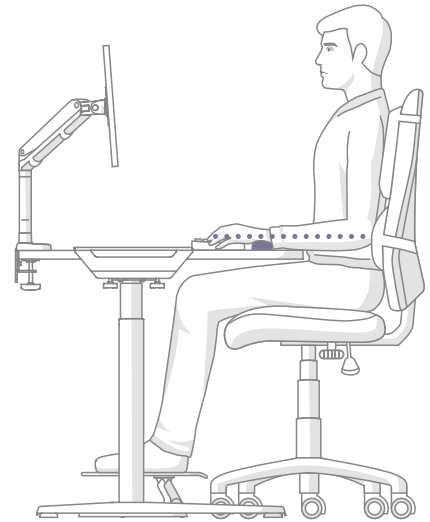


## ZONE 2

AVOID WRIST PRESSURE

**Typing on a keyboard or mousing can cause pain and discomfort to your hands, wrists, arms and shoulders.**

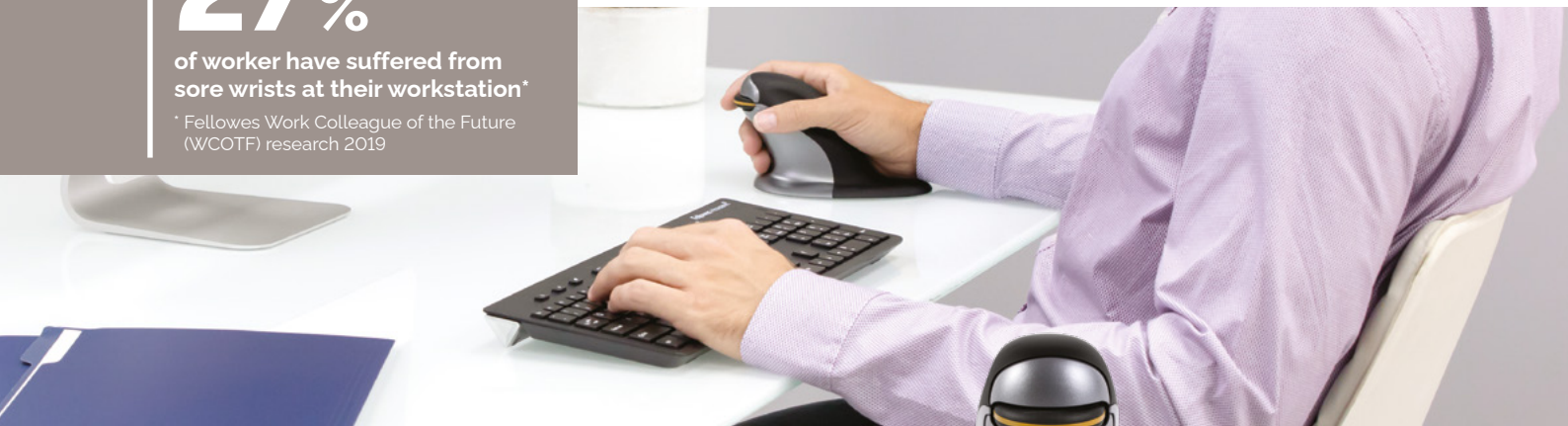
A wrist rest or vertical mouse can help you achieve the correct position when typing or mousing.



**27%**

of worker have suffered from  
sore wrists at their workstation\*

\* Fellowes Work Colleague of the Future  
(WCOTF) research 2019



### **Penguin® Ambidextrous Vertical Mouse**

- BioCote® Antimicrobial protection
- Wireless (USB dongle or Bluetooth)

**Small - 9894901**

**Medium - 9894701**

**Large - 9894501**



### **Health-V™ Fabrik™ Wrist Rests**

- Health-V™ channel relieves wrist pressure
- Microban® anti-microbial protection
- Memory foam

**9181201 - Mousepad - Black**

**9182801 - Keyboard - Black**



### **Premium Gel Wrist Rests**

- 10mm angle adjustable
- Soothing gel support

**9374001 - Mousepad**

**9374201 - Keyboard**



## ZONE 2 - WRIST RESTS



MICROBAN®



### **Plush Touch™ Wrist Rests**

- Microban® anti-microbial protection
- FoamFusion™ technology - The Softest Place Your Wrists Can Rest

**9287302 - Mousepad - Blue**

**9287402 - Keyboard - Blue**

MICROBAN®



### **Photo Gel Wrist Rests**

- Microban® anti-microbial protection
- Soothing gel support

**9653401 - Mousepad - Chevron**

**9653601 - Keyboard - Chevron**



### **Crystals™ Gel Wrist Rests**

- Stylish, transparent gel adds colour to your workspace
- Soothing gel support

**9112101 - Mousepad - Black**

**9112201 - Keyboard - Black**

**9112301 - Flex Rest - Black**



### **Memory Foam Wrist Rests**

- Soft memory foam conforms to your wrist

**9176501 - Mousepad - Black**

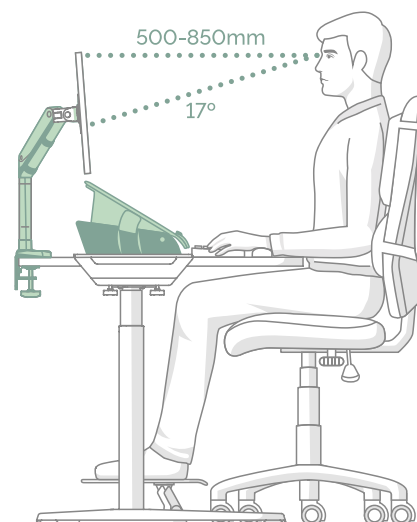
**9178201 - Keyboard - Black**

## ZONE 3

RELIEVE NECK STRAIN

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

Monitor stands, laptop stands, monitor arms and document holders can all raise your screens and paperwork to a comfortable viewing position.



Always use with an external keyboard and mouse.



### **Breyta™ Laptop Stand**

- 12 height adjustments
- Portable design folds flat

**100016558**



### **Hylyft™ Laptop Stand**

- 6 height adjustments
- Folds fully flat

**5010501**



### **Hana™ LT Laptop Stand**

- 30cm of height adjustment
- Height, swivel and tilt movement

**100016994 - Black**

**100016995 - White**



### **Breyta™ Laptop Carry Case**

- Carry case and laptop riser
- Lockable with optional shoulder strap

**100016564 - Black**

**100016565 - White**



### **Designer Suites™ Laptop Stand**

- 4 easy height adjustments
- Ventilated design

**8024602**



### **I-Spire Series™ Laptop Quick Lift**

- 7 height adjustments
- Folds flat for easy storage

**8212001 - Black**

**8210101 - White**



## ZONE 3 - MONITOR STANDS

In a survey of office workers  
conducted by Fellowes:

**48%**

Suffer from neck pain\*

**51%**

Suffer from eye strain\*

**56%**

Suffer from headaches\*



\*Fellowes Work Colleague of the Future Research 2019



### **Hana LT™ Monitor Stand**

- Wide screen design
- 3 height settings (10.2, 12.7, 15.3cm)

**100016996 - Black**

**100016997 - White**



### **Premium Monitor Stand Plus**

- Built in storage tray and document holder
- 3 height settings (11.5, 13.5, 16.5cm)

**9169401 - Graphite**

**91717 - Platinum**



### **Rotating Monitor Stand**

- Rotates 45° for collaborative working
- 3 height settings (9, 10, 12cm)

**91450**



### **Breyta™ Monitor Stand**

- Built-in mobile phone stand with charging access
- 3 height settings (8.2, 11.6, 15.1cm)

**10016560 - Black**

**100016561 - White**



### **Designer Suites™ Monitor Stand**

- Built-in storage tray
- 3 height settings (11, 13, 15cm)

**8038101**



### **Standard Monitor Stand**

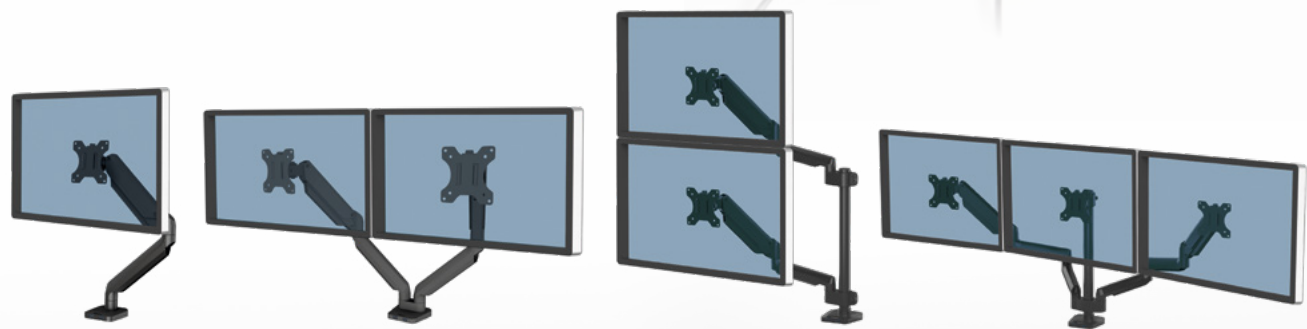
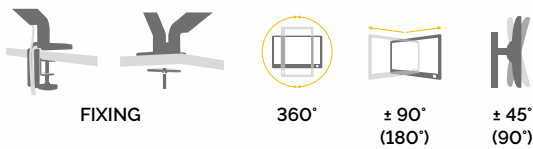
- Easy stacking height adjustment
- 3 height settings (5, 7, 10cm)

**9169301 - Graphite**

**91712 - Platinum**

**Platinum Series Monitor Arms**

- Fully independent adjustable monitor arms with innovative gas spring technology providing effortless monitor adjustment ideal for collaborative working and screen sharing
- Built in dual USB connectivity makes it easy to connect and/or charge your favourite devices
- Intuitive cable management system helps minimize clutter
- Easy to mount via clamp or grommet fixing



Single Monitor Arm	Black	<b>8043301</b>
Single Monitor Arm	White	<b>8056201</b>
Single Monitor Arm	Silver	<b>8056401</b>
Dual Monitor Arm	Black	<b>8042501</b>

Dual Monitor Arm	White	<b>8056301</b>
Dual Monitor Arm	Silver	<b>8056501</b>
Dual Stacking Monitor Arm	Black	<b>8043401</b>
Triple Monitor Arm	Black	<b>8042601</b>

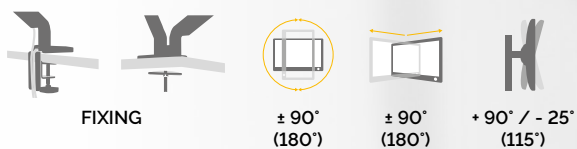




## ZONE 3 - MONITOR ARMS

### Eppa™ Monitor Arms

- Eppa™ offers effortless gas spring finger touch adjustment perfect for hot desking and collaborative working
- With built-in cable management to keep you tangle free
- Achieve the perfect position and comfort with 26cm of height adjustability and 53cm of reach. Holds monitors up to 8kgs (each)
- Desk clamp and grommet mount included for secure and easy attachment options

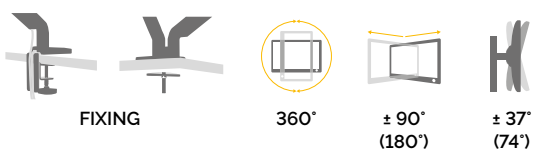


Single Monitor Arm	Black	<b>9683101</b>
Single Monitor Arm	White	<b>9683201</b>
Single Monitor Arm	Silver	<b>9683001</b>
Dual Monitor Arm	Black	<b>9683401</b>
Dual Monitor Arm	White	<b>9683501</b>
Dual Monitor Arm	Silver	<b>9683301</b>



### Vista™ Monitor Arms

- Fully adjustable for optimum viewing control
- Intuitive cord management system helps minimize clutter
- Easy to mount via clamp or grommet fixing



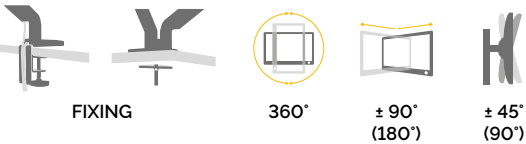
Single Monitor Arm	Black	<b>8041601</b>
Dual Monitor Arm	Black	<b>8041701</b>



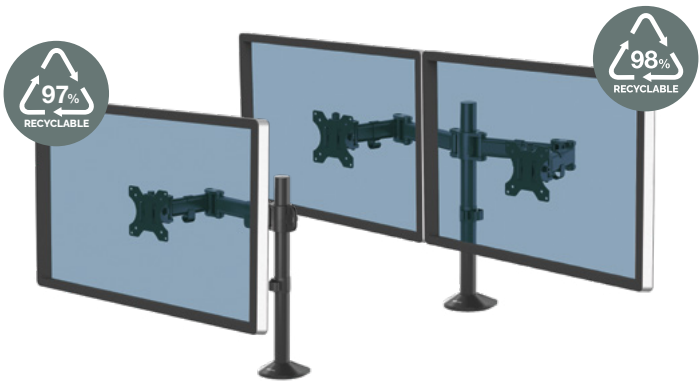


**Reflex™ Monitor Arms**

- Fully height and depth adjustable for optimum viewing control and a cost-effective ergonomic solution
- Simple design with built-in cable management to keep you tangle free

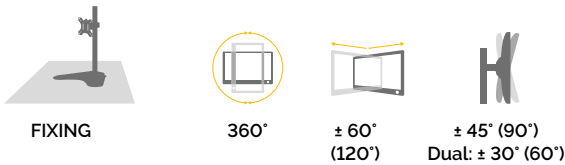


Single Monitor Arm	Black	<b>8502501</b>
Dual Monitor Arm	Black	<b>8502601</b>



**Seasa™ Freestanding Monitor Arms**

- Fully adjustable for optimum viewing control
- Intuitive cable management system helps minimise clutter
- Freestanding mount supports dual monitors without needing a clamp or grommet
- Low profile base



Single Monitor Arm	Black	<b>8049601</b>
Dual Monitor Arm	Black	<b>8043701</b>
Dual Stacking Monitor Arm	Black	<b>8044001</b>





## ZONE 3 - DOCUMENT HOLDERS



### **Hana™ LT Writing / Document Slope**

- 5 height and angle settings
- Includes line guide to aid reading
- Hidden storage with charging access

**8055701 - Black**

**8065801 - White**



### **Easy Glide™ Writing / Document Slope**

- 6 height and angle settings
- Hidden storage with cable charging access

**8210001**



### **Clarity™ Document Support**

- Minimalistic design
- 6 height and angle settings

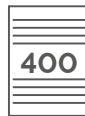
**9731301**



### **Workstation Document Holder**

- Folds flat
- Removable line guide

**21106**



### **Booklift™ Document Holder**

- 9 height and angle settings
- Holds large books

**21140**

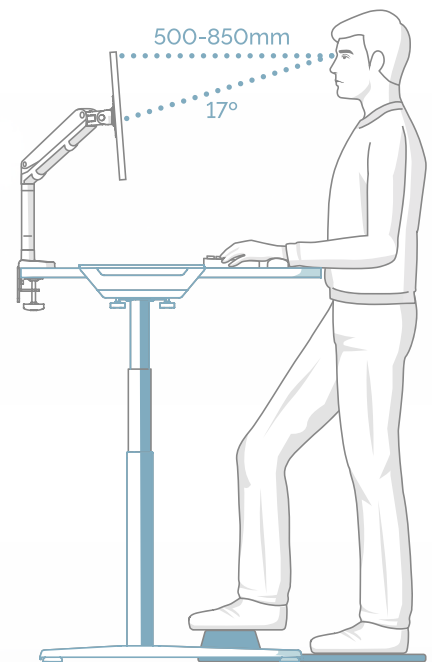
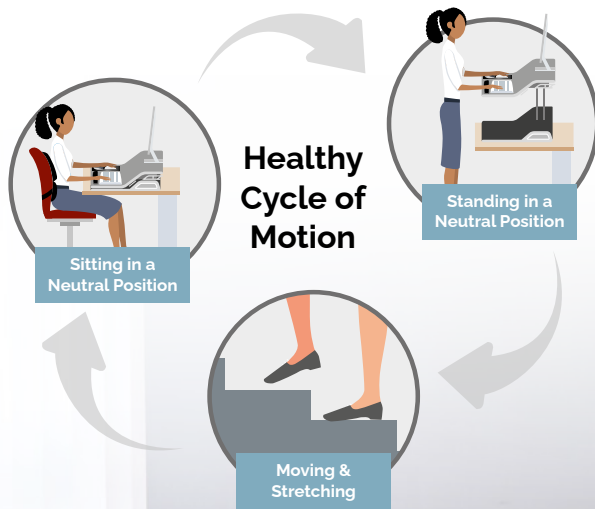


## ZONE 4

REDUCE INACTIVITY

**Sitting at your desk for long periods of time can increase health risks such as obesity, high blood pressure and heart disease.**

A height adjustable desk or sit stand desk convertor can help you add movement to your day.



**Dr Alan Hedge of Cornell University recommends every half an hour should be split into\***

**20 minutes** of sitting

**8 minutes** of standing

**2 minutes** of moving

\*[www.ergo.human.cornell.edu](http://www.ergo.human.cornell.edu)





## ZONE 4 - SIT-STAND SOLUTIONS



### Levado™ Height Adjustable Desk

- 4 built in memory settings
- Avoid accidents with built-in collision detection safety features
- Easily manage cables with included cable tray

9708601 - Silver (base only)

9747001 - White (base only)

#### White desktops

1200mm	1400mm	1600mm	1800mm
7032301	9870001	9870101	9870201

#### Maple desktops

1200mm	1400mm	1600mm	1800mm
7032201	9870601	9870701	9870801



**90 SECOND  
SET-UP**



**27%**

of people would like to be able to change the height of their desk to improve their workstation environment\*

\*Fellowes Work Colleague of the Future Research 2019

### Smooth Lift TECHNOLOGY™



### Lotus™ LT Sit-Stand Workstation

- Effortless gas spring height adjustment
- Arrives fully assembled

8215001

### Smooth Lift TECHNOLOGY™



### Corsivo™ Sit-Stand Workstation

- 2-tiered work surface
- Gas spring height adjustment

8091001



### ActiveFusion™ Sit-Stand Mat

- Step design promotes stretching and movement to help reduce fatigue

8707101



### Everyday Sit-Stand Mat

- Helps reduce leg fatigue whilst standing

8707001

# *Our environmental promise*

We believe that financial, social, and environmental factors must all receive consideration in a manner that respects people, in and outside of our company including communities of which they are a part, locally, nationally, and internationally. We recognise that best practices with respect to sustainability are constantly evolving.

Fellowes is committed to being diligent in understanding current best practices and making decisions that emphasise our commitment and responsibility to be good stewards.

## Here are some recent highlights:



### Sustainable packaging

Over 90% of our ergonomics range is now boxed in 100% recycled paper-based packaging. And we're targeting the removal of all single use plastic from our products by 2028. We're also increasing the use of recycled content and FSC® certified paper and cardboard in our packaging.



### Sustainable operations

EcoVadis is the global standard for business sustainability ratings. In the 2023 rating, Fellowes Europe earned a Bronze EcoVadis Medal. The assessment covers 21 sustainable criteria across four core themes: Environment, Labour & Human Rights, Ethics and Sustainable Procurement. Our warehouse and manufacturing site in Doncaster, UK has been ISO 14001 accredited since 2009.





# Earth by Fellowes



## Designing for the circular economy

We are committed to ensuring our products are easy to disassemble and recycle. Over 98% of our footrests, monitor stands, laptop stands and document holders now meet our end-of-life recyclability target of >80%.

In addition, we're committed to increasing the amount of recycled content in our products.

## Extended warranties

The longer a product lasts, the better it is for the environment. We design products for long-lasting performance, durability and reliability. That's why we have the confidence to offer you an extended 5-year limited warranty as a minimum on all products featured within our range of ergonomic solutions.



# Expertise and knowledge worth sharing

With almost 40 years' experience in workspace ergonomics, we've seen a lot of change in the way people work, where they work and the equipment they use. As a result we're fully equipped to help support you and your business to be healthier, happier and more productive.

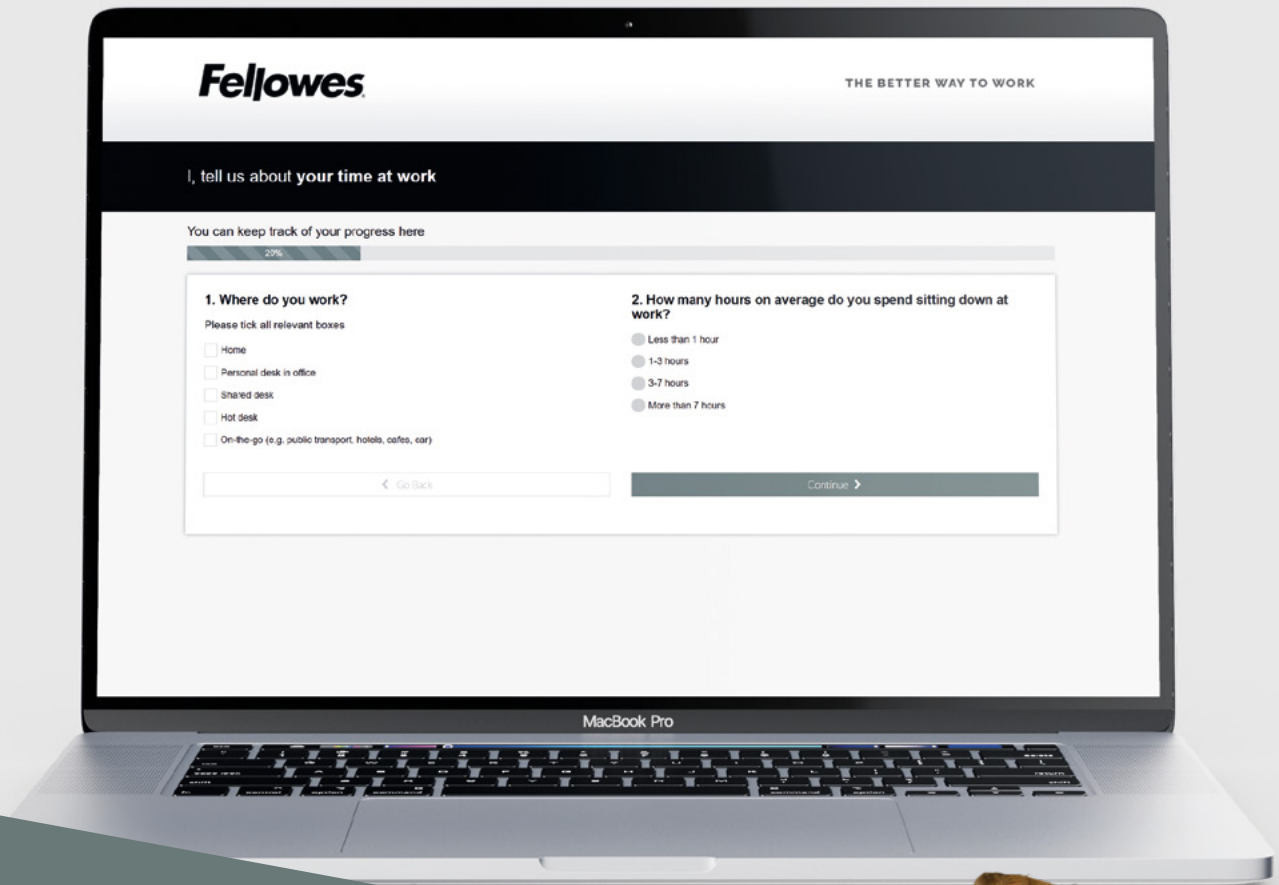
## Here are just some of the areas where we can support you:

We provide fully detailed product sheets, videos and many other assets, for every product we sell. These cover everything from specifications, materials, certifications, and how to use each product.

On the educational side, we can support you with webinars, training sessions and assessments covering a range of topics from the benefits of working ergonomically to detailed product training.







Wondering where to start?

## ***Take our FREE & confidential on-line healthy workstation assessment.***

Developed in partnership with ergonomists, Fellowes' Healthy Workstation Assessment is a free online tool to **improve the way you work in just 5 minutes.**



Take your **FREE** assessment





## Ergonomics *is smart economics*

Productivity is a state of body as well as mind.  
Sit comfortably, move naturally, and be at one with your desk.

*Live your best Work***Life**

Our ergonomic desk accessories and monitor arms  
are available at all leading office products suppliers  
and workplace solutions specialists. Alternatively,  
visit [www.fellowes.com/worklife](http://www.fellowes.com/worklife)



# **Fellowes**