

Health and Wellbeing Product Catalogue 2019

Ergonomic workstation office equipment
and CBT stress management books

www.pamhealth.co.uk



**PAM
Health**

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Specialist equipment
at **competitive prices**

ES190i Task Chair 190
Price: **£209.00**



Why Ergonomic Equipment is so important



Prevent back pain



Prevent neck strain

Reduce repetitive strain



Increase movement

Increase productivity

Reduce absenteeism

Healthy employees make healthy business ...



Ergonomic Seating

Poor posture costs business

Today, most of us are spending more of our time sitting than any other activity, often more than eight hours a day. But prolonged sitting is associated with increased strain on the body, affecting our posture and musculature.

We provide a wide range of ergonomic office chairs and task chairs for all kinds of budgets and office spaces.



**ES K4 Premium Workchair Part
Black Leather Xtreme**
Prices from: **£829.00**

ES190i Task Chair 190

Well proportioned Core ES190i Task Chair with Independent Actions for both the Seat Back Rake Angle and Seat Tilt to encourage the correct posture for display screen users and other tasks. Generous size High Seat Back with Quick-Lift height adjustment can be specified with Multi-Function Adjustable Headrest and Air Inflatable Lumbar Support at extra cost if required.

Memory Vasco Seat Foam as standard for improved comfort and circulation and optional seat slider if needed. Supplied as standard with Camera Advantage Fabric with Black Base, Hard Castors for carpeting flooring and without arms, but available in a wide range of specifications to meet many requirements.

Independent Controls for both the Seat Back Rake Angle and Seat Tilt to suit individuals and tasks. High Back with Contoured Shape to suit most users and has Quick-Lift height adjustment.

	All sizes in mm
Overall height of chair from ground	1025-1230
Back height from seat Back width	540-620 495
Seat height from floor Seat depth front to back Seat depth to back (depth-adjustment*) Seat width maximum	445-570 455 410-460 500
Height of arm-pad from ground* Inner distance between armrests* Outer distance (Total chair width)	630-840 455-485 570

*Dependent on option selection.

Price From: £209.00

In stock



Features

- ✓ Core ES190i Task Chair with Independent Actions High Back and Larger Size to suit wide range of individuals or multi-users.
- ✓ **Optional extras**
- ✓ Multi-function Adjustable Headrest.
- ✓ Seat Slider to adjust for Leg Length.
- ✓ T-Shape Height Adjustable Arms with Soft Polyurethane Arm Pads.
- ✓ Air Inflatable Lumbar Support.

ES Navigator Workchair Xtreme Fabric

All round business chair for internet users, general offices, VDU operatives and industrial applications. Backrest angle adjustment to 16 degrees, Air lumbar support, Tip-up armrests with angle adjustment, Contoured cushions, Seat tilt, Height adjustment 100mm (gas assisted), 5 star base, Double wheel castors, Robust steel frame.

Width without armrest	510	Seat upper height	640-750
Width including armrest	635	5 star base	680
Seat cushion length	440	Seat height with gas lift	470-570

Price: £454.00

In stock



ES Manager Workchair Xtreme Fabric

ES Manager Workchair for Individuals or Multi-users in 24/7 or demanding workplaces such as General Office, Industrial and Front Office or Reception use. Comfort is achieved through Contoured Seat Cushion, Back Rest angle adjustment at up to 16degrees, Seat Tilt adjustment, Inflatable Lumbar Support, Tip-Up Armrests, Tilt Rocker Control with adjustable tension, High Back with Height and Tilt adjustable Head Rest. Durability and Strength is built in with robust chassis, cast alloy 5-star base with Heavy Duty Double Wheel Castors.

Width without armrest	510	Seat upper height	830
Width including armrest	635	5 star base	700
Seat cushion length	450	Seat height with gas lift	460-560

Price: £557.00

In stock



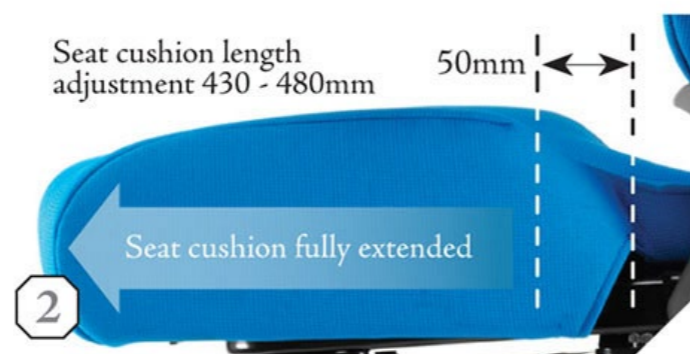
ES K4 Premium Workchair Xtreme Fabric

ES K4 Premium Workchair for Individuals or Multi-users in 24/7 or demanding workplace environments such as Control Rooms, Operation or Call Centres and Dealing Rooms as well as general office use.

High levels of comfort is achieved through Seat Cushion Length Adjuster to suit multiple users, Seat Tilt adjustment, Inflatable Lumbar Support, Tip-Up Armrests, Tilt Rocker Control with adjustable tension, Extra High Back with Multi-function comfort Headrest. Durability and Strength is built in with robust chassis, cast alloy 5-star base with Heavy Duty Double Wheel Castors. Mobile Phone pocket and Tablet or iPod rear pocket. All over Xtreme Fabric or 24/7+ Fabric to choice.

Width without armrest	490	Seat upper height	930
Width including armrest	685	5 star base	700
Seat cushion length	430-480	Seat height with gas lift	460-560

Price: £739.00



Features

- ✓ ES K4 Premium Workchair for 24/7 or demanding workplace environments in Camira Xtreme Plus Fabric x 8 stock colours or choose Camira 24/7 x 4 stock fabric range.
- ✓ Extra High Back Rest, Rake Adjustable with Inflatable Lumbar Support and Multi-Function Adjustable Comfort Headrest.
- ✓ Seat Cushion Length Adjusts by 50mm and Tilt Adjusts 0 to 7.5° by forward controls.

ES Controller Workchair Part Black Leather and Xtreme Fabric

This chair supplies absolute comfort throughout any seating activity/work whether that be demanding workplace environments such as Surveillance, Control Rooms, Call Centres. This chair has a range of extra lumbar supports, backrests, adjustables and more. These ergonomic elements and extra support supplied by the chair all contribute towards a reduction in risk of back and neck injuries from your long sessions of seating.

Width without armrest	530	Seat upper height	940
Width including armrest	640	5 star base	700
Seat cushion length	490	Seat height with gas lift	460-560

Price: £789.00



ES K4 Premium Workchair Part Black Leather/ Xtreme (Controller)

High levels of comfort is achieved through Seat Cushion Length Adjuster to suit multiple users, Seat Tilt adjustment, Inflatable Lumbar Support, Tip-Up Armrests, Tilt Rocker Control with adjustable tension, Extra High Back with Multi-function comfort Headrest. Durability and Strength is built in with robust chassis, cast alloy 5-star base with Heavy Duty Double Wheel Castors. Mobile Phone pocket and Tablet or iPod rear pocket.

Width without armrest	490	Seat upper height	930
Width including armrest	685	5 star base	700
Seat cushion length	430-480	Seat height with gas lift	460-560

Price: £829.00





Monitor Arms

Benefit from a monitor arm

More people are moving to monitor arms for their computer systems – and for good reason. Monitors can take up valuable space on a desk while a well designed monitor arm (that is typically clamped to the back of the desk) will save desk space and help reduce clutter. Most importantly, monitor arms allow monitors to be positioned at the ergonomically correct height for the individual.

**Reach4 Monitor Arm Gas-Lift
with Keyboard Holder**
Price: **£299.00**



Reach4 Flat-Screen-Arm Wall Mounting

Wall Mounting LED and LCD display screens up to 30" diagonal including All in One Pc's and Touch Screens has never been easier. Reach4 Flat-Screen-Arm Wall offers a choice of Single Pivot with No Reach, Single Link with 280mm of reach or fully articulated Double Link Arms giving up to 500mm of smooth action movement. Versatile Wall Plate 5 offers a choice of 2 mounting plates supplied with each unit with Plate A having larger area 6-slot fixing while Plate B offers a compact and concealed fitting for solid surfaces such as steel, aluminium, wood and MDF for instance.

Price: £49.00



Reach4-Desktop Stand 300mm. Vesa 100Un

Freestanding Reach4 Desktop Stand with elegant and stylish construction with pivoting Vesa Head to take most LED and LCD screens up to 24" diagonal. The Stand offers generous tilt, horizontal levelling and set-up height adjustment. The Boomerang Base and Post are manufactured in Stainless Steel with brushed finish and there are non-slip feet for stability. Ideal for Office, Medical, Laboratory, Industrial and wherever a durable or hygienic desktop solution is needed.

Price: £125.00



Reach4 Post Arms for Desks and Counters

Reach4 Post Arms offer a versatile mounting and articulating solution for LED and LCD screens with a choice of reach movement up to 500mm by selecting No Link, Single Link or Double Link models. Set-Up Height Adjustable and features a 300mm Stainless Steel Post as standard with other Post Heights possible to order. Choice of Desk Edge Clamp (DEC) and Through Desk Fitting (TDF) to suit Desks, Counters and Workstations to save valuable space and help create ergonomic working environments.

Product variants

- Reach4 Flat-Screen-Post Arm Double Link. 300mm Post with Desk Edge Clamp. Vesa 100 Un
- Reach4 Flat-Screen-Post Arm Double Link. 300mm Post with Through Desk Fitting. Vesa 100Un
- Reach4 Flat-Screen-Post Arm Single Link. 300mm Post with Desk Edge Clamp. Vesa 100 Un.
- Reach4 Flat-Screen-Post Arm Single Link. 300mm Post with Through Desk Fitting. Vesa 100Un
- Reach4 Flat-Screen-Post Arm No Link. 300mm Post with Desk Edge Clamp
- Reach4 Flat-Screen-Post Arm No Link. 300mm Post with Through Desk Fitting. Vesa 100Un

Price: £82.00



Features

- ✓ Elegant and Sturdy Reach4 Post Arm Solution with manual height adjustment.
- ✓ Choice of No Link, Single Link or Double Link articulation for Single Pivot or up to 500mm reach as needed.
- ✓ Adjustable Variable Friction Joints (VFJ) for smooth action and touch screen stability with each joint also featuring anti-lift for security and safety.

Reach4 Monitor Arm Gas-Lift Desk Mount

Reach4 Monitor Arm with gas spring assistance and Link offers virtually effortless screen positioning simultaneously for both height and screen to eye distance of LED and LCD Screens. Helps ensure optimum workstation posture is achieved, minimising visual fatigue while saving valuable desk space. Ideal for individuals, multi-user workstation environments and multi-screen users. Gas-Lift assisted monitor arm with Double Link 3-point articulation that will float through around 380mm of height range, push neatly right to the rear of your desk and pull forward by up to 700mm of reach when measured from back of desk to front of screen to optimise screen positioning. Regular Weight Range 2-9.5kg and choice of Desk Edge Clamp or Through Desk Fitting.

Product variants

Reach4 Monitor Arm Gas-Lift Double Link with Desk Edge Clamp. R4-FSGLD8-DEC2/100Un
 Reach4 Monitor Arm Gas-Lift Double Link with Through Desk Fitting. R4-FSGLD8-TDF/100Un

Price: £149.00



Features

- ✓ Reach4 Monitor Arm Gas-Lift with Link Desk Mount Solutions that will save valuable desk space, helping create an ergonomic workstation
- ✓ Generous tilt and horizontal levelling feature with advanced independent adjustability
- ✓ Regular Weight Range 2 to 9.5kg for most 17"-30" diagonal LED and LCD Display Screens

Reach4 Monitor Arm Gas-Lift Wall Mount with WP5

Reach4 Flat-Screen-Arm with wall mounting offers an ergonomic solution for placing your screen, All-in-One PC or Touch Screen just where it is needed and at a height to suit everyone.

Price: £149.00



Reach4 Monitor Arm Gas-Lift with Keyboard Holder

Reach4 Monitor Gas-Lift Arm is also available with an Under-screen Keyboard and Mouse Holder with a standard Tray 650 x 200mm, enough space for a Full Size Keyboard and generous Mousing area.

Price: £299.00



Reach4 Dual Gas-Lift Arms Desk Mounts

Desk Mounting Dual Screens up to 30" diagonal has never been easier with pairs of Reach4 Flat-Screen-Arm with Desk Edge Clamp (DEC) or Through Desk Fitting (TDF).

Price: £295.00



Reach4 Dual Screen Post Arms for Desks & Counters 300 Series

Reach4 Post Arms 300 Series offer a versatile mounting and articulating solution for Dual or Singles of LED and LCD screens with a choice of reach movement by selecting, Single Link or Double Link models.

Price: £175.00





Desks

Choose the right desk

Correct desk height is an important element of achieving good working posture. Help reduce the risk of back pain and other related conditions experienced by display screen users.

The correct Sit/Stand Workstation will help create good posture and minimise suffering caused by RSI, CTS and back discomfort.



ActiveDesking Sit/Stand Workstations
Price from: **£559.00**

ECOSTanding 6 Height Adjustable Stand-Up Mobile Desk

Standing up at your PC, "All in One" or Laptop makes ergonomic sense and will improve productivity for many working environments in Offices, Warehouses, Industrial, Medical, Laboratories and Education. ECOSTanding 6 is height adjustable from 730- 1080mm in 25mm steps at the Keyboard/Mouse Platform, while the Top Screen Platform can be adjusted from 900 - 1250mm with Set-Up step-less adjustment to suit a wide range of user heights. There is a Printer Shelf and Lower Storage Shelf. Altogether a complete Standing Workstation solution that is just 750mm Wide and 500mm Deep but extends up to 720mm deep to create a good multi-level arrangement for LED and LCD Screens up to 30" diagonal, All in One PC's, and Laptops with full size keyboard and mouse.

Product variants

Colours available: Grey, Medium Oak/Black, Cherry/Black

Price: £219.00



Features

- ✓ Workstation for ergonomic Standing or Stand-Up Working adjusts from 730 - 1080mm at keyboard platform in 25mm steps by set up to suit wide range of user heights.
- ✓ Printer Shelf and Low Level Storage Shelf
- Space saving Standing Desk 750mm Width and 500mm Depth plus has smooth slide-out Keyboard/Mouse Platform increasing Depth to 720mm.

ActiveDesking SitStand Frame Only ADF2

Our Frame Only solution with ActiveDesking enables you to use your own source of work platform or to retrofit to your existing desk by discarding that fixed height frame. Creating a Sit/Stand Workstation is universally accepted as helping reduce back discomfort RSI and CTS. The ActiveDesking ADF2 two legged model is designed to create Rectangular Workstations from 1200 x 800 to 1800 x 800mm but will accept certain wave or combi shapes. Each Frame is width adjustable upon building from 1170 to 1700mm Width, and full Sit/Stand adjustability by twin electric motors and concealed Slide-out Control.

Price: £509.00



ActiveDesking Sit/Stand Corner Workstation ADF3

The ActiveDesking ADF3 three legged model is designed to create Corner Workstations from 1200 x 1200 to 1800 x 1800mm. Each Frame is width adjustable in both directions upon building from 1170 to 1700mm Width, and full Sit/Stand adjustability by triple electric motors and concealed Slide-out Control.

Price: £729.00



ActiveDesking Sit/Stand Workstations Beech and Silver

Correct desk height is an important element of achieving good working posture. Help reduce the risk of back pain and other related conditions experienced by display screen users. ActiveDesking Sit/Stand Workstation will help create good posture and minimise suffering caused by RSI, CTS and back discomfort. The ability to quickly change from sitting to standing will create a comfortable working posture in line with International Standard ISO.9241-5 guide lines. Individuals, job sharers, multiuser and multi-tasking will all appreciate the benefit of good workstation posture and comfort which can lead to increased productivity in the workplace or home working environment.

Product variants

ActiveDesking Sit/Stand Workstations Beech and Silver 1200x800mm AD128BA
 ActiveDesking Sit/Stand Workstations Beech and Silver 1400x800mm AD148BA
 ActiveDesking Sit/Stand Workstations Beech and Silver 1600x800mm AD168BA
 ActiveDesking Sit/Stand Workstations Beech and Silver 1800x800mm AD188BA

Prices from: £559.00



Features

- ✓ ActiveDesking Sit/Stand Workstations are electrically adjustable in height from 640mm to 1280mm to suit all users, for correct workstation posture when sitting or standing.
- ✓ Concealed Slide-out Control Switch and Twin Electric Motors.
- ✓ Adjustable Frame Width Range of 1100 to 1700mm upon assembly is also future proof.

ActiveDesking Sit/Stand Workstation Maple and Silver

The ability to quickly change from sitting to standing will create a comfortable working posture in line with International Standard ISO.9241-5 guide lines. Individuals, job sharers, multiuser and multi-tasking will all appreciate the benefit of good workstation posture and comfort which can lead to increased productivity in the workplace or home working environment. Choice of standard rectangular sizes with 25mm platform in Maple effect with silver aluminium frame finish. Units require assembly with some technical skills. Choose Nationwide UK Delivery Only or Delivery with Assembly on-site, weekdays during usual office hours with good access to clear office space.

Prices from: £559.00

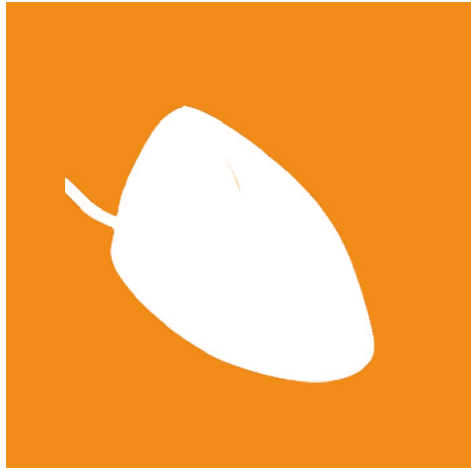


ActiveDesking Sit/Stand Workstation White and Silver

Choice of standard rectangular sizes with 25mm platform in White with silver aluminium frame finish. Units require assembly with some technical skills. Choose Nationwide UK Delivery Only or Delivery with Assembly on-site, weekdays during usual office hours with good access to clear office space from just £50+vat (one unit).

Prices from: £559.00





Ergonomic Equipment

A range of home and office products

We have a wide range of ergonomic accessories designed to increase comfort and reduce strain, from ergonomic mice to writing slopes.



*Le Bloc 2 290 x 290 x 50mm (2")
Monitor Riser
Price: £10.00*

Evoluent 4 Vertical Mouse Right Handed VM4R

Patented Ergonomic Mouse shape is easy to use with this model for Right Handed users. The unique shape supports your hand in a comfortable or natural handshake position that minimises forearm twist and helps prevent RSI and CTS. Evoluent Vertical Mouse 4 operation is similar to an ordinary mouse and places the wrist axis at about 70 to 80 degrees from the desk platform. Helps achieve neutral arm posture and the reference posture position for mousing given in ISO 9241-5.

Price: £99.00



Features

- ✓ Evoluent 4 Vertical Mouse VM4R wired for Right Handed users.
- ✓ Suits most Adult Hand Sizes and helps prevent Repetitive Strain Injury (RSI) and Carpal Tunnel Syndrome (CTS).
- ✓ Achieves neutral arm posture and places base of hand palm on your desk surface for support.
- ✓ Encourages blood circulation in the hand and through the wrist compared to ordinary mice.

Evoluent 3 Vertical Mouse Right Handed VM3R2

The original 3shape supports your hand in a comfortable or natural handshake position that minimises forearm twist and helps prevent RSI and CTS.

Price: £79.00



Evoluent 4 Vertical Mouse Left Hand VM4L

Evoluent VerticalMouse 4 operation is similar to an ordinary mouse and places the wrist axis at about 70 to 80 degrees from the desk platform. Helps achieve neutral arm posture and the reference posture position for mousing given in ISO 9241-5.

Price: £99.00



Evoluent 4 Vertical Mouse Right Handed Small VM4S

Evoluent VerticalMouse 4 operation is similar to an ordinary mouse and places the wrist axis at about 70 to 80 degrees from the desk platform.

Price: £99.00



Evoluent 4 Vertical Mouse Right Handed Wireless VM4R-W

Patented Ergonomic Mouse shape is easy to use and supports your hand in a comfortable or natural handshake position that minimises forearm twist and helps prevent RSI and CTS.

Price: £125.00



RollerMouse Red

After extensive research and continued collaboration with top ergonomists and health and safety professionals, the unique state of the art RollerMouse Red has been created. RollerMouse Red is a sharp and highly intuitive modern mouse solution for all types of office users, organisations and environments.

Like other RollerMouse models, it is placed in front of the user to eliminate awkward gripping, reaching or straining associated with a traditional mouse. Avoiding these movements increases efficiency and productivity.

A textured and thicker roller bar coupled with 7 sensors greatly increases cursor precision and reduces muscle effort. In fact RollerMouse Red reduces muscle effort in the forearms by up to 20%, as it lets you perform tasks with fewer muscles and a neutral hand position.

Price: £241.66



Features

- ✓ Award-winning design - experience unrivalled feel
- ✓ Built in precision featuring intuitive 7SENSES tracking technology
- ✓ Effortless control going above and beyond standard mouse technology to minimize unnecessary strain
- ✓ Clamps right onto your desk and aligns the upper body to reduce muscle strain in your neck, back, arms and wrists

Logitech Wireless Trackball M570

The Logitech Wireless Trackball M570 ergonomically designed thumb trackball for right-handed use. Move the cursor by rolling the ball with your thumb. High precision, low maintenance, smart power management, web wheel for easy scrolling. Batteries included. PC and Mac compatible.

Price: £59.00



Contour Unimouse – Wired

Unimouse can help reduce pain and discomfort. It allows you to adjust the angle of the mouse, as often as you like, to help you work more naturally.

Price: £74.99



Contour Unimouse – Wireless

Unimouse allows you to switch postures, to engage different muscles and tendons. By varying your position, you'll be more comfortable at work.

Price: £74.99



Oyster Mouse

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

Just plug and Play...

Product variants:

Size - Medium and Large
Connection - Wired and Wireless

Prices from: **£109.00**



Features

- ✓ A revolutionary design! Eliminates arm twisting by keeping the forearm in a neutral position
- ✓ Available in different sizes and connections to suit the users needs.
- ✓ Choose your angle: mouse-angle is repositionable in 5 settings.
- ✓ Universal design: suitable for left and right hands.

Ergostars Saturnus Keyboard

Compact, slim and lightweight keyboard that combines ergonomics with full function design. Just 305mm wide x 165mm deep the Ergostars Saturnus Keyboard enables a closer mousing position on the Right or the Left than a conventional size keyboard. This offers better posture for your arm or shoulder when mousing.

Price: **£52.95**



Fujitsu Butterfly Keyboard

The Fujitsu Butterfly Keyboard has an Adjustable and Split Keyboard arrangement that can progressively or instantly change from being straight to a natural Delta Shape to suit every user. This enables an improved alignment of your hand to your forearm to help minimise muscular strain Carpal Tunnel Syndrome (CTS) and Repetitive Strain Injury (RSI) in this region.

Price: **£79.00**



Goldtouch Ergonomic Keyboard

A keyboard that can be split both horizontally and vertically.

Price: **£135.00**



Le Bloc 1 290 x 290 x 25mm (1") Monitor Riser

Getting the right height for your LED or LCD Display Screen is universally accepted as a key factor in Workstation Ergonomics. Only by getting screen height correct will each screen user achieve the correct posture, particularly in the upper back, shoulder and neck to help avoid developing discomfort and back pain. Le Bloc 1 Monitor Stand is an elegant screen riser system that is a 25mm (1") Block that can be used individually or stacked together to give just the height needed for most desktop screens. Can also be used to raise Laptops and Notebooks.

Both Le Bloc 1 and Le Bloc 2 have a footprint size of 290mm x 290mm (11.4"x 11.4") with Le Bloc 1 being 1" or 25mm High and Le Bloc 2 being 2" or 50mm High.

Price: £5.95

OFFER
4 for £4.95
each

Colour options



Features

- ✓ Le Bloc 1 and Le Bloc 2 Monitor Riser Stand system gives value for money Screen Height Adjustment.
- ✓ Suits most Desktop LED and LCD Display Screens.
- ✓ Achieving correct screen height is universally accepted as helping to reduce discomfort and back pain.
- ✓ Use individually or stack together to achieve the screen height needed.

Le Bloc 2 290 x 290 x 50mm (2") Monitor Riser

Getting the right height for your LED or LCD Display Screen is universally accepted as a key factor in Workstation Ergonomics. Only by getting screen height correct will each screen user achieve the correct posture, particularly in the upper back, shoulder and neck to help avoid developing discomfort and back pain. Le Bloc Monitor Stand is an elegant screen riser system available in 50mm (2") Blocks that can be used individually or stacked together to give just the height needed for most desktop screens. Can also be used to raise Laptops and Notebooks.

Price: £10.00

OFFER
4 for £7.50
each



Le Bloc FS Flat Screen Monitor Riser Stand

Le Bloc FS Monitor Riser Stand is an elegant is a small footprint screen riser block 65mm (2.5") high Blocks that can be used individually or stacked together to give just the height needed for most desktop screens. Getting the right height for your LED or LCD Display Screen is universally accepted as a key factor in Workstation Ergonomics. Only by getting screen height correct will each screen user achieve the correct posture, particularly in the upper back, shoulder and neck to help avoid developing discomfort and back pain.

Price: £11.00

OFFER
4 for £8.95
each



EZ laptop stand

Promotes good posture for professional laptop users. It can be adjusted to three angles of 15 degrees, 25 degrees and 35 degrees and is put up in seconds.

Weighing just 360g and folding up, it fits easily into a laptop bag. Features anti-slip studs and heat-conduction. Ergonomically positions your laptop-screen to minimize neck and shoulder pain. Dimensions 300mm x 235mm x 8mm

Price: £26.50

**Adjustable Aluminium Laptop Stand**

This adjustable laptop/tablet stand is made of high grade and light weight aluminium.

It has a slim design which displays the device at seven different angles for viewing comfort.

Comes with a built in cooling fan which is connected using the USB cable provided, to avoid an overheating problems.

Carry case doubles as mouse pad.

Adjustable in height and width.

Min. size: 252x182mm.

Max. size: 252x275mm.

Price: £50.00

**U-TOP Laptop Stand**

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

Copy holder

Easy set-up, Folds flat for transportation and storage

Non-slip rubber feet, 4 Cable storage slots

Light weight less than 240Grams, and only 3mm thick!

6 Angles from 30 – 48°

Price: £44.99



Vision-Vu Desktop Document Holder 14"

Versatile Freestanding Document Holder that can be positioned to the Left or Right of your Screen can also be used as In-Line Document Holder under your screen and in front of your Keyboard.

Price: £49.00



Professional Gas-Lift Document Holder 18" DHGLD-DEC2 A3/A4

Professional Gas-Lift Document Holder that adjust by up to 380mm (15") height to give up to 600mm (24") to top of platen and reach adjustable by up to 700mm (27").

Price: £199.00



Vision-Vu Desktop Document Holder 18"

Can be positioned to the Left or Right of your Screen can also be used as In-Line Document Holder under your screen and in front of your Keyboard particularly if your screen is mounted on a height adjustable Monitor Arm or split platform desk.

Price: £55.00

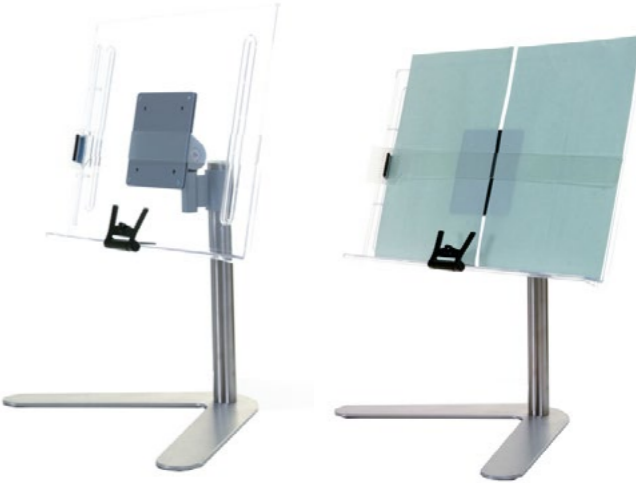


Professional Desktop Document Holder 14" or 18"

Freestanding Professional Desktop Document Holder that adjusts by up to 225mm to give up to 480mm overall height to suit every user. Getting the optimum position will help accuracy and productivity and well as minimising visual fatigue or repetitive strain injury (RSI). This generous size Document Stand is available in two models for either A4 or A3 including Legal Documents, Books, Magazines and Manuals up to 30/35mm thick and 5kg in weight. Full width rule, paper grip, stainless steel post and desk space saving design.

Choose from the two models DHDT-1 with an acrylic plate size of 360W x 280Hmm for up to A4 or DHDT-2 with acrylic plate size of 460W x 280Hmm for up to A3 size documents. Compliments Desktop LED and LCD Flat Screens or can be used as a Desktop Lectern

Price: £159.00



Features

- ✓ Professional Desktop Document Holder with 14" or 18" wide platens for A4 or A4 and A3 Documents respectively, including Books, Magazines, Catalogues and Manuals etc.
- ✓ Height Adjustable by up to 225mm up to 480mm to top of platen to suit wide range of users.
- ✓ Helps improve accuracy and productivity.
- ✓ Helps reduce visual fatigue, RSI and workstation discomfort.

Gel Mouse Pad with Palm Support GEL-MPS

Generous Mouse Pad or Mat with Palm Support area that encourage resting the Palm between mousing activity.

Price: £12.50



Handy Combi Comfort Forearm Support HCC

Offering a large soft area of support just where you need it for both Keyboard and Mousing. Without a forearm support a small support area near or on the edge of your desk will lead to pressure points in your wrist area which must be avoided.

Price: £75.00



Handy Combi Duo Comfort Forearm Support HCD

Adding a Handy Combi Duo Forearm Support to your desk will offer a large soft area of support just where you need it for both Keyboard and Mousing and is width adjustable to suit a wide range of users.

Price: £82.00



Ergorest Forearm Support with Mouse Platform

Ergorest Forearm Support with Mouse Platform is ergonomically designed to support the forearm and relieve muscle strain and tension in the neck and shoulder area.

Price: £115.00



Ergorest Forearm Support

Ergorest Forearm Support is ergonomically designed to support the forearm and relieve muscle strain and tension in the neck and shoulder area. The padded area will support the forearms weight giving a reduced load in the shoulder and leaving the hand to function more freely.

Conditions such as Repetitive Strain Injury (RSI) Carpal Tunnel Syndrome (CTS) and back pain can be minimised by the correct use of Ergorest as part of an ergonomically designed workstations arrangement. For use in the office, medical, laboratory and industrial applications including light factory assembly tasks.

Price: £87.00

Features

- ✓ Ergorest Forearm Support helps minimise the risks of RSI, CTS and Back Pain at workstations.
- ✓ Frictionless bearings, stepless height adjustment and comfortable support pads.
- ✓ Reduce muscular fatigue and improve productivity.
- ✓ Use in Office, Medical, Laboratory and Industrial for mousing or light assembly work.



Footrest 4 with Height Adjustment and Tilt CPFR4

Foot operated Footrest 4 is our premium quality height adjustable foot rest with height range multi-stepped from 80 to 290mm (3" to 11") to suit regular desks, workstations and higher counters. Often from the comfort of your chair you can adjust the height to suit with the foot operated mechanism, without bending down and also position the footplate to the natural angle up to 30 degrees when required.

The plate size is 470W x 340D mm (18.5 x 13.4") approx with anti-slip surface with plated mechanism and steel feet with maximum load capacity of 100kg. Black and Bright Finish.

Price: £149.00



Features

- ✓ Height Adjustable Footrest 1 with generous size footplate and 4 height settings 80 to 120mm (3 to 4.7") approx.
- ✓ Angle changes from to 6°, 12°, 16° to 25° to help lower back support and encourage upright posture.
- ✓ Help get forearm just above desk platform for better mousing position.
- ✓ Non-slip Footplate 400W mm x 350/380mm Deep (16 x 14/15") approx.

Footrest 1 Height and Angle Adjustable FR1B

A Height Adjustable Footrest is often the only practical and economic solution of achieving the correct working posture at a workstation.

Price: £29.00



Hag Quickstep Rocking Footrest

The Hag Quickstep Rocking Footrest further activates the circulation and stimulates co-ordination by stretching the calf muscles. Fixed height. 2-sided use. Lightweight and easily moved.

Price: £114.00



DCA Footrest

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

Price: £29.75



Desk Riser Blocks DR1

Fixed Height Desks or Workstations can be easily raised using Desk Riser Block DR1 that raise each foot or leg by 1" (25mm).

Supplied in Sets of 4, the Desk Riser Blocks are interlocking so can be stacked up to 3 high giving 1", 2" or 3" (25mm, 50mm, or 75mm) height so you can select the number of sets required. Circular in shape with diameter of 90mm there are inset recesses into the top surface to accept various size levelling feet and is also designed to accept straight cantilever desk legs. Made from tough, durable recycled plastic in black

Price: £12.50

OFFER
5+ for £12
each



Features

- ✓ Desk Riser Block DR1 will enable fixed height desk or workstation to be raised 1" , 2" or 3" (25, 50 or 75mm).
- ✓ Supplied in sets of 4 blocks to give 1" (25mm) adjustment to four feet.
- ✓ Stackable 1, 2 or 3 high for each foot, 3 high is safe stacking height.
- ✓ 90mm diameter with inset recesses to accept most levelling feet.

Desk Corner Extender DE2

Desk Corner Extender DE2 is an ergonomic solution to extend the space formed by two desk surfaces joining in a corner. Made from steel the Desk Corner slides over the 90 degree corner to create extra space and enable the Keyboard for instance to be better positioned in relation to the screen. The mousing position can also be improved to suit both Left Handed and Right Handed users. Made from steel it will fit any thickness of desk platform due to its universal design. Available in Black or Silver as standard.

Price: £47.00

Features

- ✓ Ergonomic solution to create workspace for a Corner Desk or Workstation
- ✓ Helps position your Keyboard, Screen and Mouse just where you need them
- ✓ Slides over the 90° space created in a Corner Desk
- ✓ Fits any thickness of desk platform or worktop



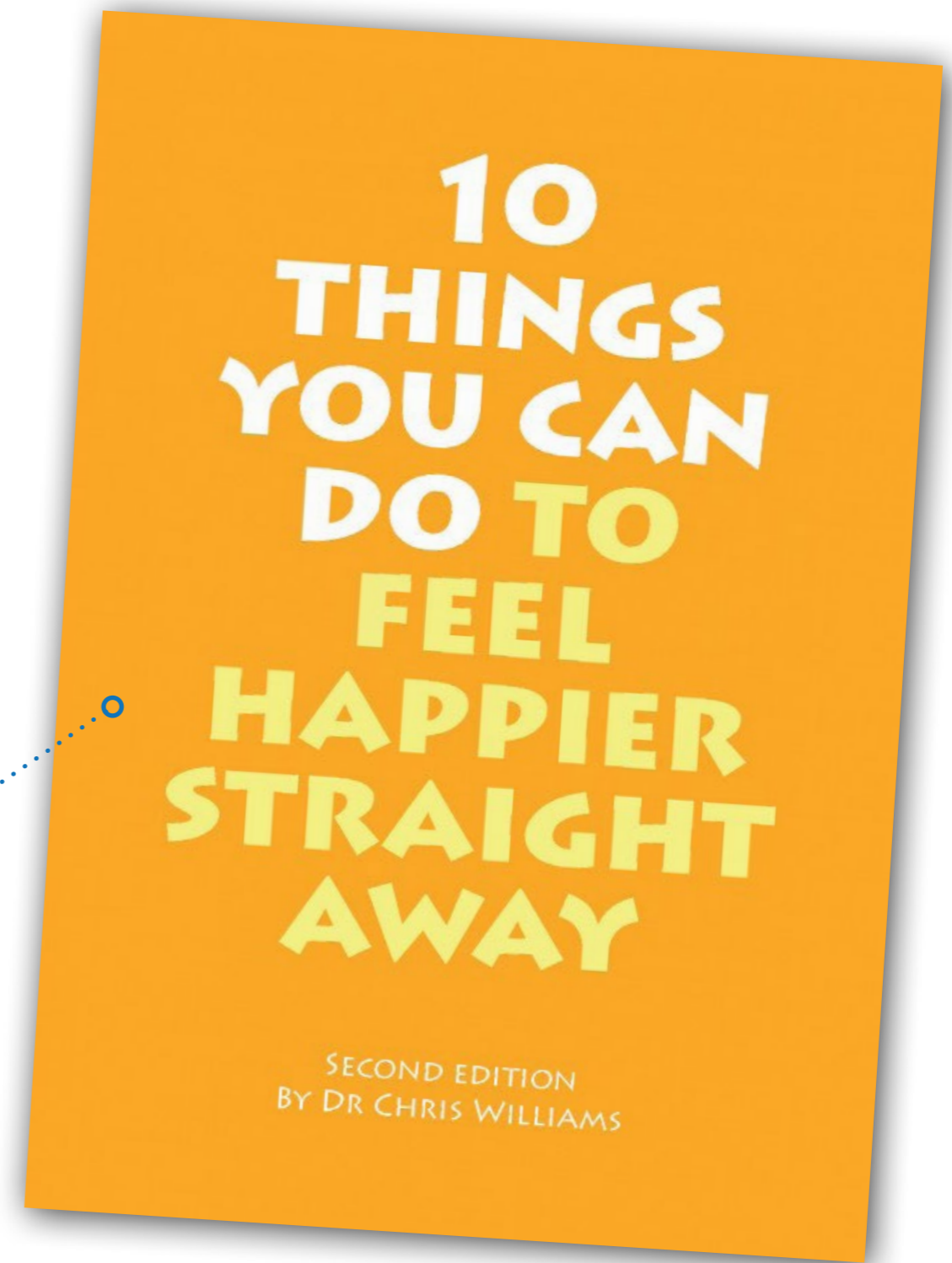


CBT Stress Management

Books to help you help yourself

We have a wide range of ergonomic accessories designed to increase comfort and reduce strain, from ergonomic mice to writing slopes.

CBT and stress management books
Prices from: **£2.50**



Live life to the full

Stress Management Using Cognitive Behavioral Therapy techniques



Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life. Life is a journey, sometimes its blue sky and sunshine, admiring the view from the peaks. Whereas sometimes it seems far harder, a struggle which feels constantly as if we're going uphill with storms, it can feel lonely and cold.

However you're feeling, each book aims to help provide useful information and resources that can act as tools to use on your own life journey. The books provide important life skills that aim to help empower and equip you. You'll learn how to; understand how you feel as you do, choose to do activities that improve

wellbeing, identify blocks or activities that make us feel worse, boost your confidence, understand and change your sleep, become more assertive, calm anxious worries and be more compassionate and supportive of yourself, asking for what you need, be calmer, less irritable and more.

These books are written by an accredited CBT practitioner who is also an expert in education and training, Dr Chris Williams, Emeritus Professor of Psychosocial Psychiatry University of Glasgow. It aims to give key information using everyday non-complex language.

10 Things You Can Do To Feel Happier Straight Away

Personal self improvement actions and activities to improve how you feel.

This little book can change your life, Follow it's simple practical advice and you'll be happier, fitter,

and maybe even slimmer soon!

What's more you'll start to appreciate the world and be able to see the positive side of life everyday.

You may also get through quite a lot of bananas.

All that in a 30 odd pages? Of course - that's what happens when you get straight to the point.

Discover how to give yourself a boost with:

1. The Escalator Business
2. The Banana Thing
3. Put on Your WOW Glasses
4. You Old Smoothie
5. Doing Porridge
6. Heavy Breathing
7. Make A Note of This
8. Take One Away
9. Help!
10. The Happy List

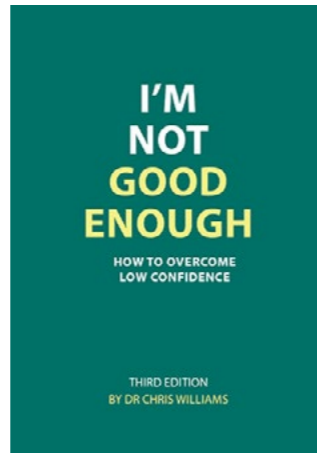
Price: £2.50



I'm Not Good Enough

Ever feel inferior, not attractive, not liking yourself, or that you don't fit in? Low confidence and reduced self-esteem are common problems - and yet by using the small steady steps within this book you can learn key tools for change.

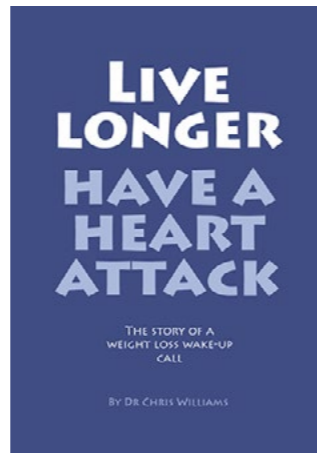
Price: £2.50



Live Longer - Have a Heart Attack (Weight Loss)

What changes would you make in your life if you had a heart attack? This book will help you make changes to your diet, activity levels and weight and to make all those changes you would make if you really had a heart attack.

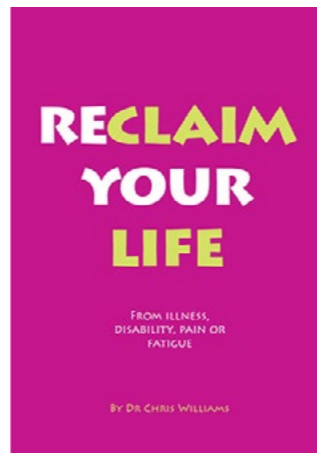
Price: £3.00



Reclaim Your Life From Illness, Disability, Pain or Fatigue

Your life ... is more important than your illness. Would you like it back? Even if you are bed-bound, depressed, chronically fatigued, or unable to see or get about, this book will help.

Price: £3.00



Stop Smoking In 5 Minutes

It's that they tell you lots of stuff you know already. This book is different. It doesn't go on about cancer, or heart disease or how you'll no longer smell like a chimney.

Price: £2.50



Are You Strong Enough To Keep Your Temper?

Being angry and "letting it all out" can sometimes feel like it helps - but it never really helps for long. Being angry can sometimes feel like we are being strong and in control.

Price: £2.50



Enjoy Your Baby

14 days- 14 changes- just two weeks to getting better. Every time you turn a couple of pages in this book we suggest one change in your life, your thoughts, your routine or your relationships. There are 14 changes altogether - and it will be fun.

Price: £3.00



How to Fix Almost Everything

4 Easy Step Plan to improving how you feel. Most of the time we feel upset because of things building up around us. Ever felt overwhelmed by things? Can't cope? Then this little booklet is for you.

Price: £2.50



I Can't Be Bothered Doing Anything

Written by an expert in CBT and award-winning author Professor Chris Williams of the University of Glasgow, the content uses the evidence-based cognitive behavioural therapy (CBT) approach.

Price: £2.50



The Things You Do That Mess You Up

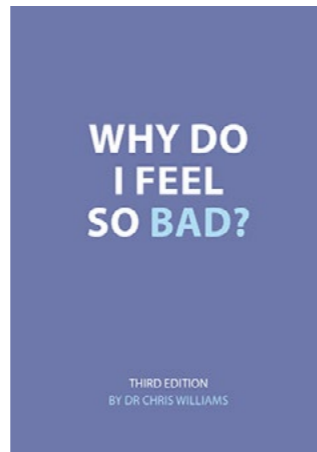
Regain and improving your life! Eating or drinking too much? Pushing others away? Feeling clingy and always looking to others for answers? ...then this booklet is for you. Find out why you respond in these sorts of ways when you feel down or upset.



Price: £2.50

Why Do I Feel So Bad?

Step by step this booklet clearly helps you understand the impact of distress on five key areas of our life. Understanding gives us hope that we can change. This booklet can help provide that hope by showing you what you can do about to improve things.



Price: £2.50

Why Does Everything Always Go Wrong?

Beating bad thoughts and improving your personal confidence. This little booklet powerfully shows us how upsetting thoughts can powerfully affect how we feel and what we do. Feeling pushed around by your worries? Do you dislike yourself? If so, then this booklet is for you.



Price: £2.50

You Me and Us

Designed to be practical and accessible, the book uses the cognitive behaviour therapy approach to help readers take a long look at their relationship. It aims to help you decide whether to work on changing things, or to choose to get out.



Price: £3.00

Worry Box (4 in 1)

All you need to deal with anxiety : Worry, Face it, Fix it and Forget it.

Four little books in one, that will help you understand your anxiety and worry, face it, fix it then forget it.

Book 1: Helps you understand your anxiety - your worry - and introduces you to a great way to fix it: the 3 F's (Face it, Fix it, Forget it).

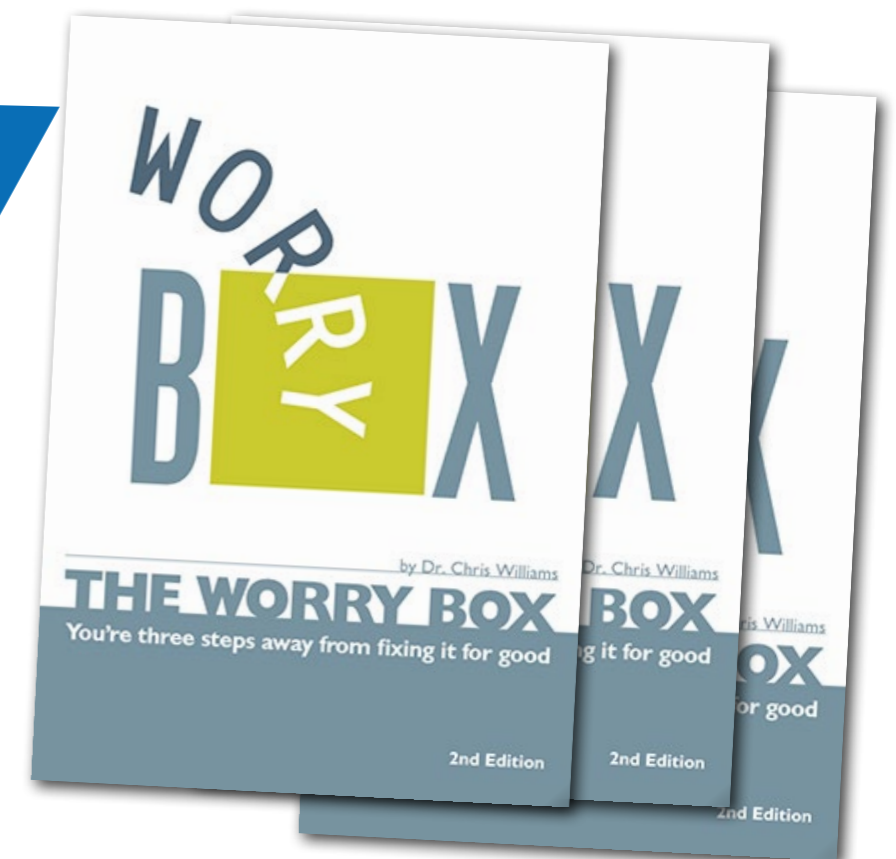
Book 2: is about the first F - FACE IT. If you are scared of going to a busy shop, perhaps, or of meeting people, you avoid those things and lose some of the variety, fun or fulfilment in your life. This book helps you get it back.

Book 3: is about the second F - FIX IT. For people who are worrying about a particular problem - money, a relationship, your job perhaps - this book contains a fool proof way to end ALL problems!

Book 4: is about the third F - FORGET IT. When things just churn round and round in your head, you'll need this book to help you change your thinking and end the worrying thoughts.

This resource will also help you beat panic attacks.

Price: £9.95



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