

# Ergonomics

Feel Better. Be more Productive. Go Ergonomic

Kensington ergonomic products offer comfort options for the entire body, from eyes to feet. When individuals customise their work spaces with ergonomically correct products, productivity and efficiency increase.

Ergonomics is the science dealing with the interaction between people and their working environment.

It can make your life:

- Safer
- More comfortable
- More productive

Posture, excessive force, and frequency (repetition or duration) can contribute significantly to musculoskeletal disorders (MSDs), a group of injuries or disorders characterised by pain, swelling, or decreased range of motion.

When you are careful to use neutral postures, proper workstation equipment correctly adjusted to your needs, and good work practices, you can reduce your exposure to MSD risks.

Check out our website at [www.kensington.com](http://www.kensington.com) for new products and new programs for corporations and their employees.

## Tips for your Whole Body

General		<ul style="list-style-type: none"> <li>◆ Pay attention to your body's aches and pains</li> <li>◆ Keep often-used resources within easy reach</li> <li>◆ Stretch! Stand up and move around to reduce fatigue</li> <li>◆ Organise your desktop clutter</li> <li>◆ Get rid of desktop items you don't use</li> </ul>
Back, neck and shoulders		<ul style="list-style-type: none"> <li>◆ Use a phone saddle or headset to ease neck pain</li> <li>◆ On the phone? Stand up and stretch!</li> <li>◆ Use a document holder instead of laying documents flat</li> </ul>
Arms, wrists and hands		<ul style="list-style-type: none"> <li>◆ Work at a comfortable height and angle for your keying style</li> <li>◆ Keep mouse or trackball close and don't extend your reach</li> <li>◆ If you are left-handed, program your mouse accordingly</li> <li>◆ Don't squeeze your mouse! Grasp it loosely.</li> <li>◆ Clean keyboards and input devices for maximum performance</li> <li>◆ Use software programs to adjust speed and to perform repetitive tasks</li> <li>◆ Flex hands to relax them</li> </ul>
Legs, feet and ankles		<ul style="list-style-type: none"> <li>◆ Learn to adjust your chair for height, angle, and armrest position</li> <li>◆ Use a footrest</li> </ul>
Head and eyes		<ul style="list-style-type: none"> <li>◆ Use a document holder instead of laying documents flat</li> <li>◆ Position monitor about 50-70cm away from you</li> <li>◆ Keep your monitor at eye level to avoid eye strain</li> <li>◆ Minimum recommended screen font is 12pt</li> <li>◆ Control or minimise glare</li> <li>◆ Keep your monitor screen clean and dust-free</li> <li>◆ Reset your eyes with frequent breaks</li> <li>◆ Exercise your eyes by "tracing" an X inside a box</li> </ul>

**Enhanced User Comfort Equals Improved Productivity**

Display screen equipment regulation, the key to a safe working environment

All the product displayed here may help comply with the E.C. Directive 90 / 270 / EEC enforced in the UK by the Health & Safety (Display Screen Equipment) Regulation 92.

**Every workstation since 01 January 1997 must comply.**

The workstation of any worker classified as a screen equipment user (according to the legislation) must fully comply with the minimum requirements as outlined in the Display Screen Equipment Legislation.

The aim is to ensure that the user's working environment is free from potential health hazards and risk of injury. Important aspects of this include: sitting comfortably with correct posture, caring for the neck and back; supporting wrists; avoiding screen glare and reflections which can cause you eye strain and headaches.

**Be safe!! Comply with the VDU legislation.**

**How to Select the Appropriate Kensington Filter**

	Code	Screen Size	Glare Reduction	Radiation Reduction	Anti-Static
SlimsScreen™ Filters	55648	14-15"	99%	99%	✓
	55649	16-18"	99%	99%	✓
	55660	19-21"	99%	99%	✓
Glaremaster™ Contour Screen Filters	55324	14-15"	99%		
	55397	16-18"	99%		
	55398	19-21"	99%		
	55273	14-15"	99%	99%	✓
	55297	16-18"	99%	99%	
Glaremaster™ Premium Glass Screen Filters	5534500	14-15"	99%		
	55346	16-18"	99%		
	55347	19-21"	99%		
	5524500	14-15"	99%	99%	✓
	5524600	16-18"	99%	99%	✓
Glaremaster™ Glass Screen Filters	55492	14-15"	99%		
	55493	16-18"	99%		
	55482	14-15"	99%	99%	
	55483	16-18"	99%	99%	
	55484	19-21"	99%	99%	
Glaremaster™ Security Screen Filters	55292	14-15"	99%	99%	✓
	55295	16-17"	99%	99%	✓
Mesh Screen Filters	52450	14-15"	99%		

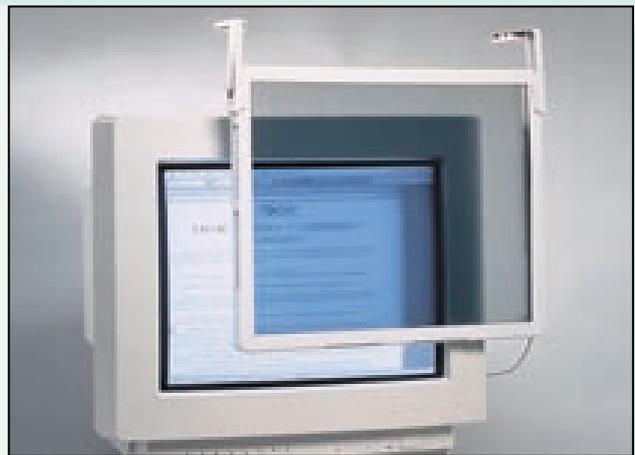


**SlimScreen™**

**Thin, flexible design outperforms glass filters**

- ◆ Revolutionary technology reduces 99% of the glare that causes eye strain
- ◆ Design blends in with your monitor
- ◆ Special coating on front surface makes it more durable and easy to clean
- ◆ Conductive coatings and the flat plug work together to dissipate static electricity and 99.9% of ELF/VLF E-field radiation
- ◆ Velcro strips for secure fit

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
SlimScreen AntiGlare/AntiRadiation Screen Filters						
14" – 15"	<b>55648</b>	387 x 298 x 52	447 x 310 x 92	1	5	2.08
16" – 18"	<b>55649</b>	402 x 322 x 56	432 x 336 x 110	1	5	1.62
19" – 21"	<b>55660</b>	530 x 390 x 15	550 x 420 x 80	1	5	3.01

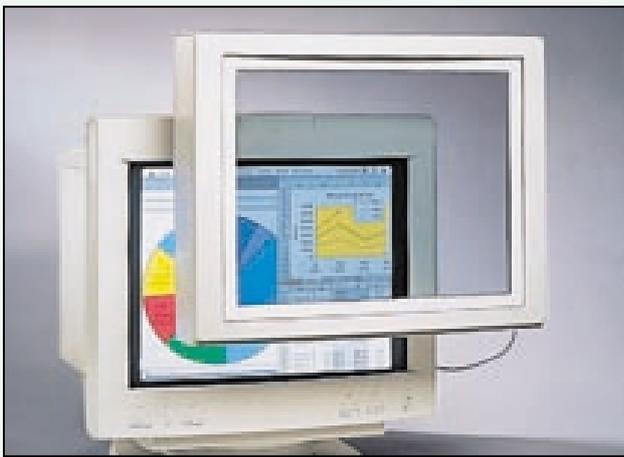


**Security GlareMaster® Premium Plus Filters**

**Optical-quality glass filter helps keep sensitive information confidential**

- ◆ Special film laminate limits viewing range to 15° for maximum privacy
- ◆ Glass has multilayer antireflective coating for finer image enhancement and contrast, helping reduce user eye strain
- ◆ 99% reduction of ELF/VLF fields
- ◆ Easy installation

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Security GlareMaster Premium Plus Filters						
12" – 15"	<b>55292</b>	324 x 356 x 52	366 x 380 x 124	1	2	2.52
16" – 19"	<b>55295</b>	456 x 410 x 58	478 x 444 x 134	1	2	3.74



### GlareMaster® Premium Plus Filters

Anti reflective coating enhances contrast and reduces glare

- ◆ Multi-layer, optical coated glass cuts glare by 99%
- ◆ Special conductive coating & grounding cord work together to safely drain away 99% of ELF/VLF electric fields and static electricity
- ◆ Easy installation

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
GlareMaster Premium Plus Filters Contour Frame						
14" – 15"	<b>55273</b>	326 x 406 x 86	358 x 428 x 198	1	2	3.58
16" – 18"	<b>55297</b>	358 x 448 x 88	392 x 466 x 198	1	2	4.08
19" – 21"	<b>55298</b>	428 x 524 x 92	552 x 462 x 220	1	2	6.96
GlareMaster Premium Plus Filters						
12" – 15"	<b>5524500</b>	334 x 356 x 54	368 x 384 x 126	1	2	2.52
16" – 18"	<b>5524600</b>	456 x 404 x 52	478 x 450 x 134	1	2	3.73
19" – 21"	<b>55247</b>	454 x 406 x 54	472 x 446 x 134	1	2	4.20



### GlareMaster® Premium Filters

Flexible frame conforms to shape of your monitor

- ◆ Multi-layer, antireflective optical coated glass reduces glare by 99% and enhances contrast
- ◆ Scratch-resistant and distortion-free viewing
- ◆ Easy installation

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
GlareMaster Premium Filters Contour Frame						
14" – 15"	<b>55324</b>	324 x 406 x 90	360 x 424 x 194	1	2	3.56
16" – 18"	<b>55397</b>	356 x 446 x 86	392 x 462 x 196	1	2	3.91
19" – 21"	<b>55398</b>	528 x 428 x 104	548 x 466 x 218	1	2	6.94
GlareMaster Premium Filters						
12" – 15"	<b>5534500</b>	356 x 332 x 54	376 x 372 x 124	1	2	2.62
16" – 18"	<b>55346</b>	456 x 408 x 54	478 x 454 x 134	1	2	3.82
19" – 21"	<b>55347</b>	454 x 404 x 50	472 x 458 x 132	1	2	4.34



### GlareMaster® Filters

Improves screen contrast and enhances clarity of text and graphics

- ◆ Glaremaster Mesh filter, ultra fine mesh effectively cancels our glare and reflections. This filter is particularly effective in cases of severe glare when the monitor is in direct sunlight or harsh artificial light. Filters work on both monochrome and colour monitors
- ◆ Reduces glass glare 95%
- ◆ Easy-to-install adjustable mounting bracket

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Glaremaster Filters						
14" – 15"	<b>55482</b>	338 x 356 x 58	374 x 378 x 124	1	2	2.46
16" – 18"	<b>55483</b>	410 x 456 x 54	452 x 476 x 136	1	2	3.62
19" – 21"	<b>55484</b>	474 x 442 x 58	474 x 442 x 116	1	2	4.28



### GlareMaster® Filters

Easily installs with brackets on any monitor

- ◆ Special conductive coating and grounding cord work together to safely drain away 98% of ELF/VLF electric fields and static electricity
- ◆ Reduces glass glare by 95%
- ◆ Improves contrast and enhances clarity of text & graphics
- ◆ Easy-to-install adjustable mounting brackets

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
GlareMaster Mesh Filters						
14" – 15"	<b>52450</b>	346 x 274 x 30	382 x 370 x 124	1	2	1.58
GlareMaster Filters						
14" – 15"	<b>55492</b>	346 x 356 x 52	368 x 384 x 126	1	2	2.42
16" – 19"	<b>55493</b>	454 x 408 x 54	578 x 458 x 132	1	2	3.76



## Insight® Monitor Mount Junior Paper Manager

**Position documents at eye level above desktop clutter**

- ◆ Keeps papers at comfortable viewing level
- ◆ Sticky note cubby hole
- ◆ Easy flip page clip

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Insight Adjustable Book & Copy Holder						
	<b>62060</b>	158 x 1131 x 45	240 x 190 x 104	1	4	0.50

## Insight Copy Flipboard™

**All in one Copyholder and whiteboard on your monitor**

- ◆ Unique copyholder and magnetic drywipe board in one
- ◆ Comes complete with a magnet, dry-wipe pens and wipe and bracket
- ◆ Height adjustable for user comfort
- ◆ Attaches to either left or right hand side of the monitor

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Insight Copy Flipboard						
	<b>59010</b>	390 x 292 x 62	406 x 324 x 294	1	5	4.86



## A4 Monitor Mounted

**Stores away when not in use**

- ◆ Attached to screen via an adhesive bracket
- ◆ Copyholder locates in a system of holes in the bracket and can be moved up or down to suit user preference
- ◆ Moveable line guide can be positioned either on the right or left

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
A4 Monitor Mounted						
	<b>52457</b>	344 x 284 x 48	714 x 320 x 314	1	12	8.86



## Insight® Desktop Paper Manager

Easel-style paper manager helps position and organise documents

- ◆ Keeps papers at comfortable viewing level
- ◆ Helps prioritise important documents
- ◆ Detachable faceplate acts as clipboard
- ◆ Portrait or landscape view

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Insight Desktop Paper Manager	62062	158 x 1131 x 45	240 x 190 x 104	1	4	0.50

## A4 Easel

Economy Copyholder

- ◆ Sits on desk
- ◆ Adjustable to 5 angle positions
- ◆ Moveable line guide can be positioned either on the right or the left

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
A4 Easel	52454	348 x 284 x 40	720 x 312 x 302	1	12	7.14



## A4 Weighted Base

Copyholder with added security

- ◆ Copyholder sits on round weighted base for added stability
- ◆ Angle can be adjusted according to user preference
- ◆ Moveable line guide can be positioned either on the right or left

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
A4 weighted Base	52456	358 x 254 x 98	524 x 522 x 386	1	10	16.72



### **Gel Keyboard Wrist Pillow – Black**

**Slim profile saves space on crowded desktop**

- ◆ The new Gel wrist pillows are designed to mould to fit the curve of your wrist and therefore distribute the pressure more evenly with the super-soft gel cushion
- ◆ Slim profile helps save space on the desktop
- ◆ 2 variants – keyboard pillows and mouse pillows

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Gel Keyboard Wrist Pillow – Black						
	<b>62083</b>	524 x 128 x 28	602 x 144 x 164	1	4	3.14

### **Gel Mouse Wrist Pillow – Black**

**Elevated wrist pillow helps improve wrist position while mousing**

- ◆ The new Gel wrist pillows are designed to mould to fit the curve of your wrist and therefore distribute the pressure more evenly with the super-soft gel cushion
- ◆ Slim profile helps save space on the desktop
- ◆ 2 variants – keyboard pillows and mouse pillows



Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Gel Mouse Wrist Pillow – Black						
	<b>62084</b>	334 x 248 x 30	360 x 270 x 94	1	4	2.14

## Keyboard Wrist Pillow

Keep wrists in an elevated position

- ◆ These wristrests are designed to cushion your wrists
- ◆ Unique Shape
- ◆ Soft, padded feel
- ◆ 2 colours – black or blue
- ◆ 2 variants – for keyboard and for mouse/trackball

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Keyboard Wrist Pillow						
Black	<b>22801</b>	490 x 90 x 25	522 x 310 x 160	1	10	2.08
Blue	<b>22803</b>	490 x 90 x 25	522 x 310 x 160	1	10	2.08



## Mouse Wrist Pillow

Keep wrists in an elevated position

- ◆ These wristrests are designed to cushion your wrists
- ◆ Unique Shape
- ◆ Soft, padded feel
- ◆ 2 colours – black or blue
- ◆ 2 variants – for keyboard and for mouse/trackball

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Keyboard Wrist Pillow						
Black	<b>57822</b>	322 x 227 x 25	328 x 240 x 180	1	10	1.86
Blue	<b>57803</b>	322 x 227 x 25	328 x 240 x 180	1	10	1.86

## Standard Mouse Pad

- ◆ Value 6mm mouse pad
- ◆ Dimensions 250 x 220mm (W x D)

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Standard Mouse Pad						
	<b>51422</b>	250 x 206 x 6	568 x 434 x 276	1	200	6.16





**Desktop SuperShelf™**

**Frees desk space and provides comfortable keyboarding**

- ◆ Heavy duty design supports up to 21" monitors
- ◆ Unique tray offers unrestricted keyboard positioning
- ◆ Extra wide tray provides integrated mousing surface

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Executive	<b>60003</b>	773 x 400 x 75	804 x 16 x 320	4	1	21.04



**Desktop SuperShelf II™**

**Maximise and organise desktop space**

- ◆ Heavy duty design supports up to 21" monitors
- ◆ Unique tray offers unrestricted keyboard positioning
- ◆ Extra wide fits all keyboards even ergonomic styles
- ◆ Includes gel wrist support and mouse pad
- ◆ Height selectable monitor stand

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Executive	<b>60006</b>	774 x 402 x 76	794 x 418 x 168	1	2	11.64



**Keyboard Drawer**

- ◆ Sturdy steel frame supports both CPU and monitor
- ◆ Retractable drawer holds keyboard and accessories
- ◆ Protective storage at its best

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Keyboard Drawer	<b>55015</b>	574 x 406 x 104	594 x 342 x 432	1	3	13,54



**Keyboard Slideaway**

- ◆ Need text

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Keyboard Slideaway	<b>55907</b>	000 x 000 x 000	000 x 000 x 000	0	0	000



**Monitor SuperShelf™ 21**

**Add desktop space while raising monitor**

- ◆ Height adjustable shelf supports any size monitor up to 21"
- ◆ Tuck most notebook docking stations under the stand to save space
- ◆ Open design allows access to all drive bays and cable ports
- ◆ Legs adjust from 2" to 5" for comfortable working position

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Monitor SuperShelf 21	<b>60035</b>	428 x 362 x 82	448 x 254 x 394	1	3	6.48



**Monitor SuperShelf™ 21 Plus**

**Put equipment at your eye level for comfortable viewing**

- ◆ Study platform supports any size monitor up to 21"
- ◆ Rolling storage trays hold media and other accessories
- ◆ Tray slides out-of-the-way under the stand to maximise space
- ◆ Height-adjustable legs lift monitor from 2" to 5" off the desktop to provide best viewing level



Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Monitor SuperShelf 21 Plus	<b>60036</b>	426 x 364 x 104	446 x 332 x 392	1	4	8.14



**Monitor SuperShelf™ 15**

**Free desk space and minimise risk of eyestrain**

- ◆ Raise your monitor off your desk for comfortable viewing
- ◆ Sturdy platform is perfect for 15" monitors
- ◆ Lifts monitor 3" off desktop
- ◆ Open design allows easy access to computer hardware drives & cables

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Monitor SuperShelf	<b>60034</b>	348 x 304 x 68	370 x 336 x 304	1	4	5.78



**Cable Curbs**

**Needs text**

- ◆ Needs text



Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Cable Curbs	<b>59100R</b>	000 x 000 x 000	000 x 000 x 000	0	0	0
	<b>59101</b>	000 x 000 x 000	000 x 000 x 000	0	0	0



**Standard Monitor Arm**

Needs text here

- ◆ Maximum load: 25kg
- ◆ Tilt adjustable platform
- ◆ Integral keyboard holder

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Standard Monitor Arm	<b>52483</b>	346 x 316 x 168	684 x 366 x 350	1	4	15.12



**Value Monitor Arm**

Needs text here

- ◆ Basic steel arm with desk clamp
- ◆ Maximum load: 25kg
- ◆ Platform rotates 360 degrees

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Value Monitor Arm	<b>52466</b>	000 x 000 x 000	000 x 000 x 000	0	0	0



**Inkjet Organiser**

Store paper & supplies with printer

- ◆ Organise your inkjet printer with this versatile stand
- ◆ Supports most inkjet printers
- ◆ Comes with 3 storage drawers for paper and consumables
- ◆ Cable Management at rear
- ◆ Dimensions: 135 x 530 x 370mm (H x W x D)

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Inkjet Organiser	<b>51179</b>	534 x 390 x 146	558 x 414 x 312	1	2	7.52



**Telephone Arm**

- ◆ Lift your telephone off your desk
- ◆ Adjustable platform takes telephones up to 260mm wide
- ◆ Arm swivels, inclines and extends
- ◆ Cable management system
- ◆ Pull-out phone number index on either side

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Telephone Arm	<b>52485</b>	280 x 220 x 104	576 x 456 x 304	1	10	13.84



**SoleMate™ Plus**

**Help reduce pressure on lower back from sitting all day**

- ◆ Non-slip surface
- ◆ Angle moveable with feet to suit individual needs. Can be locked into position.
- ◆ 6 different height adjustments
- ◆ Platform dimensions – 450 w x 350 d mm
- ◆ Relieves pressure of the lower back

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
SoleMate Plus	<b>56146</b>	542 x 372 x 116	542 x 372 x 116	1	1	2.38

**SoleMate™**

**Help reduce pressure on lower back from sitting all day**

- ◆ Non-slip surface
- ◆ Angle moveable with feet to suit individual needs
- ◆ Platform dimensions – 450 x 350mm (W x D)
- ◆ Relieves pressure on the lower back

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
SoleMate	<b>56145</b>	540 x 366 x 118	540 x 366 x 118	1	1	2.20



**New!**

**SoleRest**

**Tilt and height adjustable support**

- ◆ Height & angle adjustable positions to support your feet
- ◆ Comfortable and generous size footgrip, textured platform W450 x D350
- ◆ Cool graphite grey platform is tough, scratch resistant & easy to clean
- ◆ SpeedFix design offers quick and simple assembly or re-positioning to suit different user needs

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
SoleRest	<b>56148</b>	350 x 460 x 77	376 x 470 x 462	1	6	12.37

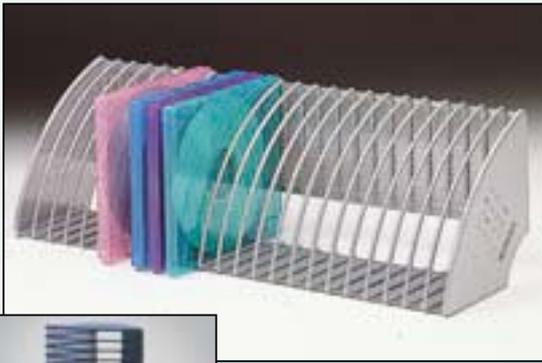


**Standard Footrest**

**Improve posture and circulation by keeping legs elevated**

- ◆ Stylish, black footrest
- ◆ "Fix-and-forget" angle and height adjustment
- ◆ Platform dimensions – 470 w x 390 d mm

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Executive	<b>52482</b>	484 x 356 x 84	512 x 502 x 382	1	6	12.56

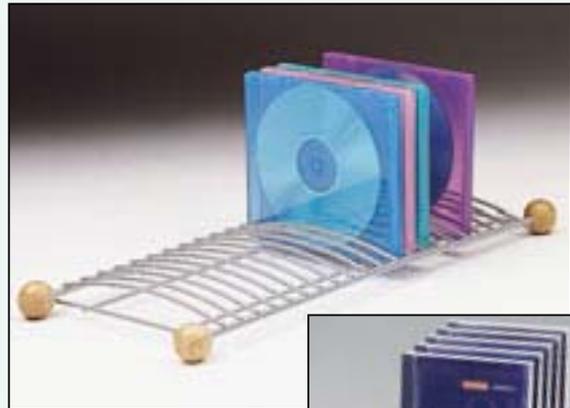


**Modular CD 24**

Contemporary wire media storage uses less desktop space

- ◆ Stores up to 24 CDs
- ◆ Highly functional design is easy to keep clean
- ◆ May be used vertically or horizontally
- ◆ Uses minimal desktop space
- ◆ Available in 2 colours – silver or black

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Modular CD 24						
Silver	<b>01095</b>	178 x 122 x 388	250 x 246 x 400	1	4	4.38
Black	<b>01084</b>	178 x 122 x 388	250 x 246 x 400	1	4	4.38

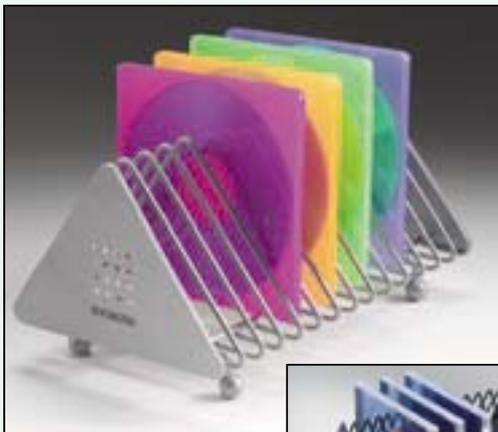


**Platform CD 20**

Wood and wire combine for contemporary media storage

- ◆ Slim slotted wire holder with wood highlights stores up to 20 CDs
- ◆ Fits neatly on a desktop
- ◆ Sturdy, easy to clean wire
- ◆ Available in 2 colours – silver or black

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Modular CD 20						
Silver	<b>01096</b>	388 x 162 x 388	188 x 144 x 140	1	4	1.96
Black	<b>01096</b>	388 x 162 x 388	188 x 144 x 140	1	4	1.96



**Pyramid CD 14**

Versatile wire media storage can be used two ways

- ◆ Triangular shape can be used flat on desk or stacked vertically
- ◆ Holds up to 14 CDs flat or at an angle for ease of retrieval
- ◆ Black wire construction is easy to clean
- ◆ Available in 2 colours – silver or black

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Modular CD 14						
Silver	<b>01094</b>	284 x 160 x 120	442 x 238 x 148	1	4	2.50
Black	<b>01086</b>	284 x 160 x 120	442 x 238 x 148	1	4	2.50

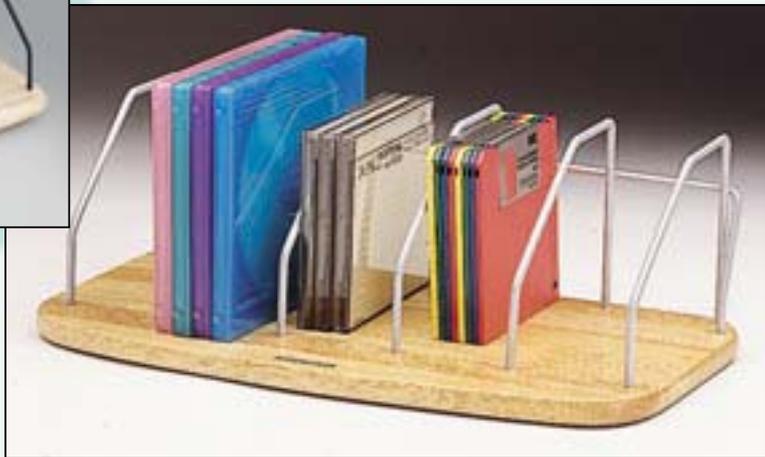


**Vertical CD 12**

Versatile wire and wood design holds CDs

- ◆ Stores up to 12 CDs on the desktop or the wall
- ◆ Designed with wire and wood

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Vertical CD 12						
	<b>01093</b>	150 x 183 x 263	475 x 192 x 285	1	4	2.20
	<b>01092</b>	150 x 183 x 263	475 x 192 x 285	1	4	2.20



**Multi-Media Rack**

**Functional and contemporary media storage holds all types of media disks**

- ◆ Sleek wire dividers and wood base organise 25 CDs, 20 Zip® or SuperDisk® disks, floppy disks
- ◆ Uses minimal desktop space
- ◆ Sectional dividers help organise CD collection
- ◆ Sturdy, easy-to-clean wire
- ◆ Available in 2 colours – silver or black

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Multi-Media Rack						
Silver	<b>01091</b>	356 x 160 x 112	350 x 238 x 348	1	4	3.24
Black	<b>01090</b>	356 x 160 x 112	350 x 238 x 348	1	4	3.24



**Quicktrieve Multimedia – Grey**

**Organise all media types in versatile storage tower**

- ◆ Stores up to 16 CDs or 18 Zips™/SuperDisk™ disks or 64 3" diskettes
- ◆ Modular
- ◆ Comes with built-in speaker stand with vibration absorbing rubber protector pad

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Quicktrieve Multimedia – Grey						
	<b>40282</b>	238 x 160 x 158	492 x 330 x 246	1	6	4.30



**CD Ladder**

**Economical stackable CD storage**

- ◆ Stylish storage for up to 20 CDs
- ◆ With integral carrying handle
- ◆ Modular
- ◆ Can also be mounted on a wall (screws not included)

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
CD Ladder						
	<b>52487</b>	326 x 134 x 56	472 x 430 x 380	1	24	13.50



**CD Wetsuits**

- ◆ Stylish, portable storage for CDs on the move
- ◆ Made from colourful neoprene
- ◆ Complete with rugged sports Zips™

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
CD Wetsuits – 24 capacity						
Black	<b>58353</b>	195 x 185 x 52	374 x 258 x 210	1	10	1.50
Blue	<b>58354</b>	195 x 185 x 52	374 x 258 x 210	1	10	1.50



**CD Mailer Diskette Mailer**

- ◆ Protect those valuable CDs and diskettes in the post
- ◆ Made from cardboard lined with aluminum foil (X-ray protection) and bubble-wrap to protect from knocks
- ◆ Complete with integral, self-adhesive labels
- ◆ Supplied in packs of 10



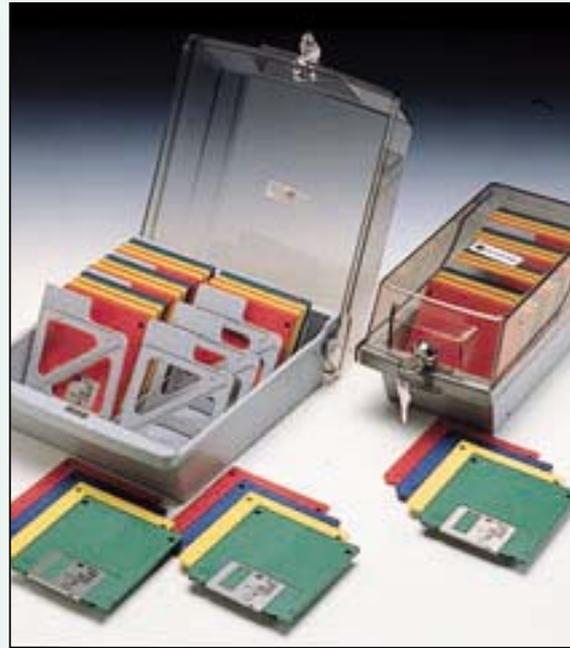
Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Mailers						
CD	<b>50475</b>	324 x 160 x 68	772 x 542 x 524	1	500	28.50
Diskette	<b>50478</b>	244 x 118 x 62	265 x 473 x 473	1	800	26.10



**QuicDisk, QuicRom**

- ◆ Fits all A4 ringbinders
- ◆ Store 6x 3 1/2 diskettes (QuicDisk), 3x CDs (QuicRom)
- ◆ Complete with index labels for ease of identification

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
QuicDisk	<b>5242200</b>	310 x 230 x 30	710 x 390 x 420	1	50	12,14
QuicRom	<b>5242400</b>	310 x 230 x 20	710 x 390 x 420	1	50	12,14



**Accodata Classic Disk Box**

- ◆ Smoked plastic lid
- ◆ Lockable
- ◆ Complete with dividers
- ◆ Comes in two capacities – 50 and 100 3 1/2" diskettes

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
Classic Disc Box						
50 Capacity	<b>51008</b>	254 x 142 x 88	564 x 522 x 272	1	24	9,28
100 Capacity	<b>51009</b>	256 x 222 x 84	516 x 270 x 456	1	12	7,06



**CD Case**

- ◆ One piece, unbreakable PP replacement jewel case
- ◆ Will accept a spine label
- ◆ Also available in 5 pack of modern colours

Description	Stock No.	Retail Pack Dimensions (L x W x Dmm)	Master Ctn. Dimensions (L x W x Dmm)	Retail Box Qty.	Master Ctn. Qty.	Ctn. Wt. (kg)
CD Case						
clear	<b>52560</b>	144 x 126 x 52	536 x 346 x 310	1	48	15,48
rainbow colours	<b>52561</b>	144 x 126 x 52	536 x 346 x 310	1	48	15,48