Fellowes

Ergonomic Solutions

THE BETTER WAY TO WORK



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.

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





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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.

81%
of those who received ergonomic equipment noticed a positive difference.*

40%
within just a few days of implementation.*



*Fellowes commissioned research 2025



2 out of 3

workers are suffering from pain or discomfort as a result of their workstation set up.*

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.



57%

of workers said they felt more productive, comfortable, motivated and valued as a result of using the right ergonomic equipment.[1]

[1] Fellowes commissioned research 2025



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 [2]

40%

[2] 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.[3]

[3] 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%[4]

[4] Office ergonomics - Chartered Institute of Ergonomics & Human Factors

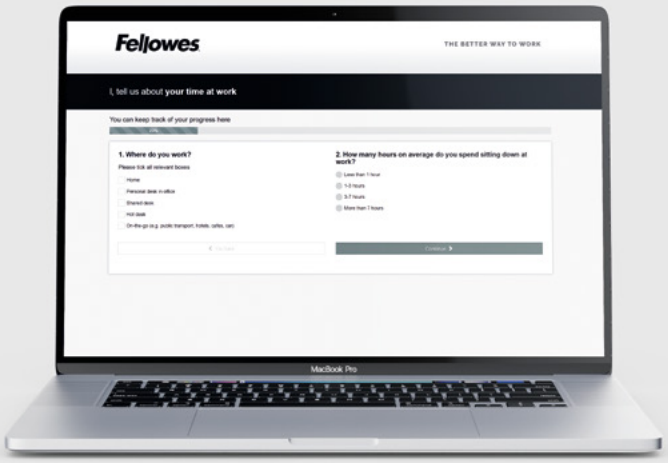
6. Fosters a safe work environment
Proper ergonomics reduces the likelihood of accidents caused by repetitive strain, overexertion, or poor positioning. A culture of safety not only protects workers but also promotes a sense of care and responsibility, which can boost morale and contribute to a positive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



It's the LAW

75%

of workers said their employer had carried out a workstation risk assessment either a long time ago or not at all.*

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.

* Fellowes commissioned research 2025

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.



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

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.**

Only 25% of employees believe their employer is complying with legal requirements for working at a desk.*



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 *Work**Life***

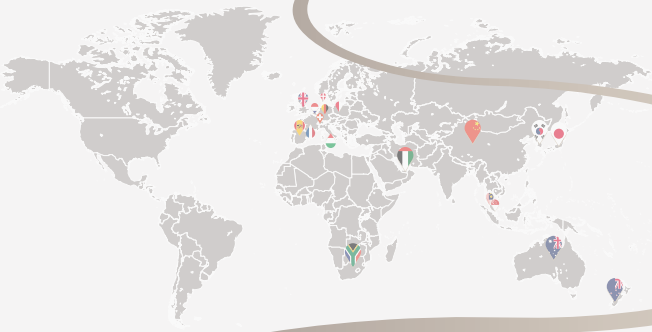
Our credentials

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.



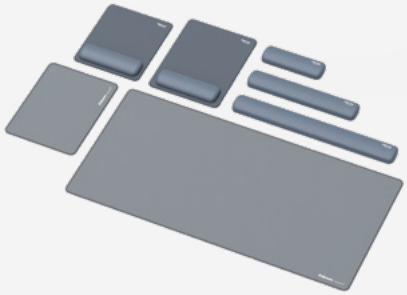
1980's

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

2000's

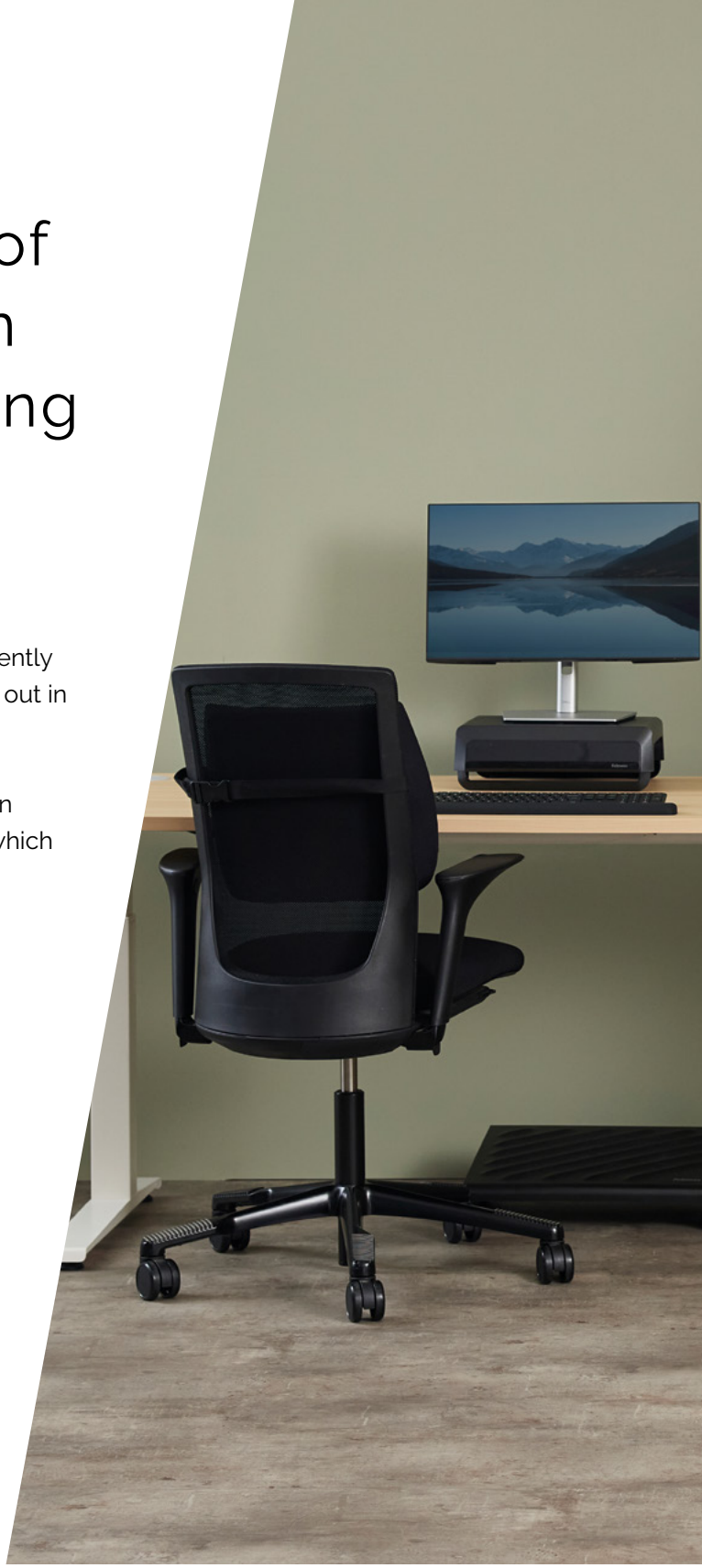
Fast-forward to the 21st century and Workspace Wellbeing is one of our fastest-growing categories, benefiting from strong investments in new product development for an even more successful future.







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 **Workspace Zone Approach®**



Here's how it works:

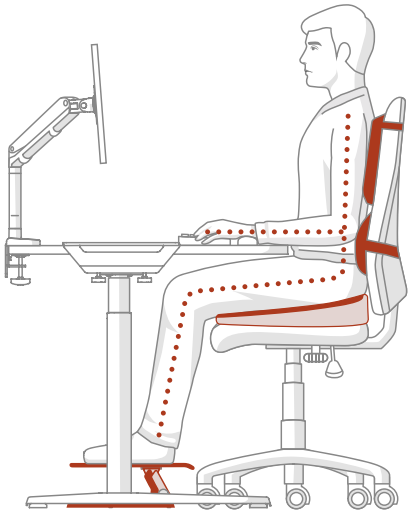
Derived from European ergonomic regulations, The Fellowes **Workspace Zone Approach®** breaks down the main aspects of the workstation into 4 manageable sections called 'Zones'.

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



ZONE 1

PREVENT BACK TENSION



Sitting for long periods of time without proper support, can cause poor circulation and back pain, one of the most common complaints among desk workers. Zone 1 focuses on a range of foot rests, seat cushions, back and lumbar supports to help you achieve the correct posture whilst seated.

72%

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

*Fellowes commissioned research 2025





Breyta™ Foot Rest

- 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

Breyta™ Foot Rest Cushion

- Static and rocking options
- Foam made from 93% pre-consumer recycled content
- Fabric cover made from 100% post-consumer recycled content
- Height settings: 1 (10cm)
- Platform size: 30 x 45cm

100119851

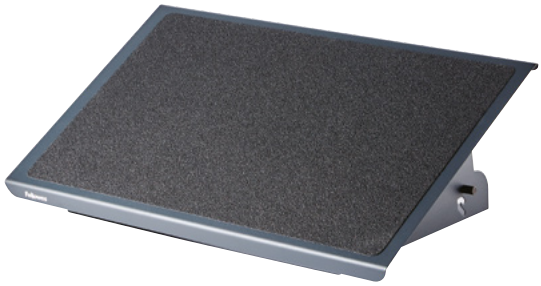




Hana™ LT Foot Rest

- Freely move up and down within 2 height ranges
- Tilting platform to encourage movement
- Height settings: 2 (12 - 17.5cm & 17.8 - 21.8cm)
- Platform size: 35 x 45cm

100016998 - Black
100016999 - 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 x 33cm

8035001



Energizer™ Foot Rest

- Massage textures inspired by reflexology mapping
- Rocking motion to encourge movement
- Height settings: 3 (10, 13.5, 16.5cm)
- Platform size: 45 x 33cm

8068001



Professional Series Ultimate Foot Rest

- Textured surface to improve grip
- Intuitive rocking motion to encourage movement
- Height settings: 3 (10, 13.5, 16.5cm)
- Platform size: 45 x 33cm

8067001



Smart Suites™ Foot Rocker

- Rocking motion to encourge movement
- Simply flip over to change heights
- Height settings: 2 (6.5, 9.5cm)
- Platform size: 49 x 30cm

8023901



Refresh™ Foot Rest

- Made from 99% post-consumer recycled content
- Vented platform to encourage air circulation
- Height settings: 2 (9.5, 13.5cm)
- Platform size: 45 x 33cm

8066001



Standard Adjustable Foot Rest

- Made from 99% post-consumer recycled content
- Massage textures to encourage movement
- Height settings: 2 (8.5, 10.5cm)
- Platform size: 42 x 30cm

48121-70





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



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



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



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 Ultimate Back Support

- Unique design to support the back and lumbar region
- Microban® anti-microbial protection
- Tri-Tachment™ design holds cushion firmly in place

8041801



Professional Series Mesh Back Support

- Adjustable memory foam lumbar support
- Mesh fabric for personal comfort

8029901



Office Suites™ Mesh Back Support

- Gently moulds to your body for uniform support
- Mesh fabric for personal comfort

9191301



I-Spire Series™ Lumbar Cushion

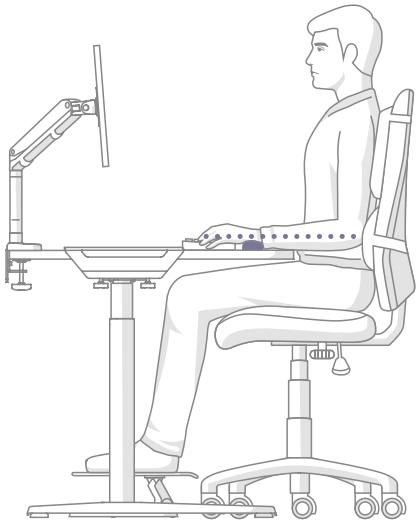
- Targeted lumbar support cushion
- Adjustable strap for easy installation

8042201



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.



NEW Breyta™ Mix & Match

Allows you to create your ideal desk setup, combining wrist comfort with personalised style and function.



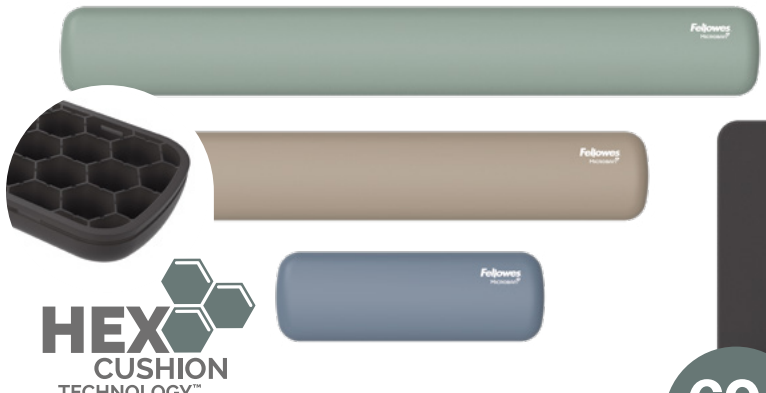
MICROBAN

All Breyta wrist rests and mats come with **built-in Microban® anti-microbial protection for a 24/7 added level of product protection**.

Fellowes 5 YEAR WARRANTY

PRODUCT INCLUDES RECYCLED CONTENT *

100% RECYCLABLE **





Breyta™ Wrist Rests

- Patent pending Hex Cushion Technology™ combines uniform support with exceptional comfort whilst mousing or typing
- Soft touch, anti-dust coated wrist rest provides a premium finish and smooth gliding experience
- Available in a range of sizes to suit your set up
- Mousepads made from 69%/74% (XL) post-consumer recycled content

	Black	Grey	Marine	Sage	Sand
Mousepad	***100142555***	***100142556***	***100142557***	***100142558***	***100142559***
XL Mousepad	***100142560***	***100142561***	***100142562***	***100142563***	***100142564***
Palm	***100142565***	***100142566***	***100142567***	***100142568***	***100142569***
Compact Keyboard	***100142570***	***100142571***	***100142572***	***100142573***	***100142574***
Keyboard	***100142575***	***100142576***	***100142577***	***100142578***	***100142579***

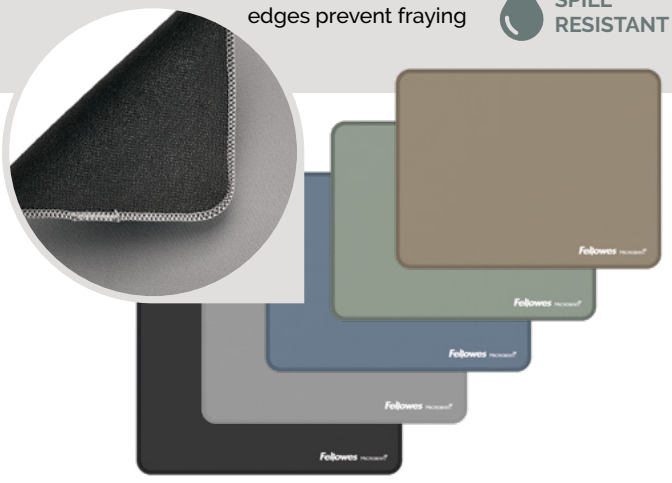
*Mousepads and Desk Mats only. **100% recyclable with Fellowes takeback scheme. Breyta wrist rests only.

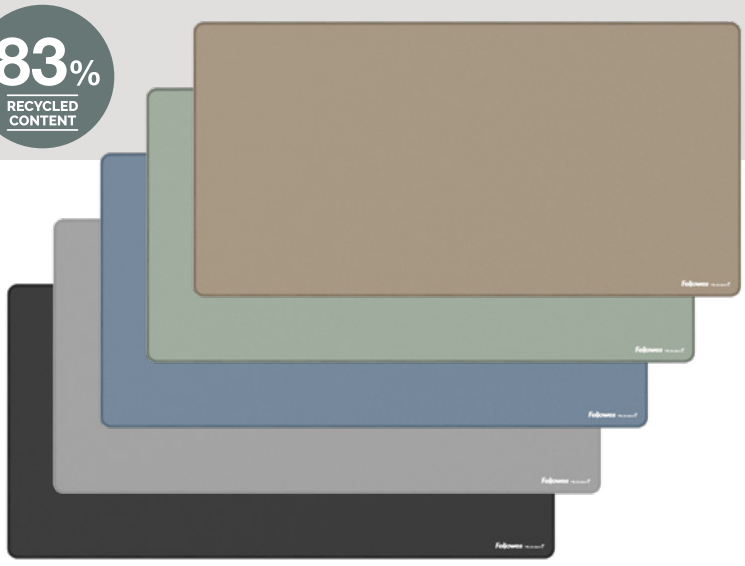


Durable flat-stitch edges prevent fraying

SPILL RESISTANT

83% RECYCLED CONTENT





Breyta™ XL Mousepad

- Protect your desktop and enhance mousing performance with the optical and laser mouse-friendly mousepads
- Over 25% larger than our standard mousepads to encourage greater movement, reducing small repetitive movements which can cause wrist pain
- Made from 83% post-consumer recycled content

Black	Grey	Marine	Sage	Sand
100138995	***100139316***	***100139317***	***100139318***	***100139319***

Breyta™ Desk Mat

- Spacious desk mat protects against dirt and scratches and creates a glare free work surface
- Provides a comfortable surface for writing and typing whilst enhancing mousing performance
- Made from 83% post-consumer recycled content

Black	Grey	Marine	Sage	Sand
100139320	***100139321***	***100139322***	***100139323***	***100139324***





Health-V™ Fabrik™ Wrist Rests

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

Black	
9181201	**Mousepad**
9182801	**Keyboard**



Premium Gel Wrist Rests

- 10mm angle adjustable
- Soothing gel support

Silver	
9374001	**Mousepad**
9374201	**Keyboard**



Plush Touch™ Wrist Rests

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

Black	Blue	
9252003	***9287302***	**Mousepad**
9252103	***9287402***	**Keyboard**



Photo Gel Wrist Rests

- Microban® anti-microbial protection
- Soothing gel support

Chevron	
9653401	**Mousepad**
9653601	**Keyboard**



Crystals™ Gel Wrist Rests

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

Black	Blue	Puple	
9112101	***9114120***	***9144104***	**Mousepad**
9112201	***9113709***	***9143703***	**Keyboard**
9112301	***91177-72***	***91477-72***	**Flex Rest**



Memory Foam Wrist Rests

- Soft memory foam conforms to your wrist

Black	Blue	Silver	
9176501	***9172801***	***9175801***	**Mousepad**
9178201	***9178401***	**-**	**Keyboard**

Protect your desktop and improve mousing performance.

MICROBAN

Microban® Mousepads

- Microban® anti-microbial protection
- Non-slip rubber back



Black	Navy	Silver
5933907	***5933805***	***5934005***

Recycled Mousepads

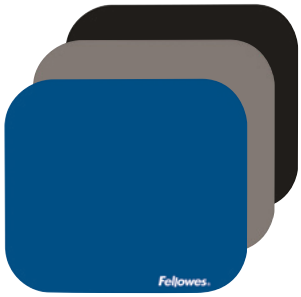
- Made from 85% post-consumer recycled content
- Durable, easy to clean surface



Black	Ocean	Leaves
5917501	***5903901***	***5903801***

Premium Mousepads

- Long lasting polyester fabric
- Non-slip rubber base



Black	Blue	Silver
58024	***58021***	***58023***

Basic Mousepads

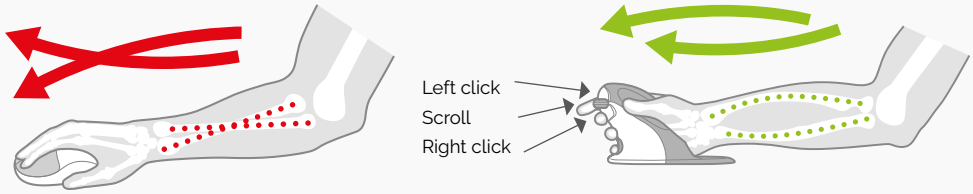
- Cost effective mousepad
- Soft foam base

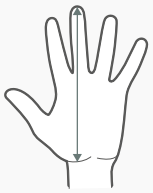


Black	Blue	Silver
29704	***29700***	***29702***

Vertical Mice

Vertical mice are designed to eliminate forearm twisting and encourage a more natural, relaxed 'handshake' position. Movement is transferred into the more powerful shoulder muscles to reduce strain on the smaller wrist muscles.





Which size?

Simply measure from the palm of your hand to the tip of your middle finger and match to the size tables.

Penguin® Vertical Mice

BioCote® Bluetooth®



Penguin® Ambidextrous Vertical Mouse

- BioCote® Antimicrobial protection
- 2 in 1 connection. Bluetooth® wireless technology or wireless dongle
- Easy glide base with precision laser for fast accurate tracking

Item Code	Size	Hand
9894901	Small (< 16cm)	Right & Left
9894701	Medium (16-18cm)	Right & Left
9894501	Large (> 18cm)	Right & Left





Breyta™ Vertical Mice

PRODUCT INCLUDES RECYCLED CONTENT

MICROBAN

Bluetooth

Ergonomic 60 vertical design

Reduces tension in the hand and forearm and helps relieve wrist strain.

Precision sensor and scroll wheel

Aids fast, accurate tracking and document scrolling

Made with recycled content

Plastic housing and buttons made from 100% post-consumer recycled plastic.



Breyta™ Plus+ Ergonomic Vertical Mouse

- 3 in 1 connectivity. Bluetooth® wireless technology, wireless dongle or wired connectivity for full ultimate flexibility
- Built in Microban® anti-microbial protection
- Easy to access thumb buttons for easy web or folder browsing

Item Code	Size	Hand
100143580	Small (< 16.5cm)	Right
100143581	Medium (16.5 - 18.5cm)	Right
100143582	Large (> 18.5cm)	Right
100143583	Medium (16.5 - 18.5cm)	Left
100143584	Large (> 18.5cm)	Left



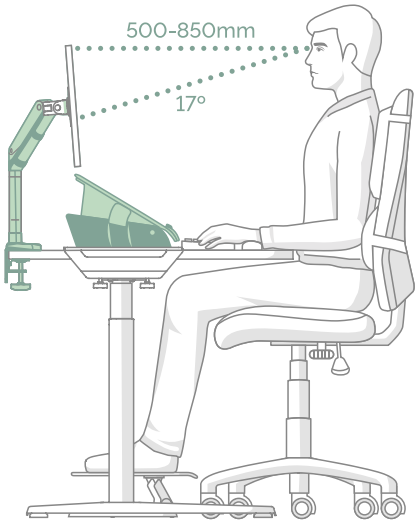
Breyta™ Ergonomic Vertical Mouse

- 2 in 1 connectivity. Bluetooth® wireless technology or wired connectivity for flexibility

Item Code	Size	Hand
100143579	Medium (16.5 - 18.5cm)	Right

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.

Portable laptop stands



Includes **FREE** LAPTOP SLEEVE*

**laptop sleeve not recyclable*

up to 14"

100% RECYCLABLE

Breyta™ Laptop Carry Case

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

100016564 - Black / 100016565 - White



100% RECYCLABLE

up to 14"

Breyta™ Laptop Stand

- 12 height adjustments
- Portable design folds flat

100016558 - Black / 100016559 - White



PRODUCT INCLUDES RECYCLED CONTENT

99% RECYCLABLE

up to 15"

Alumia™ Laptop Stand

- 6 height adjustments
- Folds flat for easy storage, perfect for hybrid working
- Made from 93% post-consumer recycled content

100138868 - Black / 100138867 - Silver

up to 18"

Hylyft™ Laptop Stand

- 6 height adjustments
- Folds fully flat

5010501



up to 17"

I-Spire Series™ Laptop Quick Lift

- 7 height adjustments
- Folds flat for easy storage

8212001 - Black / 8210101 - White





Desk based laptop stands

up to 15"

PRODUCT INCLUDES RECYCLED CONTENT

99% RECYCLABLE

Alumia™ Desk Laptop Stand

- 15cm of easy height adjustment
- Tilt adjustable platform, ideal for restricted opening laptops
- Made from 96% post-consumer recycled content

100138881 - Black / 100138880 - Silver



up to 19"

firainternational ergonomics excellence

Hana™ LT Laptop Stand

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

100016994 - Black / 100016995 - White



up to 17"

Professional Series Laptop Workstation

- 9 height adjustments
- Built-in USB hub and document holder

8024602



up to 17"

Office Suites™ Laptop Stand Plus

- 6 height adjustments
- Swivel legs for easy cable access and built in document holder

8036701



up to 17"

Office Suites™ Laptop Stand

- 6 height adjustments
- Large stable platform

8032001



up to 17"

Designer Suites™ Laptop Stand

- 4 easy height adjustments
- Ventilated design

8038401





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



Breyta™ Monitor Stand

- Built-in mobile phone stand with charging access
- 3 height settings (8.2, 11.6, 15.1cm)
- Max weight: 15kg

100016560 - Black
100016561 - White



Hana LT™ Monitor Stand

- Wide screen design
- 3 height settings (10.2, 12.7, 15.3cm)
- Max weight: 22.6kg

100016996 - Black
100016997 - White



Premium Monitor Stand Plus

- Built in storage tray and document holder
- 3 height settings (11.5, 13.5, 16.5cm)
- Max weight: 36kg

9169501 - Black
91713 - White



Office Suites™ Monitor Stand

- Built-in storage tray
- 5 height settings (10.7, 12, 13.3, 14.6, 15.9cm)
- Max weight: 36kg

8031101



Smart Suites™ Monitor Stand Plus

- Built-in storage shelf and pods
- Designed for corner desks
- 3 height settings (10, 11.5, 13cm)
- Max weight: 10kg

8020801



Premium Monitor Stand

- Easy to use stacking legs with built in storage shelf
- 5 height settings (6.5, 8.5, 11.5, 13.5, 16.5cm)
- Max weight: 36kg

9169401 - Black
91717 - White



Rotating Monitor Stand

- Rotates 45˚ for collaborative working
- 3 height settings (9, 10.5, 12cm)
- Max weight: 14kg

91450



Designer Suites™ Monitor Stand

- Built-in storage tray
- 3 height settings (11, 13, 15cm)
- Max weight: 18kg

8038101



Smart Suites™ Monitor Stand

- Designed for corner desks
- 3 height settings (10, 11.5, 13cm)
- Max weight: 10kg

8020101



Standard Monitor Stand

- Easy stacking height adjustment
- 3 height settings (5, 7, 10cm)
- Max weight: 27kg

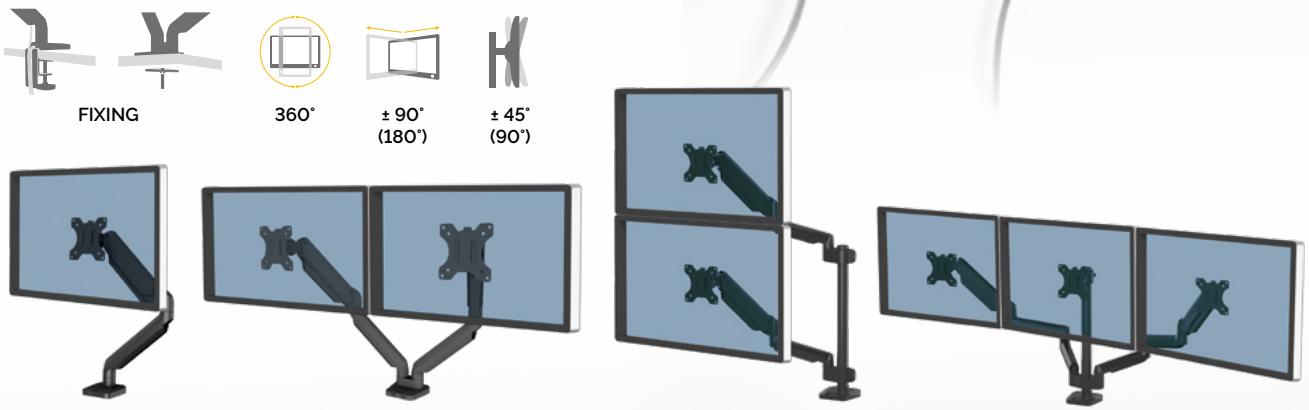
9169301 - Black
91712 - White





Platinum Series Monitor Arms

- Full 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 minimise clutter
- Easy to mount via clamp or grommet fixing
- Single and dual horizontal configurations can hold up to 40"/8kg standard screens or 32"/6kg curved screens
- Dual stacking arm holds standard screens up to 27" when stacked / 32" side by side, up to 8kg each
- Triple arm holds up to 27" standard screens at 7kg



Single Monitor Arm	Black	***8043301***
Single Monitor Arm	White	***8056201***
Single Monitor Arm	Silver	***8056401***
Dual Monitor Arm	Black	***8042501***

Dual Monitor Arm	White	***8056301***
Dual Monitor Arm	Silver	***8056501***
Dual Stacking Monitor Arm	Black	***8043401***
Triple Monitor Arm	Black	***8042601***



Eppa™ Monitor Arms

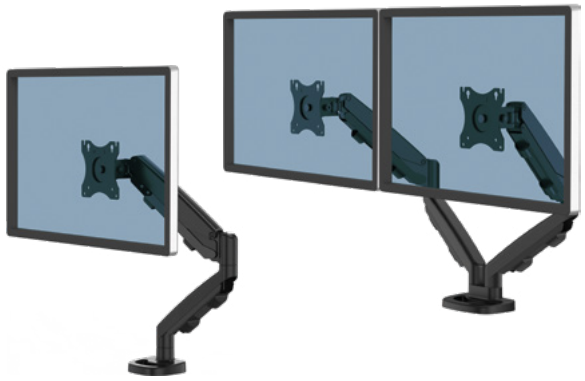
- Eppa™ offers effortless gas spring finger touch adjustment perfect for hot desking and collaborative working
- With built-in cable management to keep you tangle free
- Achieve the perfect position and comfort with 26cm of height adjustability and 53cm of reach.
- Desk clamp and grommet mount included for secure and easy attachment options
- Holds standard monitors up to 40"/8kg



FIXING | ± 90° (180°) | ± 90° (180°) | + 90° / - 25° (115°)



Single Monitor Arm	Black	***9683101***
Single Monitor Arm	White	***9683201***
Single Monitor Arm	Silver	***9683001***
Dual Monitor Arm	Black	***9683401***
Dual Monitor Arm	White	***9683501***
Dual Monitor Arm	Silver	***9683301***



Laptop arm accessory

- Ergonomically integrate your laptop with your workstation to create a multi screen setup to help you work more productively

Laptop Arm Accessory	Black	***8044101***



Laptop Arm Accessory
Holds laptops up to 17" / 4.5kg

Vista™ Monitor Arms

- Fully adjustable for optimum viewing control
- Intuitive cord management system helps minimize clutter
- Easy to mount via clamp or grommet fixing
- Holds monitors up to 32"/10kg standard screens



FIXING | 360° | ± 90° (180°) | ± 37° (74°)

Single Monitor Arm	Black	***8041601***
Dual Monitor Arm	Black	***8041701***
Laptop Arm Accessory	Black	***8211901***



Laptop Arm Accessory
Holds laptops up to 17" / 4.5kg

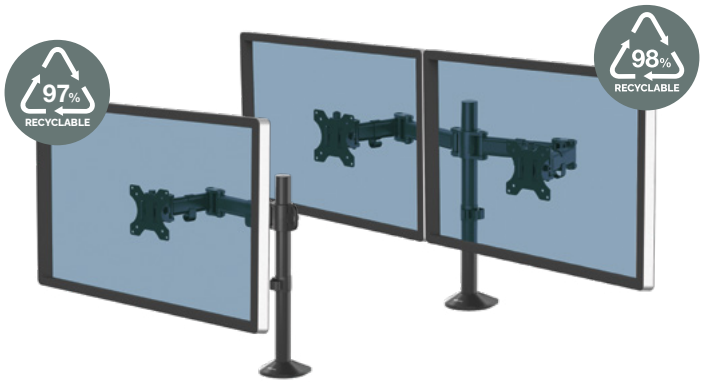


Reflex™ Monitor Arms

- 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 arm holds up to 32”/8kg standard screens or curved screens up to 7kg
- Dual arm holds up to 30”/8kg standard screens or curved screens up to 7kg



FIXING | 360˚ | ± 90˚ (180˚) | ± 45˚ (90˚)



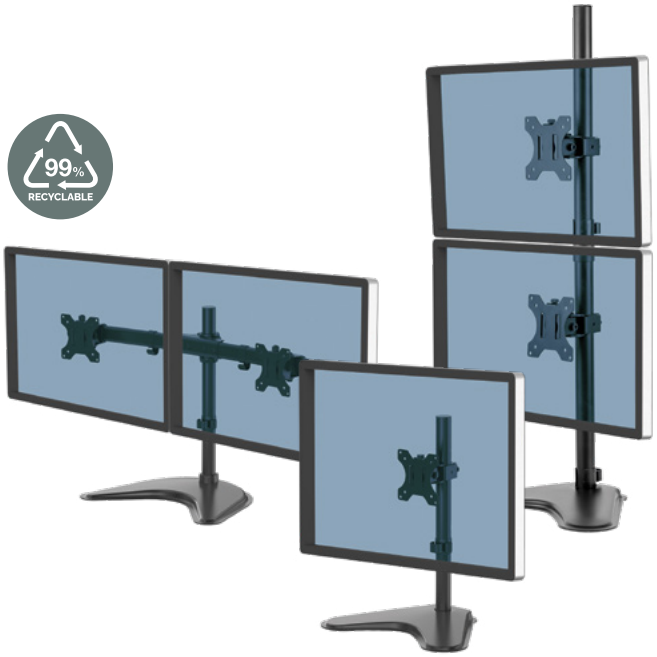
Single Monitor Arm	Black	***8502501***
Dual Monitor Arm	Black	***8502601***

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 arm holds 32”/8kg standard screens or 32”/7kg curved screens
- Dual arm holds 27”/8kg standard or curved screens
- Dual stacking arm holds 32”/8kg standard screens



FIXING | 360˚ | ± 60˚ (120˚) | ± 45˚ (90˚) Dual: ± 30˚ (60˚)



Single Monitor Arm	Black	***8049601***
Dual Monitor Arm	Black	***8043701***
Dual Stacking Monitor Arm	Black	***8044001***



firainternational
ergonomics excellence

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

150

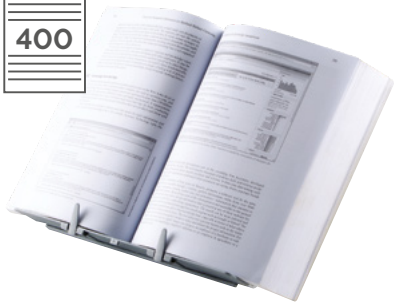


office suites™ Document Holder

- Document holder, clip board and white board in one
- 5 height and angle settings

8033201

400



Booklift™ Document Holder

- 9 height and angle settings
- Holds large books

21140

125



Workstation Document Holder

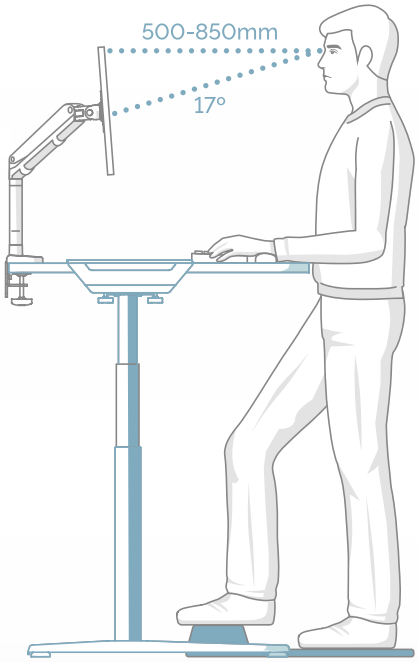
- Folds flat
- Removable line guide

21106



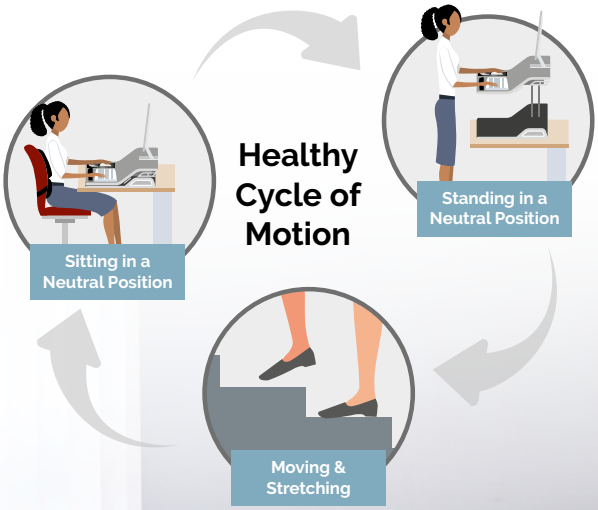
ZONE 4

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



firainternational
ergonomics excellence

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

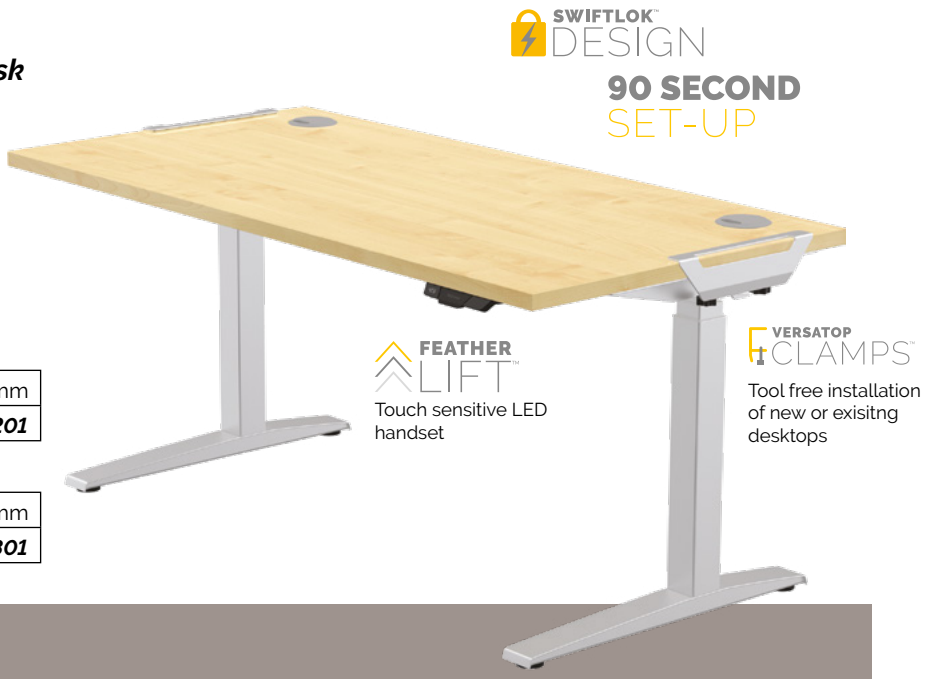
9708601 - Silver (base only)
9747001 - White (base only)

White desktops

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

Maple desktops

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



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



Lotus™ LT Sit-Stand Workstation

- Effortless gas spring height adjustment
- Arrives fully assembled

8215001



Corsivo™ Sit-Stand Workstation

- 2-tiered work surface
- Gas spring height adjustment

8091001



Lotus™ Monitor Arms

- Compatible with all Fellowes Sit-Stand convertors
- Single holds screens upto 27" / 8kg
- Dual holds 2 screens upto 26" / 5.8kg

Single - 8042801
Dual - 8042901



ActiveFusion™ Sit-Stand Mat

- Step design promotes stretching and movement to help reduce fatigue

8707101



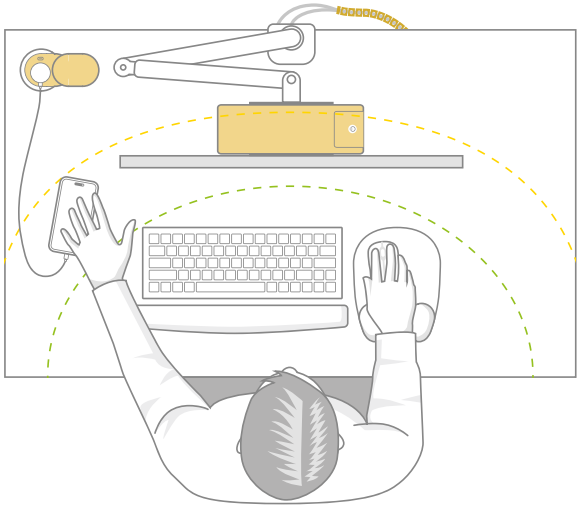
Everyday Sit-Stand Mat

- Helps reduce leg fatigue whilst standing

8707001

ZONE 5

MINIMISE CLUTTER



Cluttered workstations can hinder focus, reduce productivity, increase the risk of injury through stretching & twisting.

Ensure everything is easy to access, cables are hidden & tidy and the workspace is reserved for items you are actively using.

36%

of workers say an organised and tidy desk is most important to their workstation set up.*

*Fellowes commissioned research 2025





PRODUCT INCLUDES RECYCLED CONTENT

CableSpine

- Fits height adjustable desks up to 130cm
- Easy to adjust with 31 snap together spines
- Built-in leg magnet to avoid obstruction when changing heights
- Organise cables with 4 compartments
- Made with 15% post-consumer recycled content

100136871 - Black / 100136872 - White



Cable Zip™

- Easy to install re-usable cable manager
- Can be easily cut to the required size, or combine two together for longer wires.
- 2m length, 2cm diameter

99439 - Black / 9929901 - White / 9929801 - Silver

PRODUCT INCLUDES RECYCLED CONTENT



VESA Thin Client Holder

- 3 in 1 versatile attachment methods (behind screen, to monitor pole or under desk)
- Accommodates most thin and small CPU's (up to 5kg) with width adjustment 17-70mm
- Made from 28% post-consumer recycled content

100136873 - Black / 100136874 - White

PRODUCT INCLUDES RECYCLED CONTENT



Desk Thin Client Holder

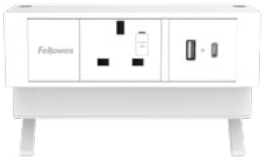
- Safely and easily mount CPU under your desk to maximise workspace
- Adjustable width (2-9.5 cm) and length (16.6 – 31 cm) accommodates most thin client and small CPU's up to 15kg
- Made from 43% post-consumer recycled content

100136875 - Black / 100136876 - White



Power Desks

Simple to install, (clamps to any 10-45mm desk) desktop power module, with extra-long 2 metre cable for flexibility and clutter free workspaces.





Power Desk

100136980 - Black (Type G)
100137171 - White (Type G)

1 x power socket (230v)
1 x USB A (18w max)
1 x USB C (30w max) ports
2 meter power cable





Power Desk 2

100136987 - Black (Type G)
100137181 - White (Type G)

2 x power socket (230v)
1 x USB A (18w max)
1 x USB C (30w max) ports
2 meter power cable





Power Spot

- Discreet, recessed desk power outlet
- Installs into any 60mm or 80mm desk grommet hole
- Sliding cover hides ports when not in use

100136977 - Black (Type G) / 100137176 - White (Type G)

2m power cable
1 x power socket (230v)
1 x USB A (18W max
1 x USB C (30W max) port





Power Cube

- Portable, space saving cube ideal for home, office, meeting rooms and communal spaces

100136979 - Black (Type G) / 100137166 - White (Type G)

2m power cable
3 x power sockets (230v)
1 x USB A (18W max)
2 x USB C (20W max) ports
On/off power switch

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:



BRONZE | Top 35%
ecovadis
Sustainability Rating
JAN 2025

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 2025 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***

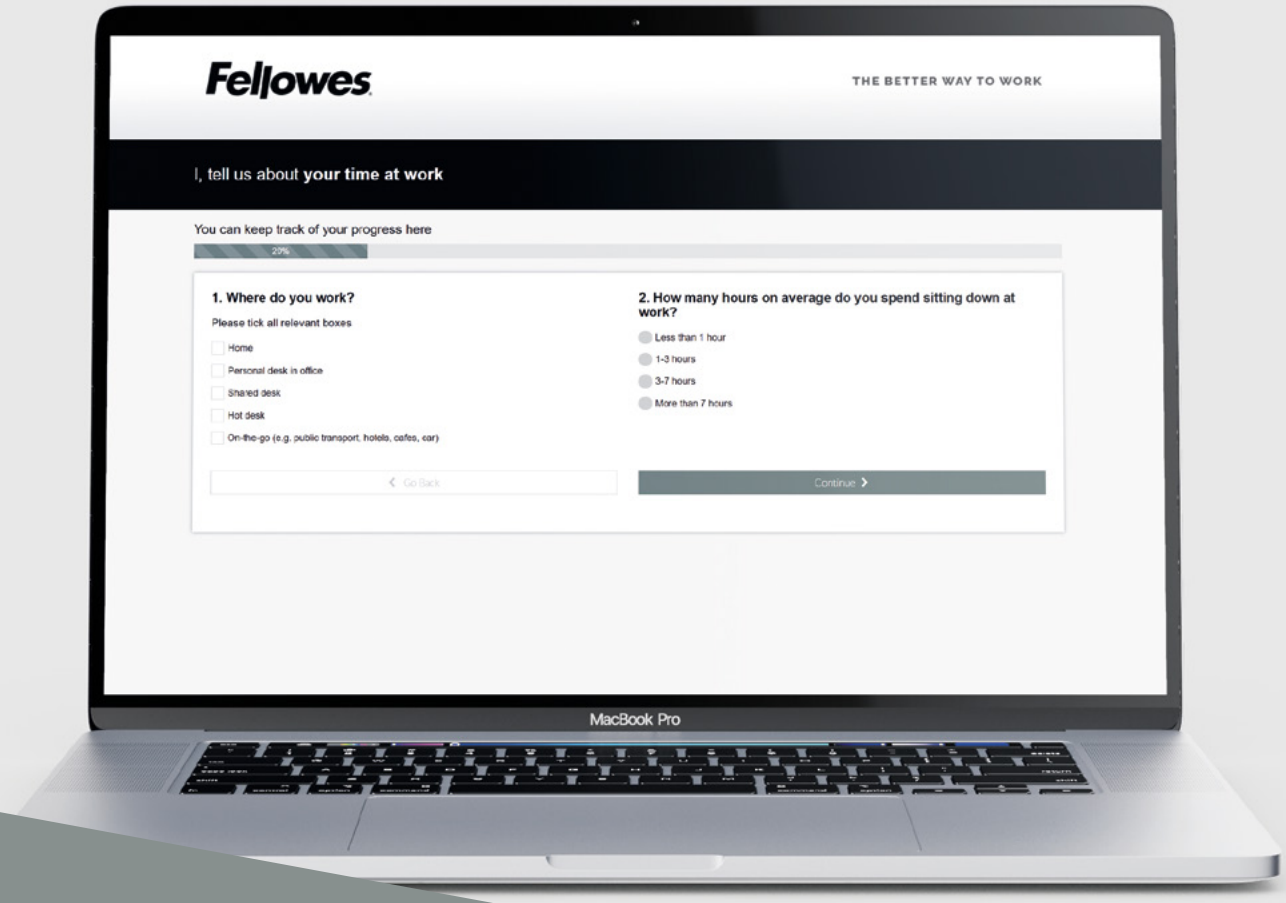
With almost 40 years' experience in workspace ergonomics, we've seen a lot of change in the way people work, where they work and the equipment they use. As a result we're fully equipped to help support you and your business to be healthier, happier and more productive.

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





THE FELLOWES®
WORKSPACE ZONE APPROACH®

Improve your health,
comfort & productivity today !



Discover intuitive workspace wellbeing solutions and healthy working advice at www.fellowes.com

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RevB EU