

2017-2018



 **POSTURITE**[®]
Because Health Matters

“

The way people talk and think about ‘work’ is changing. We’re starting to accept that sedentary office work is **damaging our bodies** and costing us millions.



Ian Fletcher-Price
CEO

When we launched Posturite in the early nineties, we set out with a great ambition to put an end to the unhealthy, sedentary office culture that seemed to have become the norm across the UK.

Having worked in the City for many years, I knew first-hand that too many desk workers were in pain from poor postures often caused by the equipment they were using. I was one of them. Statistics from the Health and Safety Executive show that this is still a widespread problem and - as far as we’ve come, we’ve still got a long way to go. Over half a million people (593,000 to be precise) took sick leave for work-related musculoskeletal disorders in 2016, and thousands more cases continue to go unreported.

The competitive nature of modern life means we’re dealing with greater workloads, working longer hours and often not taking the breaks our bodies and minds need. The impact on productivity is massive. We lose an estimated 8.8 million working days to MSDs each year through absenteeism. But what about the hidden numbers: the people who turn up to work but can’t concentrate, or don’t have the motivation to excel because they’re experiencing discomfort?

The connection between healthy employees and healthy profit growth is clear. Protecting health and wellbeing should be a priority - not an afterthought.

It’s now been over 26 years since we launched our first ergonomic product, the Posturite Writing Board, and I’m proud to say we are still leading the way not just in workplace ergonomics, but in all aspects of health and safety, training, consulting, e-learning and workplace health events.

We’re at the cusp of an exciting cultural shift. The way people talk and think about ‘work’ is changing. We’re starting to accept that sedentary office work is damaging our bodies and costing us millions.

As early adopters of the sit-stand desk (we sold our first in 1994), we’ve long been firm believers in creating active, ‘agile’ workplaces. Agile working takes down corporate barriers by allowing employees to work how, when and where best suits them. The end goal is greater initiative, innovation, collaboration and success. Getting there is a case of allowing freedom and experimentation with technology, design and policy. But with greater freedom comes greater challenges for employers, especially when it comes to fulfilling DSE, ergonomic and health and safety obligations. That’s where we can help.

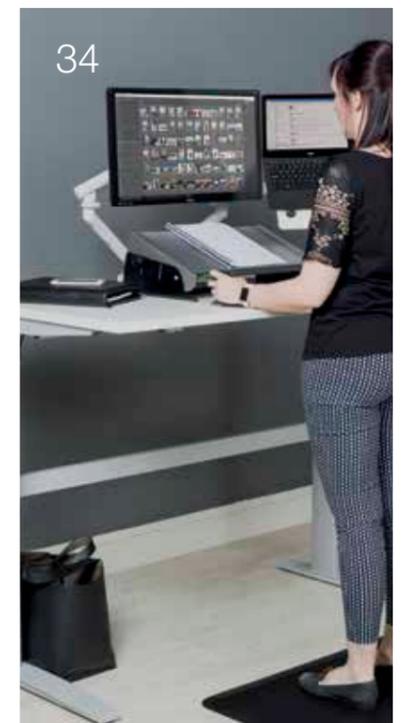
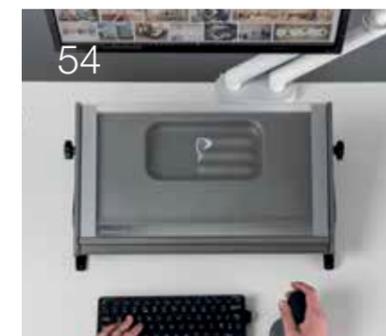
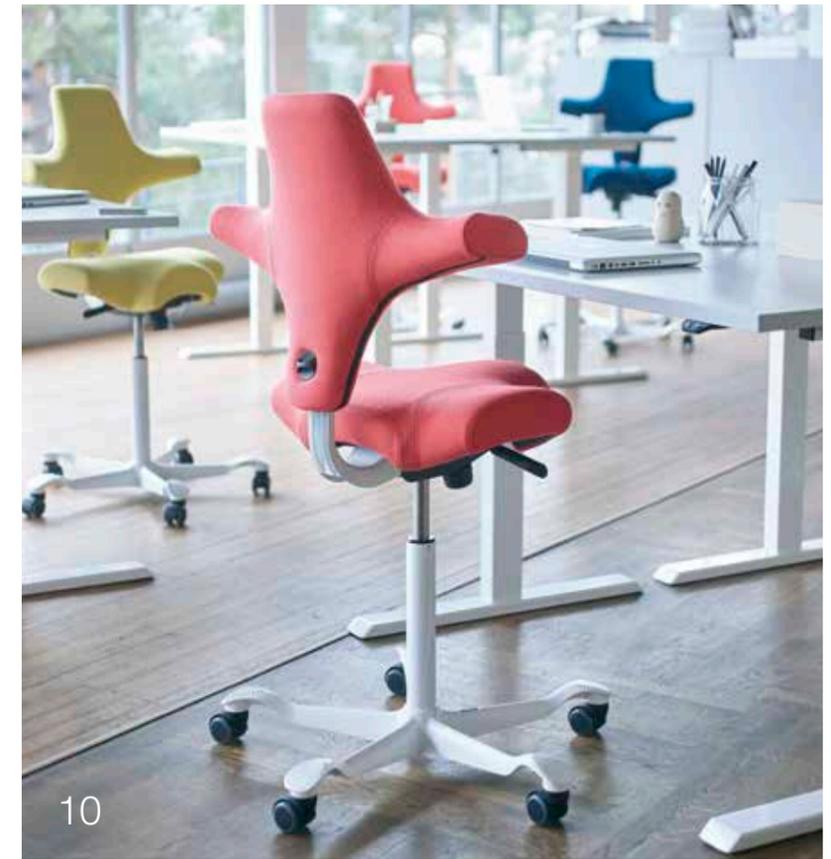
I’ve had the pleasure of watching my small business grow over the years as our now 200-strong team continues to rise up to challenges and find solutions to problems in the rapidly evolving corporate world.

Some of our existing clients have been with us from the start, and continue to appreciate the significant return on investment in the work we do with them. This catalogue shows you a small selection of the products and services we offer, but I encourage you to visit our growing website - not just to browse products, but to make use of the valuable, free resources produced by our health professionals and chartered ergonomists.

The future promises to be exciting. Why not join us?

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We help make workforces healthier, safer and more productive.

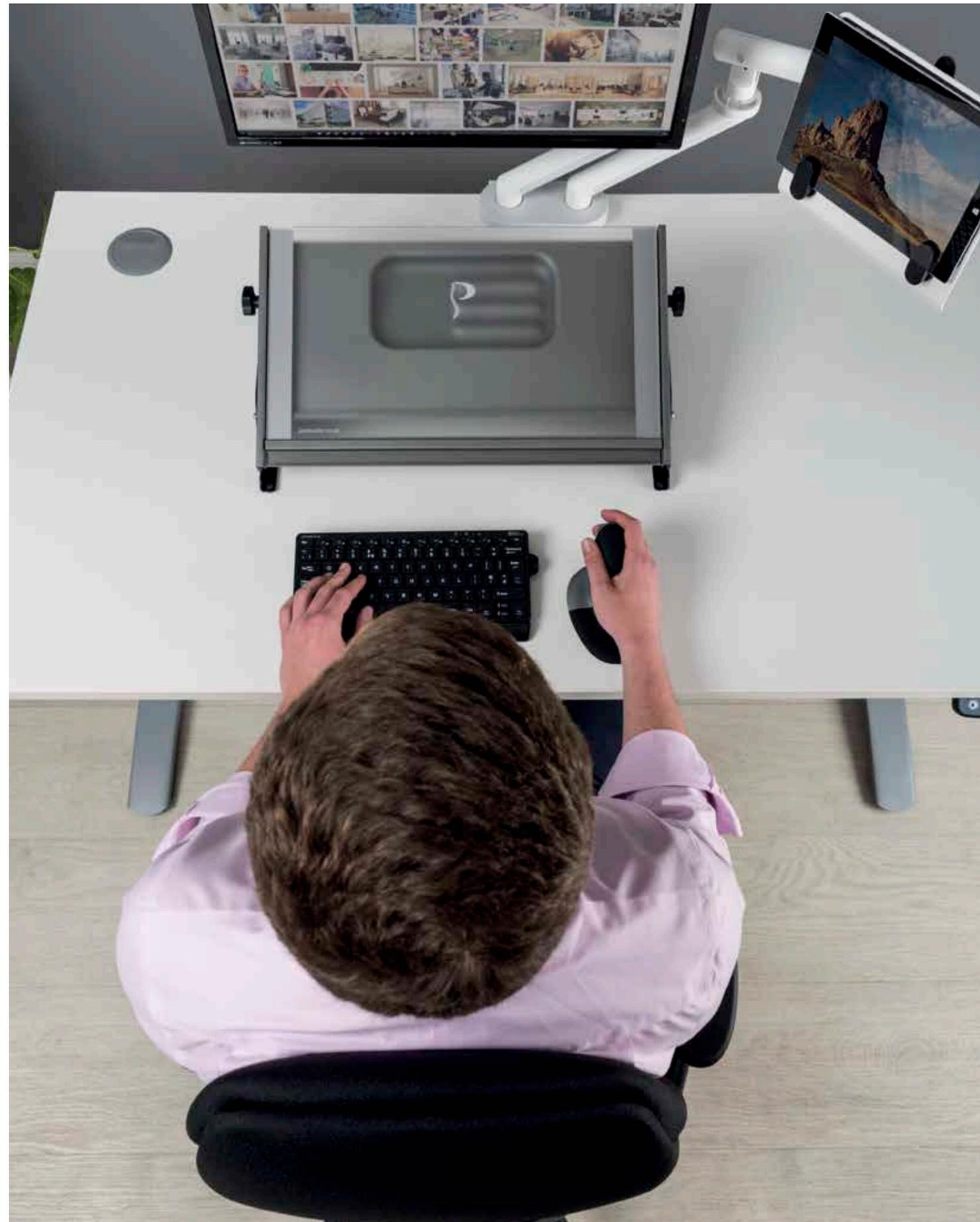


Today Posturite is a market-leading workplace health company with over 200 employees located across the UK. When we first started in the early '90s, things looked a little different.

Ian Fletcher-Price - our founder and CEO, spent much of his City career suffering back pain from long-term desk and computer use. The writing board he invented in his mother's garden shed changed everything.

Over the years working environments and behaviours changed. Out went memos, faxes, in-trays, address books, filing cabinets and traditional working hours. In came emails, mobiles, laptops, servers, virtual offices, hot-desking and agile working. With every advancement we faced, the company adapted. We took on more qualified health professionals and ergonomists, trained more DSE assessors and developed more products that helped people interact with their changing environments comfortably. We also built strong relationships with many of the best manufacturers in the world so that we could become a trusted supplier of thousands of high quality ergonomic products - both off and online.

The scope of services and products we provide is wide, but our aim is simple: to help you improve the health, safety, wellbeing and ultimately the productivity of your staff. There are so many ways to do this - through better training, improved ergonomics, environment redesign, wellbeing programmes and so much more. We specialise in all matters related to workplace health and wellbeing, so please use this catalogue as guidance and inspiration, and if you have any further questions then don't hesitate to get in touch.



1991

The year our CEO invented an ergonomic writing board in his shed and Posturite was formed

26

The number of years we've been working, learning and researching in the world of ergonomics

17,000

The number of chairs we provided to our clients last year

30+

How many seating brands we regularly supply

99.9%

Percentage of the UK population that our range of seating can fit

8,000+

People we help with musculoskeletal problems every month

1,500+

The number of ergonomic products we offer on our website



Desk and Vehicle Assessment Services

Pain can be distracting. Our job is to help prevent musculoskeletal problems from developing at work by assessing desk and vehicle set-ups for problem areas. Then, we try to find a solution.



If you've ever tried working in pain or discomfort, you'll understand how challenging it is to stay focused. Without focus, productivity takes a rapid nosedive. Multiply that productivity drop across a whole business, and the impact is often huge. In fact it's estimated by HSE that 8.8 million working days were lost to work-related musculoskeletal injuries in 2015-16.

While musculoskeletal disorders (MSDs) cost organisations significant amounts of money in absenteeism and dropped productivity, it is possible to prevent and reduce this cost significantly by making simple changes to the working environment.

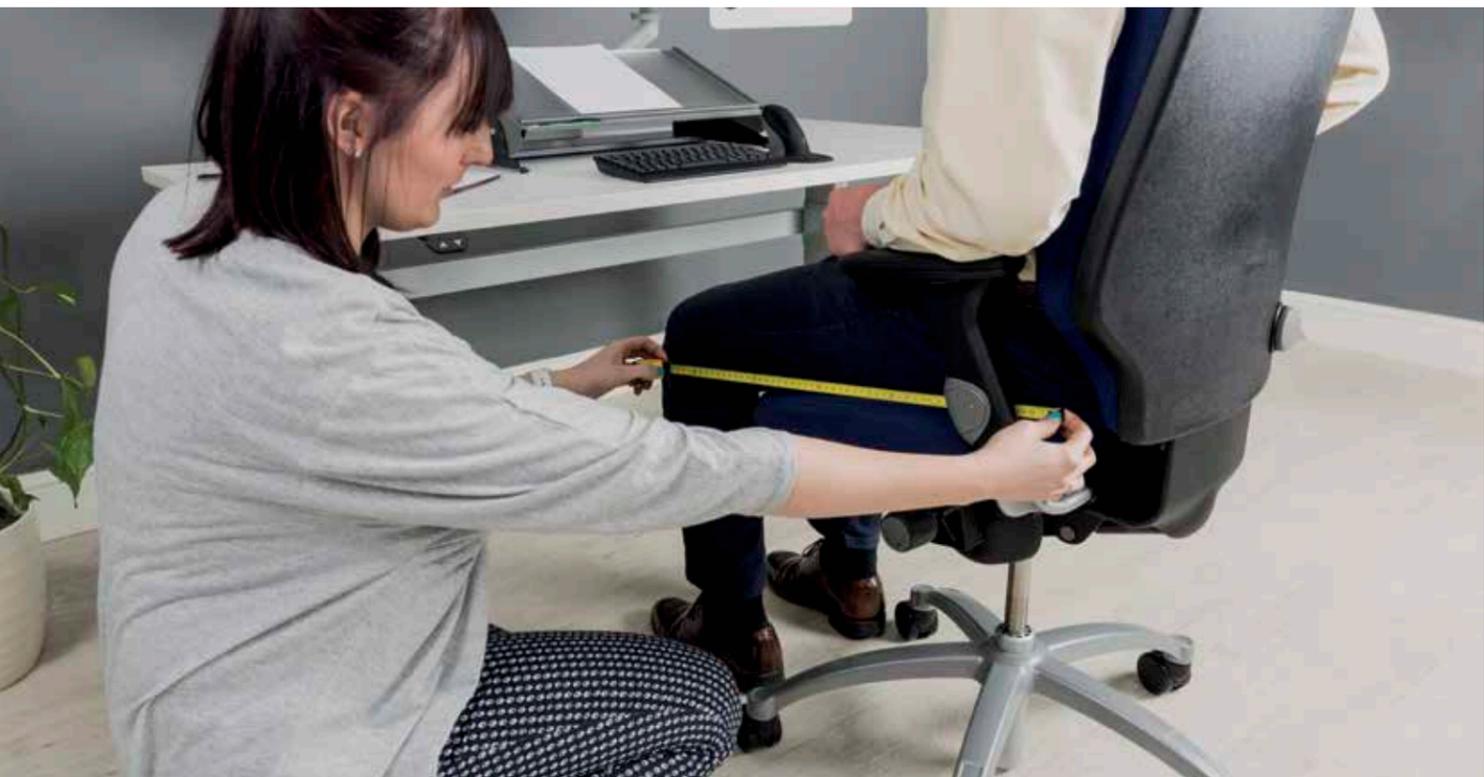
Create agile workspaces that encourage movement. Offer employees flexibility in where and how they work. Make sure offices are well thought out and set up with ergonomic products.

We know that many working environments encourage sedentary behaviour. Many office tasks involve long periods spent in one position making small, often repetitive movements with the arms and fingers. Over time, poor posture and over-reaching for equipment puts stress on the musculoskeletal system and causes/exacerbates a variety of painful disorders.

To reduce the negative impact of sedentary working habits, we offer desk and vehicle assessments.

Sometimes all it takes is a few simple tweaks to your set-up to completely transform your level of comfort and reduce the risk of developing MSDs. Other times a more specialist solution is needed. Our UK-wide force of experienced assessors can deliver a range of workstation assessments depending on your goal - whether it's simply to meet all-important display screen equipment (DSE) regulations, to future-proof your office, or to take a closer, more detailed look at more complex cases.

We offer a variety of workstation assessments. DSE assessments are carried out by trained DSE assessors, while more in-depth assessments are delivered by qualified health professionals.



SPECIALIST ASSESSMENTS

Most MSDs need ongoing management. Our ergonomic assessors are qualified ergonomists or experienced health professionals with MSD expertise who can give more in-depth assessments in a variety of environments. Their aim is to find solutions and interventions that help to reduce stress on the musculokeletal system and enable individuals to work as comfortably and productively as possible.

SPECIALIST ERGONOMIC DSE ASSESSMENT

A qualified ergonomic assessor will look at more complex cases, using their in-depth knowledge of musculoskeletal issues and workstation issues to make recommendations that improve the working situation. A report will be drawn up specifying findings, recommendations and interventions.

INVOLVED SPECIALIST DSE ASSESSMENT

For more complex MSDs or extended workstations, our ergonomic assessors will conduct an assessment and - if appropriate (and with consent), liaise with line managers and HR staff to suggest improvements. This is also suitable for agile workers with multiple workspaces, or non-standard workstations. A report including recommendations will be provided.

CAR ERGONOMIC ASSESSMENT

For individuals reporting significant musculoskeletal discomfort while driving in a car for work, our assessors will carry out an assessment with the individual in the stationary car to assess the fit and set-up of the person in the car, identify any issues - including mismatches between the car and the person, recommend any improvements that can be made to the set-up, suggest interventions and generate a report with further changes and recommendations specified.

VEHICLE ERGONOMIC ASSESSMENT

For individuals complaining of significant musculoskeletal discomfort while driving in a vehicle for work, our assessors will carry out an in-depth assessment with the individual in the stationary vehicle to assess the fit and set-up of the person in the vehicle, identify any issues including mismatches between the vehicle and the person, recommend any improvements that can be made to the set-up, suggest interventions and generate a report with further changes and recommendations specified.

DSE ASSESSMENTS

Display screen equipment assessments are carried out by our trained, experienced DSE assessors. They review and advise on how equipment should be set up according to the individual, and thanks to their extensive product knowledge, they'll save you time and money by recommending the right tools for the job - if required.

DSE PROBLEM SOLVING ASSESSMENT

This assessment is for employees who have been identified as having a musculoskeletal concern and would like their workstations to be set up with suggestions for improvements. They will receive a summary of the assessment and a quote for any product recommendations.

BESPOKE DSE PROBLEM SOLVING ASSESSMENT

We can tailor our DSE problem solving assessments according to specific requests. During this assessment a report will be generated to your specifications and tailored product recommendations.

DSE COMPLIANT ASSESSMENT

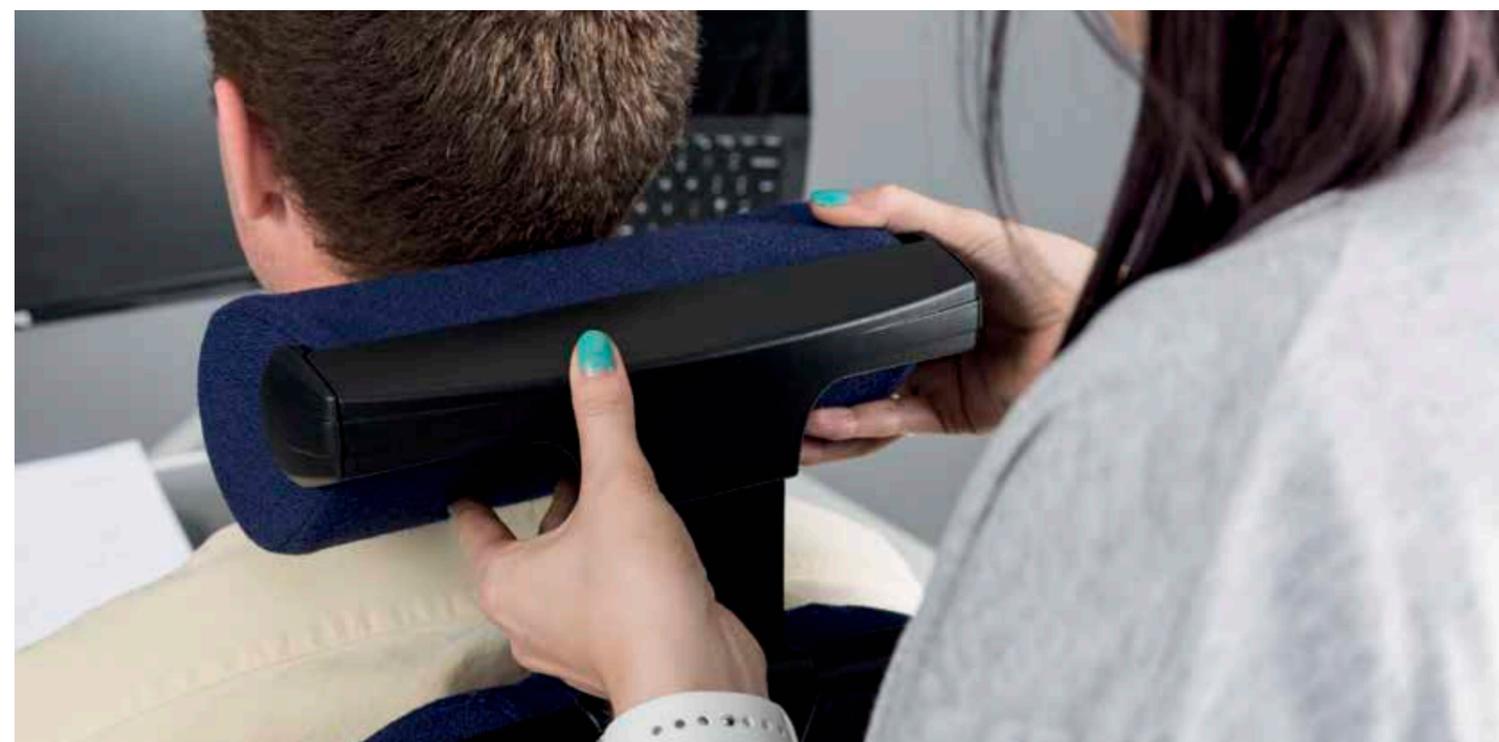
Our DSE assessors will help you become compliant with DSE regulations by undertaking an assessment, highlighting any areas of concern and making recommendations for improvement. You will receive an assessment report and a quote for any recommended products.

HOME WORKERS DSE COMPLIANT ASSESSMENT

Agile working (which can include working from home) is being adopted by more and more businesses, and our assessors can help you become DSE compliant when your staff are working from home. They'll visit employees at home to carry out workstation assessments, draw up a report (including photos if needed) and recommend products. These assessments will be undertaken with knowledge of your home working policies and procedures.

DRIVER SET-UP REVIEW

Employees experiencing discomfort when they drive for work could benefit from a driver position review. Our assessors will observe individuals in their stationary car, identify problem areas and, where possible, recommend ways to increase comfort. Products will be available to trial during the assessment.





Ergonomic Seating

Poor posture and prolonged sitting can be an unhealthy combination. Our ergonomic chairs are designed to ease the body into the healthiest, most comfortable positions for the task.



The average office worker spends at least seven hours of their working day sitting in an office chair. Across a year that's around 1,500 hours - or 62.5 solid days spent with our backsides planted in the same chair.

If that chair hasn't been adjusted properly, or worse - doesn't have the necessary adjustments to fit our individual shapes and sizes, then it's very easy to slouch or slump into poor postures. Over time the pressure in the neck, shoulders, back and limbs can develop into painful, debilitating musculoskeletal disorders (MSDs).

Not only are MSDs bad news for employees but they can also be incredibly damaging to business. According to HSE, half a million employees suffered from work-related MSDs in 2015-16, contributing significantly to a loss of 25.9 million working days.

Prevention is the key to lowering these numbers and a critical part of that is making sure employees have access to suitable ergonomic seating.

The best ergonomic chair you can buy is the one that suits your business, your mission, your preferences and your individual employees. That's why we offer such a wide range of options. We design and source only the best quality seating in the world and maintain excellent relationships with the top manufacturers.

We offer a 14-day free trial on many of our chairs, so you can get a good feel for them before you commit. Our mission is to pair you with the perfect seating solution. Contact us for more information.

RH LOGIC 300/400

The optimum in high performance ergonomic seating.



Logic 300
Medium back



Logic 400
High back

The RH Logic range focuses on the two key principles of healthy sitting: upright posture and active sitting. The first is aided with the knee tilt mechanism, which helps to ensure that the back is fully supported in a comfortable, natural way. Active sitting is achieved with the rocking mechanism, which improves circulation and stimulates the muscles.

Due to the impressive range of functions on the RH Logic chairs, we offer free set-up and demonstration to ensure you get the full benefit from the chair. Certified for 24/7 use.

Logic 300 - medium back

Logic 400 - high back

POPULAR CONFIGURATIONS

Supplied with a lumbar pump, seat slide, castors for carpeted floors, base in graphite aluminium and Gaja fabric. Armrests and neckrest are optional.

0390403BLA	RH Logic 300 (Black)	£775.00
0380403BLA	RH Logic 400 (Black)	£843.00
0361904	8S Armrests	£92.00
03802103BLA	RH Logic Neckrest (Black)	£57.00



RH MERE0

Fuses innovation, functionality, usability and design.



Mereo 200
Medium back



Mereo 220
High back

A perfect introduction to active sitting. Based on RH's proven two-point principle, the dynamic movement of the chairs helps circulation around the body, stimulates muscle movement and reduces tension. The seat design minimises pressure at the back of the legs. All of this combines to boost energy and concentration. The Mereo is available in both medium and high backs. Certified for 24/7 use.

Mereo 200 - medium back (silver or black frame)

Mereo 220 - high back (silver or black frame)

POPULAR CONFIGURATIONS

Supplied with castors for carpeted floors and base in grey lacquered aluminium in Fame fabric. Armrests and neckrest are optional.

0374102BLA	RH Mereo 200 Silver Frame (Black)	£606.00
0374302BLA	RH Mereo 200 Black Frame (Black)	£606.00
0374202BLA	RH Mereo 220 Silver Frame (Black)	£644.00
0374402BLA	RH Mereo 220 Black Frame (Black)	£644.00
0374902	8T Adjustable Armrests (Height and Width)	£114.00
0374901	RH Mereo Neckrest	£76.00



Product Options



For a full range of options and to configure your chair visit posturite.co.uk/logic



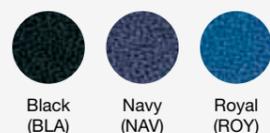
Product Options



For a full range of options and to configure your chair visit posturite.co.uk/mereo



Colours Options

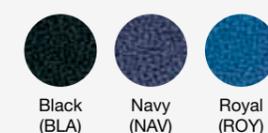


Specification



	LOGIC 300	LOGIC 400
Backrest (WxH) mm	440 x 510	440 x 620
Seat (WxD) mm	465 x 475	465 x 475
Seat slide mm	60	60
Seat height mm	410-530	410-530

Colours Options



Specification



	MEREO 200	MEREO 220
Backrest (WxH) mm	452 x 478	474 x 632
Seat (WxD) mm	425 x 466	425 x 466
Seat slide mm	100	100
Seat height mm	388-520	388-520





RH EXTEND

Flexible and elegant, with intuitive controls.



Extend 100/200
Medium back



Extend 120/220
High back

The RH Extend is equipped with intuitive controls that make it easy to choose exactly the right sitting position, with pictorial levers for easy adjustment.

Both medium and high back versions are available with either a combined tilt mechanism (back and seat move as one) or independent seat and back tilt mechanisms (adjust each separately). Certified for 24/7 use.

Extend 100 - medium back, tilt mechanism

Extend 120 - high back, tilt mechanism

Extend 200 - medium back, independent seat and back tilt

Extend 220 - high back, independent seat and back tilt

POPULAR CONFIGURATIONS

Supplied with seat slide, castors for carpeted floors, base in graphite aluminium and Gaja fabric. Armrests and neckrest are optional.

0333403BLA	RH Extend 100 (Black)	£543.00
0334403BLA	RH Extend 120 (Black)	£601.00
0343403BLA	RH Extend 200 (Black)	£651.00
0344403BLA	RH Extend 220 (Black)	£710.00
0361904	8S Armrests	£92.00
0361940	RH Extend Neckrest	£95.00



RH ACTIV

Follows your slightest body movement - comfortably, ergonomically.



Activ 200/202
Medium back



Activ 220/222
High back



Activ 200 Draughtsman
Medium back with footring

Stimulate your core muscles as you work with the highly versatile RH Activ, which comes as a general office chair, or as a draughtsman for higher surfaces. This is a streamlined ergonomic chair that's ideal for busy environments. Certified for 24/7 use.

Activ 200 - medium back/medium seat

Activ 202 - medium back/large seat

Activ 220 - high back/medium seat

Activ 222 - high back/large seat

Activ Draughtsman - any of the models can be fitted with a higher gas stem, footring and glides to create a draughtsman chair.

POPULAR CONFIGURATIONS

Supplied with seat slide, castors for carpeted floors, base in black aluminium and Gaja fabric. Armrests are optional.

0345152BLA	RH Activ 200 (Black)	£394.00
0345252BLA	RH Activ 202 (Black)	£416.00
0345352BLA	RH Activ 220 (Black)	£431.00
0345452BLA	RH Activ 222 (Black)	£445.00
0345803BLA	RH Activ 222 Draughtsman (Black)	£612.00
0361904	8S Armrests	£92.00



Product Options

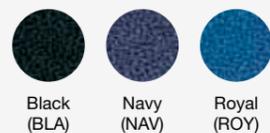


Back Armrests Neckrest Seat Gas Lift Base Castors

For a full range of options and to configure your chair visit posturite.co.uk/extend



Colours Options



Black (BLA) Navy (NAV) Royal (ROY)

Specification



Maximum user weight: 150kg

	EXTEND 100/200	EXTEND 120/220
Backrest (WxH) mm	440 x 510	440 x 620
Seat (WxD) mm	460 x 470	460 x 470
Seat slide mm	60	60
Seat height mm	400-510	400-510

Product Options

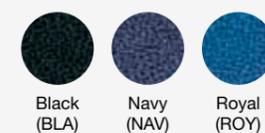


Back Armrests Gas Lift Base Castors

For a full range of options and to configure your chair visit posturite.co.uk/activ



Colours Options



Black (BLA) Navy (NAV) Royal (ROY)

Specification



Maximum user weight: 150kg

	ACTIV 200	ACTIV 220	ACTIV 202	ACTIV 222
Backrest (WxH) mm	370 x 295	370 x 430	370 x 295	370 x 430
Seat (WxD) mm	440 x 430	440 x 430	460 x 460	460 x 460
Seat slide mm	55	55	55	55
Seat height mm	397-527	397-527	397-527	397-527

HÅG CAPISCO

The definition of innovation. No other chair is so well suited to sit-stand workstations.



Capisco 8105
Stool

Capisco 8106
Seat and back

Capisco 8107
Seat and back with headrest

We have been advocates of active sitting for decades, and the HÅG Capisco does this better than any other chair. Designed to be used at 'standard' sitting height and at perching height, no other chair is better suited to sit-stand workstations. The saddle design allows the knees to drop below the hips and open up the hip angle, allowing for a more natural upright posture.

On a Capisco, you can sit equally comfortably facing forward, or turned to the side - and even use the backrest as a chest support. Aesthetically flexible, the frame is available in black, grey or white and also available with a square seat.

Capisco 8105 - seat only (no back)

Capisco 8106 - seat and back

Capisco 8107 - seat, back and headrest

POPULAR CONFIGURATIONS

Supplied with castors for carpeted floors, base in silver aluminium and Xtreme fabric.

0502501BLA	HÅG Capisco 8105 (Black)	£277.00
0502101BLA	HÅG Capisco 8106 (Black)	£702.00
0502201BLA	HÅG Capisco 8107 (Black)	£824.00
0510101	HÅG StepUp Footrest	£96.00



HÅG CAPISCO PULS

A modern and flexible office chair.



Capisco Puls 8001
Stool, plastic seat

Capisco Puls 8010
Plastic seat and back

Capisco Puls 8002
Stool, fabric seat

Capisco Puls 8020
Fabric seat and back

A refreshed take on the original Capisco, the Capisco Puls features a modernised moulded polyurethane seat and back for a more contemporary look - although fabric options are also available. Like its predecessor, the Puls encourages an open hip angle to support the natural 's' shape of the spine. While the mechanisms are the same, the Puls is slimmer and more streamlined than the original Capisco - perfect when space comes at a premium.

Capisco Puls 8001 - partially padded seat (no back)

Capisco Puls 8010 - partially padded seat and plastic back

Capisco Puls 8002 - fully padded seat (no back)

Capisco Puls 8020 - fully padded seat and plastic back

POPULAR CONFIGURATIONS

Supplied with castors for carpeted floors, base in silver aluminium and Xtreme fabric (8001/8010) and in Nexus fabric (8002/8020).

0508001BLA	HÅG Capisco Puls 8001 (Black Plastic/Fabric)	£204.00
0502601BLA	HÅG Capisco Puls 8010 (Black Plastic/Fabric)	£287.00
0508002BLA	HÅG Capisco Puls 8002 (Black Plastic/Fabric)	£288.00
0508200BLA	HÅG Capisco Puls 8020 (Black Plastic/Fabric)	£340.00
0510101	HÅG StepUp Footrest	£96.00



Product Options



Back Seat Base Footring Footrest

For a full range of options and to configure your chair visit posturite.co.uk/capisco



Colours Options



Specification



	CAPISCO 8105	CAPISCO 8106	CAPISCO 8107
Backrest height mm	-	460	460
Seat width mm	470	470	470
Seat depth mm	-	340-420	340-420
Seat height mm	380-515	408-540	408-540

Product Options



Back Base Footring Footrest

For a full range of options and to configure your chair visit posturite.co.uk/puls



Colours Options



Specification



	PULS 8001/8002	PULS 8010/8020
Backrest height mm	-	400
Seat width mm	460	460
Seat depth mm	-	400-470
Seat height mm	455-620	468-649



HÅG SOFI

A striking and timeless ergonomic chair for informal work spaces.



SoFi 7220
Medium back, silver frame



SoFi 7310
High back, black frame



SoFi 7500 Mesh
High back, black frame

For the style-conscious client, the HÅG SoFi offers the perfect blend of sleek looks, world class ergonomics and high-end function. Fluid lines and simple aesthetics ensure all the mechanisms are hidden in the body of the chair with no unsightly levers on show. The SoFi features HÅG's famous inBalance mechanism which responds to the slightest movements.

SoFi 7210 (black frame), 7220 (silver frame) - medium back

SoFi 7310 (black frame), 7320 (silver frame) - high back

SoFi 7500 (silver or black frame) - mesh back

POPULAR CONFIGURATIONS

Supplied with adjustable lumbar support, tilting resistance and castors for carpeted floors. Footbase in silver aluminium and Fame fabric. Armrests are optional.

0541002BLA	HAG SoFi 7210 Black Frame (Black)	£560.00
0541003LGR	HAG SoFi 7220 Silver Frame (Light Grey)	£582.00
0541012BLA	HAG SoFi 7310 Black Frame (Black)	£599.00
0541013LGR	HAG SoFi 7320 Silver Frame (Light Grey)	£617.00
0541022BLA	HAG SoFi 7500 Mesh Black Frame (Black)	£510.00
0541023LGR	HAG SoFi 7500 Mesh Silver Frame (Light Grey)	£527.00
0540902	SlideBack Armrests w/ Soft Top	£159.00



HÅG FUTU

Simple movement promotes active sitting.



Futu 1020
Task chair



Futu 1070
Visitor chair

The new and improved Futu. Built on the tried and tested HÅG inBalance technology that also supports the HÅG SoFi chairs, but stripped down and slimlined. With a softer seat than the original Futu and a slim profile, this chair is perfect for companies looking to bring active sitting into the workplace.

The chair follows your every movement - whether you stretch back or lean forward over your desk. And best of all, you're in control of the chair, not the other way around. Ideal for the modern office and agile working environments. Matching visitor chair available to complement the office, with cantilever base and armrests as standard.

Futu 1020 - HÅG Futu Knit fabric on seat and face of backrest

Futu Communication 1070 - visitor chair

POPULAR CONFIGURATIONS

Supplied with a 150mm gas lift, footbase in silver, castors for carpeted floors and Futu Knit fabric as standard. Armrests are optional.

0520001BLA	HAG Futu 1020 FutuKnit (Black)	£518.00
05020032	Adjustable Armrests	£47.00



Product Options



Back Armrests Headrest Gas Lift Base Castors

For a full range of options and to configure your chair visit posturite.co.uk/sofi



Colours Options



Specification



	7210/7220	7310/7320	7500
Backrest height mm	627	718	718
Seat width mm	450	450	450
Seat depth mm	389-442	389-442	389-442
Seat height mm	450-640	450-640	450-640

Product Options



Armrests Gas Lift Base Castors

For a full range of options and to configure your chair visit posturite.co.uk/futu



Colours Options



Specification



	1020	1070
Backrest height mm	600	460
Seat width mm	485	465
Seat depth mm	380-460	460
Seat height mm	400-550	465



HÅG H05

So Simple. So Clever.



H05 5100/5200
Low back

H05 5300/5400
Medium back

H05 5500/5600
High back

H05 Communication
Visitor chair

Simplicity is key with the HÅG H05. Two adjustments are all you need to get the perfect fit for the user in a matter of a few seconds. One lever adjusts the height of the chair, and the ingenious wheel adjusts the depth of the seat and height of the backrest simultaneously. The mechanism adjusts to the weight of the user, making this the perfect chair for the multi-user workstation. The optional swing back armrests can be pushed back out of the way.

The 5100, 5300 and 5500 have a partially upholstered backrest, and the 5200, 5400 and 5600 have a fully upholstered backrest.

- H05 5100, H05 5200** - low back
- H05 5300, H05 5400** - medium back
- H05 5500, H05 5600** - high back
- H05 Communication** - visitor chair

POPULAR CONFIGURATIONS

Supplied with footbase in silver aluminium, castors for carpeted floors and Xtreme fabric. Armrests and neckrest are optional.

0503101BLA	HAG H05 5100 (Black)	£448.00
0503861BLA	HAG H05 5300 (Black)	£547.00
0503221BLA	HAG H05 5500 (Black)	£586.00
0512722	Adjustable Armrests	£98.00
0505001	SwingBack Armrests	£171.00



HÅG H04

Timeless Comfort.



H04 4200
Low back

H04 4400
Medium back

H04 4600
High back

H04 Communication
Visitor chair

The H04 is the updated version of the Credo, the best-selling office chair in Scandinavia. Used by some of our key clients, the H04 has a wide range of adjustments making it hugely popular and suited particularly to call centres and busy offices. The range of adjustment means that it fits users of almost any size and stature, and with a high standard of environmental credentials, the H04 is one of the 'greenest' chairs on the market. Smaller seat (30mm shorter) and wider seat (45mm wider) are additional options.

- H04 4200** - low back, medium seat
- H04 4400** - medium back, medium seat
- H04 4600** - high back, medium seat
- H04 Communication** - visitor chair

POPULAR CONFIGURATIONS

Supplied as standard with footbase in silver aluminium, castors for carpeted floors and Xtreme fabric. Adjustable armrests and headrest are optional.

0505201BLA	HAG H04 4200 (Black)	£488.00
0505311BLA	HAG H04 4400 (Black)	£590.00
0505411BLA	HAG H04 4600 (Black)	£620.00
0505404	Adjustable Armrests	£78.00
0512701	Headrest	£163.00



Product Options



For a full range of options and to configure your chair visit posturite.co.uk/h05



Colours Options



Specification



	H05 5100/5200	H05 5300/5400	H05 5500/5600
Backrest height mm	450-530	520-600	595-675
Seat width mm	485	485	485
Seat depth mm	385-480	385-480	385-480
Seat height mm	390-530	390-530	390-530

Product Options



For a full range of options and to configure your chair visit posturite.co.uk/h04



Colours Options



Specification



	H04 4200	H04 4400	H04 4600
Backrest height mm	470-560	510-560	590-680
Seat width mm	470	470	470
Seat depth mm	390-505	390-505	390-505
Seat height mm	390-530	390-530	390-530





HÅG H03

Perfectly suited to modern working life.



H03 330
Low back

H03 340
Medium back

H03 350
Medium back with silver base

The HÅG H03 presents affordable ergonomics designed to keep you moving with its balanced rocking mechanism. Easily adjust to find the perfect ergonomic position for the user and task. The clever but simple adjustment allows you to adjust the depth of the seat and height of the backrest at the same time.

The chairs is well suited for a standard workstation, but can very easily be adapted to create a draughtsman chair.

H03 330 - partially upholstered seat and low back

H03 340 - partially upholstered seat and a medium height back

H03 350 - fully upholstered seat and a medium height back

POPULAR CONFIGURATIONS

Supplied as standard with plastic footbase, castors for carpeted floors and Xtreme fabric. Armrests and aluminium footbase are optional.

0506301BLA	HÅG H03 330 (Black)	£347.00
0506401BLA	HÅG H03 340 (Black)	£377.00
0506501BLA	HÅG H03 350 (Black)	£446.00
0506100	Adjustable Armrests	£54.00
0512100	Silver Aluminium Footbase	£28.00
0512101	Black Aluminium Footbase	£28.00



HÅG EXECUTIVE COLLECTION

The essence of luxury.



Tribute
9031

Inspiration
9221

Excellence
9331

All the chairs in the HÅG Executive collection incorporate the signature HÅG inBalance technology, and several other unique features to personalise your sitting experience.

Tilt resistance is adjustable and lockable. Delivered with multi-functional TiltDown armrests in black leather as standard. The footbase is available in matte black or polished aluminium.

The new **HÅG Tribute** is the most comfortable deluxe task chair to date. It's generously padded and wider, yet visually sleek.

HÅG Inspiration is the mesh back executive chair available in medium or a high backrest, and adjustable lumbar support as standard.

HÅG Excellence is an upholstered back available in medium or high backrest, and adjustable lumbar support as standard.

HÅG Tribute 9021 - wide, generously padded back

HÅG Tribute 9031 - with neckrest

HÅG Inspiration 9221 - medium mesh back

HÅG Inspiration 9231 - high mesh back

HÅG Excellence 9321 - medium back

HÅG Excellence 9331 - high back

Due to the nature of this product, each one can be personalised to your choice. Supplied with adjustable armrests and black aluminium base as standard. Please contact us for further details.



Product Options



Back Armrests Gas Lift Base

For a full range of options and to configure your chair visit posturite.co.uk/h03



Colours Options



Specification



	H03 330	H03 340	H03 350
Backrest height mm	300-380	410-490	430-510
Seat width mm	420	420	445
Seat depth mm	400-470	400-470	400-470
Seat height mm	412-551	412-551	412-551

Product Options



Back Armrests Headrest Gas Lift Base

For a full range of options and to configure your chair visit posturite.co.uk/executive



Colours Options



Specification



	TRIBUTE	9221 / 9321	9231 / 9331
Backrest height mm	740	780	1060
Seat width mm	454	460	460
Seat depth mm	393-475	395-485	395-485
Seat height mm	408-518	397-525	392-525

POSITIV PLUS

Premium ergonomic design and functionality at an affordable price.



Positiv Plus Medium
Medium back

Positiv Plus High
High back

The Positiv Plus offers high level of ergonomic adjustments and build quality. The choice of optional upgrades is phenomenal, allowing you to build an office chair that's perfect for you - or just keep it simple. The chair comes with a host of features as standard, including a lumbar pump, seat slide and knee tilt mechanism.

Due to the impressive range of functions at your disposal (including additional padding, coccyx cut-out, different seat sizes and AirCare Plus) we offer free set-up with one of our qualified technicians to help you achieve the perfect positioning.

Positiv Plus Medium - medium back

Positiv Plus High - high back

POPULAR CONFIGURATIONS

Supplied with a lumbar pump, seat slide, castors for carpeted floors, black base and Phoenix fabric. Adjustable armrests and neckrest are optional.

9787511BLA	Positiv Plus Medium Back (Black)	£636.00
9787611BLA	Positiv Plus High Back (Black)	£686.00
9787701	Height Adjustable Armrests	£33.00
9787703	Positiv Plus Neckrest	£40.00



POSITIV ME

Perfect for versatility in the workplace.



ME 100
Fully upholstered back

ME 300
High back

ME 500
Mesh back

ME 600
Medium back

The Positiv ME collection provides users with a double seat slide mechanism, perfect for versatility in the workplace - it will adjust to suit petite or tall users with ease. In an environment where hot desking or flexibility is required, it's an ideal solution. It can also be adapted to suit the individual with a range of additional options (including additional padding, coccyx cut-out, and AirCare Plus).

ME 100 - medium back, fully upholstered

ME 300 - high back

ME 500 - mesh back

ME 600 - medium back

POPULAR CONFIGURATIONS

Supplied as standard with bodyweight tension control, double seat slide, castors for carpeted floors, black base and Phoenix fabric. Inflatable lumbar and adjustable armrests are optional.

9784101BLA	Positiv ME 100 (Black)	£359.00
9784301BLA	Positiv ME 300 (Black)	£305.00
9784501BLA	Positiv ME 500 Mesh (Black)	£359.00
9784601BLA	Positiv ME 600 (Black)	£299.00
9784902	Height and Depth Adjustable Armrests	£50.00
9784905	Inflatable Lumbar	£30.00

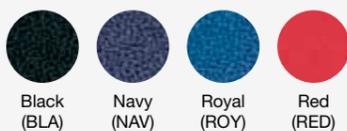


Product Options



For a full range of options and to configure your chair visit posturite.co.uk/positiv-plus

Colours Options



Specification



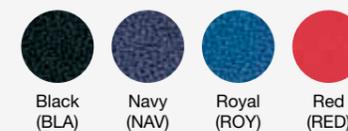
	MEDIUM BACK	HIGH BACK
Backrest height mm	490-570	610-690
Seat width mm	500	500
Seat depth mm	440-525	440-525
Seat height mm	480-530	480-530

Product Options



For a full range of options and to configure your chair visit posturite.co.uk/positiv-me

Colours Options



Specification



	ME 100	ME 300	ME 500	ME 600
Back height mm	525	625	550	560
Back width mm	450	490	450	480
Seat (WxD) mm	490x420-525	460x420-580	490x420-545	490x420-545
Seat height mm	470-570	490-550	470-570	470-570



POSITIV COLLECTION

A quality, low cost ergonomic chair with a range of optional features.



R600
Radial back



U600
Upholstered back



S600
Square back

The Positiv collection is based around absolute simplicity, yet they feature options for adjustment so you can still find the perfect ergonomic position for your body.

R600 Medium and High Back - curved back

U600 Medium and High Back - fully upholstered back

S600 - square back

POPULAR CONFIGURATIONS

Supplied with tension control mechanism, independent back angle adjustment, castors for carpeted floors, black base and Phoenix fabric. Seat slide, adjustable lumbar, retractable armrests and neckrest are optional.

9787038INBLA	Positiv R600 Medium Back (Black)	£225.00
9787002INBLA	Positiv R600 High Back (Black)	£249.00
9787029INBLA	Positiv U600 Medium Back (Black)	£315.00
9787004INBLA	Positiv U600 High Back (Black)	£315.00
9787003INBLA	Positiv S600 Square Back (Black)	£219.00
9787105U	Seat Slide (Sliding Range 50 mm)	£25.00
9787106U	Inflatable Lumbar	£30.00
9787102U	Retractable Armrests	£50.00
9787108U	Neckrest (U600 High Back Only)	£60.00



Product Options



Back

Armrests

Seat

Gas Lift

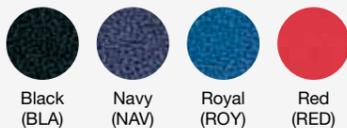
Base

Castors

Lumbar

For a full range of options and to configure your chair visit posturite.co.uk/positiv

Colours Options



Black (BLA)

Navy (NAV)

Royal (ROY)

Red (RED)

Specification



Maximum user weight: 150kg

	R600	U600	S600
Medium back (WxD) mm	565x450	440x450	490x450
High back (WxD) mm	635	600	-
Seat (WxD) mm	485x490-540	490x490-540	500x490
Seat height mm	460-570	490-600	420-530



ERGOCHAIR ADAPT

Because people are not made to standard specifications.



200
Petite



500
Entry-level



600
Ergonomic office chair



700
Bariatric



AdaptLift
Electronic lift

The Adapt range by ErgoChair caters for people of all sizes, shapes and needs by offering an extremely high level of customisation. This allows you to build a chair that fits the contours of your body, supporting you in all the right places and giving you the chance to work in absolute comfort - all designed to preserve your health, boost your happiness and increase your productivity at work.

Adapt 200 Petite Chair

People come in all shapes and sizes, but office chairs don't always reflect this. The Adapt 200 office chair is made-to-measure only for petite users.

Adapt 500 Chair Range (511, 512, 521, 522, 531, 532)

The entry-level Adapt 500 ergonomic office chair comes in six varieties (all different combinations of backrest and seat sizes). Once you've selected your model, you can go ahead and customise it to suit your unique shape, preferences and needs.

Adapt 600 Chair Range (610, 620, 630, 640, 650, 660, 680)

The Adapt 600 ergonomic office chair comes in seven varieties (all different combinations of backrest and seat sizes). It is supplied with high quality features as standard. Once you've selected your model, you can go ahead and customise it to suit your unique shape, preferences and needs.

Adapt 700 Bariatric Chair

The Adapt 700 is a specialist heavy-duty ergonomic office chair for larger, heavier users. This is a stylish and comfortable solution from one of the top brands in the industry. Maximum user weight: 222kg.

AdaptLift Chair

Transform your Adapt 600 chair into an AdaptLift if you need extra help either with adjusting the height of the chair, or getting in and out of it.



Product Options

- Headrest
- Reactive lumbar support
- Vertical support
- Extended back bar
- Memory foam back
- Memory foam seat
- Reduced back width
- Sacral support cell
- Armrests/arm pads
- Thigh support
- Seat size and type
- Coccyx cut-out
- ErgoCore seat system
- Reduced seat width/depth
- Gas stem and castors
- Footring/footplate
- Draughtsman upgrade
- Massage system
- Heated pads
- Internal sprung seat
- ESD upgrade
- Foam sculpting
- Foam support wings
- Swivel and movement lock

For a full range of options and to configure your chair visit posturite.co.uk/adapt





Maximum user weight: 222kg



POSITIV PLUS EXTRA

The Positiv Plus Extra features a range of sophisticated controls giving users maximum levels of adjustability to achieve a truly comfortable seating experience.

Supplied complete with lumbar pump, seat slide, castors for carpeted floors, base in polished aluminium and Phoenix fabric. Armrests and neckrest included. Weight guarantee: 35 stone (222kg).

9788000 Positiv Plus Extra w/ Armrests (Black) **£995.00**



Maximum user weight: 227kg



BODYBILT BIG & TALL

The BodyBilt provides exceptional comfort with upper and lower back support.

The BodyBilt comes as standard with adjustable air lumbar support, armrest height, angle and width adjustment, seat slide adjustment, seat tilt adjustment and tension control and is guaranteed up to 227kg. 3500 model includes a neckrest.

5525	BodyBilt 2500 (Black)	£1,180.00
5526	BodyBilt 3500 w/ Neckrest (Black)	£1,300.00



Maximum user weight: 150kg



KAB CONTROLLER 24HR

A 24-hour chair for primary use in surveillance and control stations. Features robust leather/fabric, providing maximum comfort and durability for 24/7 use.

The KAB Controller comes complete with height and backrest angle adjustment, inflatable lumbar support, headrest and high backrest, tip-up comfort armrest, seat tilt, side tension and body contoured cushions.

9792000BLA KAB Controller 24 Hour (Black Leather) **£830.00**

HÅG CONVENTIO WING

A unique chair specifically designed for meetings and conferences.



Conventio Wing 9811
Low back



Conventio Wing 9821
Upholstery on seat



Conventio Wing 9831
Upholstery on seat and back



Conventio Wing 9832
5 Star footbase

No other meeting chair will provide you with a movement mechanism that not only keeps the user comfortable, but also alert. Linkable, and self-levelling on uneven floors, the HÅG Conventio is designed with meeting rooms and conferences in mind. Stylish, modern, ergonomic and stackable up to 15 high.

- Conventio Wing 9811** - plastic seat and back
- Conventio Wing 9812** - plastic seat and back, 5-star footbase
- Conventio Wing 9821** - upholstery on seat
- Conventio Wing 9822** - upholstery on seat, 5-star footbase
- Conventio Wing 9831** - upholstery on seat/back
- Conventio Wing 9832** - upholstery on seat/back, 5-star footbase

POPULAR CONFIGURATIONS

Armrests and writing tablet are optional. Pricing based upon upholstery in Camira Xtreme fabric.

0500111BLA	HAG Conventio Wing 9811 (Black)	£137.00
0500131BLA	HAG Conventio Wing 9821 (Black)	£172.00
0500151BLA	HAG Conventio Wing 9831 (Black)	£211.00
0500171	Armrests	£38.00
0500173	Armrest in Plastic, Left Side	£19.00
0500174	Writing Tablet, Black, Right-Handed	£53.00



Product Options



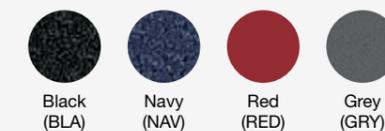
Back Armrests Seat

For a full range of options and to configure your chair visit posturite.co.uk/conventio-wing

Chair Colour Options



Cushion Colour Options



10 YEAR GUARANTEE

HÅG



3DEE ACTIVE OFFICE CHAIR

The 3Dee active office chair is the first of its kind and the result of absolute consistency – in engineering just as in design. Its 3D movement – horizontal and vertical – is designed without compromise around the natural biomechanical model of the human being.

8825300BLA	3Dee Chair (Black)	£894.12
8825300GRE	3Dee Chair (Grey)	£984.12
8825300COR	3Dee Chair (Coral)	£894.12



BACK APP 2.0 CHAIR

The Back App chair helps to strengthen your back and ensures a natural sitting posture leading to less fatigue, keeping you comfortable, alert and productive at your desk.

It works by constantly stimulating the muscles that you use to balance as the chair gently moves on its central axis.

If you suffer from back pain why not try the Back App chair?

9944013	Back App 2.0 (Black)	£508.00
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MUVMAN STOOL

The Muvman stool is designed to offer users an active sitting experience. Thanks to patented flexzone technology, the Muvman offers support and freedom of movement, the 4° forward tilt of the spring strut means that the Muvman automatically adapts to your sitting position.

8825700BLA	Muvman Stool (Black)	£299.16
8825700BLU	Muvman Stool (Blue)	£299.16
8825700GRN	Muvman Stool (Green)	£299.16
8825700GRY	Muvman Stool (Grey)	£299.16



ONGO SEAT

The ONGO is not only a comfortable and beautifully designed stool, it also promotes active sitting to ease tension, strengthen muscle groups in the back and improve overall posture. It is a fun way to build exercise into your everyday life, not only improving posture but also boosting energy levels and concentration. Available in 12 colours at posturite.co.uk.

8808100	Ongo Seat (Black)	£229.00
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WING BALANS KNEELING CHAIR

The Wing Balans supports you in the open angle 'kneeling' posture instead of the erect or right-angled posture imposed by traditional office chairs. This creates a balanced torso which allows your spine to find its natural curve while strengthening your core muscles.

RET0112101	Wing Balans (Black)	£609.00
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SALLI MULTI ADJUSTER

The development of the saddle chair has been formed around the sound ergonomics of the riding saddle. The ergonomic saddle chair improves posture and soothes backaches. Available in a range of colours.

9739000	Salli (Black Leather)	£449.00
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JOLLY BACK CHAIR

The Jolly Back Chair is a low seating solution for adults working at low heights - ideal for teachers. It improves posture, comfort and helps reduce the risk of musculoskeletal injury.

Available in three sizes.

8823001	Small (Black)	£139.00
8823002	Medium (Black)	£139.00
8823003	Large (Black)	£139.00



SCORE SIT-STAND STOOL

This sit-stand stool provides the solution for work that requires alternate sitting and standing positions. It is ideal for workplaces where there is a lack of leg space.

3809119	Sit-Stand Stool	£299.00
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KANGO STAND-UP STOOL

The Kango Stand-Up Stool is designed for industry and laboratory use to provide user support whilst working at higher workstations. Available in a range of colours.

9710101	Kango Stool (Black)	£199.99
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Find more seating options online at posturite.co.uk/ergonomic-chairs

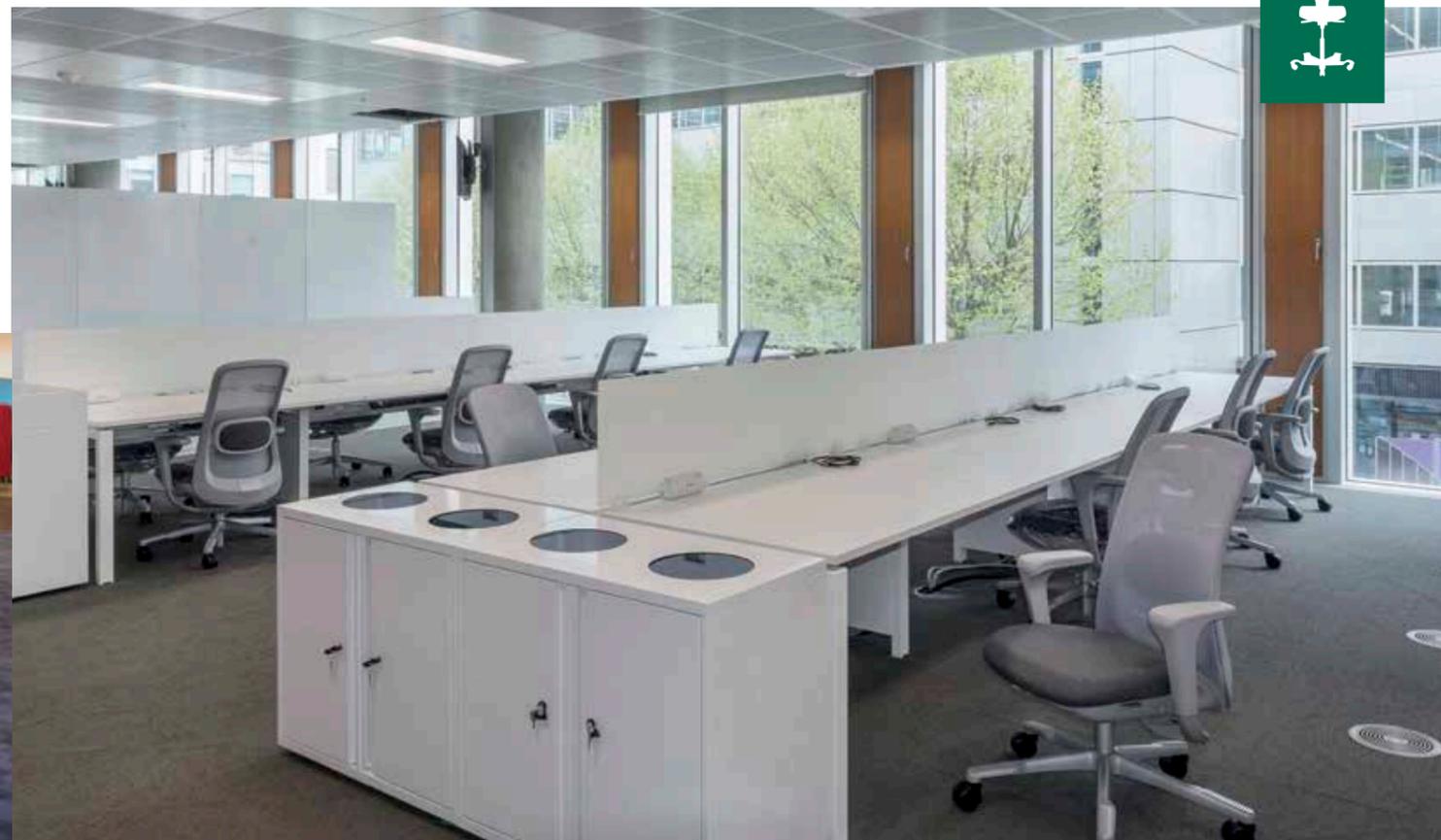




INVEST IN SEATING

The smartest change you can make to any office design is improved seating. Providing every employee out with an adjustable, ergonomic chair can help increase productivity, decrease work absence and improve staff retention.

It is now widely accepted that musculoskeletal disorders like back, shoulder and neck pain can be caused and exacerbated by poor office seating. With UK employees now spending up to 60% of their working days sitting down (according to the NHS), investing in high quality office seating is crucial for forward-thinking employers. Poor seating - that is, non-ergonomic, poorly matched, or incorrectly set-up seating, can encourage bad posture like hunching, slouching, or simply lack of movement.



OUR SEATING SERVICE CAN HELP YOU



Increase productivity

We can work with you to guide you through this big decision. Our unique chair consultancy service makes sure your business reaps the rewards by choosing the right seating.

This service is entirely independent, allowing us an almost infinite choice on any chair model on the market - not just those listed in this catalogue. We're also DSE and health professionals, so we know what to look for.

We work closely with your staff, provide on-site chair trials and engage with all key stakeholders in the



Reduce absenteeism

business to get to the right solution. Whether it's working with designers, architects, facilities teams, HR, occupational health, or health and safety, we make sure your company objectives are met, while providing the best possible solution for your budget.

As an independent company with strong relationships with a number of carefully chosen manufacturers, we're sure we can source a chair to fit the bill. All of this is underpinned by the idea that office seating is an investment not just in your premises, but in your people too.



Save money

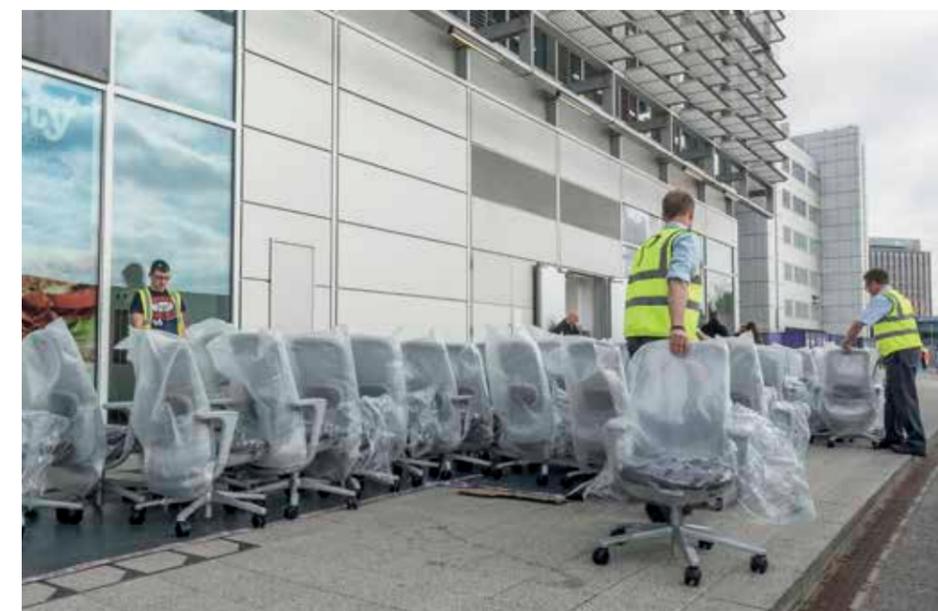
We can draw upon our ergonomic expertise and experience so that we find the right solution based upon your business needs.

A PROVEN PROCESS

Whether you want a few dozen or hundreds of new chairs, we make the process as straightforward and stress-free as possible by following a tried-and-tested structure.

1. Initial consultation
2. Product presentation
3. User trials and evaluation
4. Selection process
5. Delivery and set-up
6. Full after-sales support

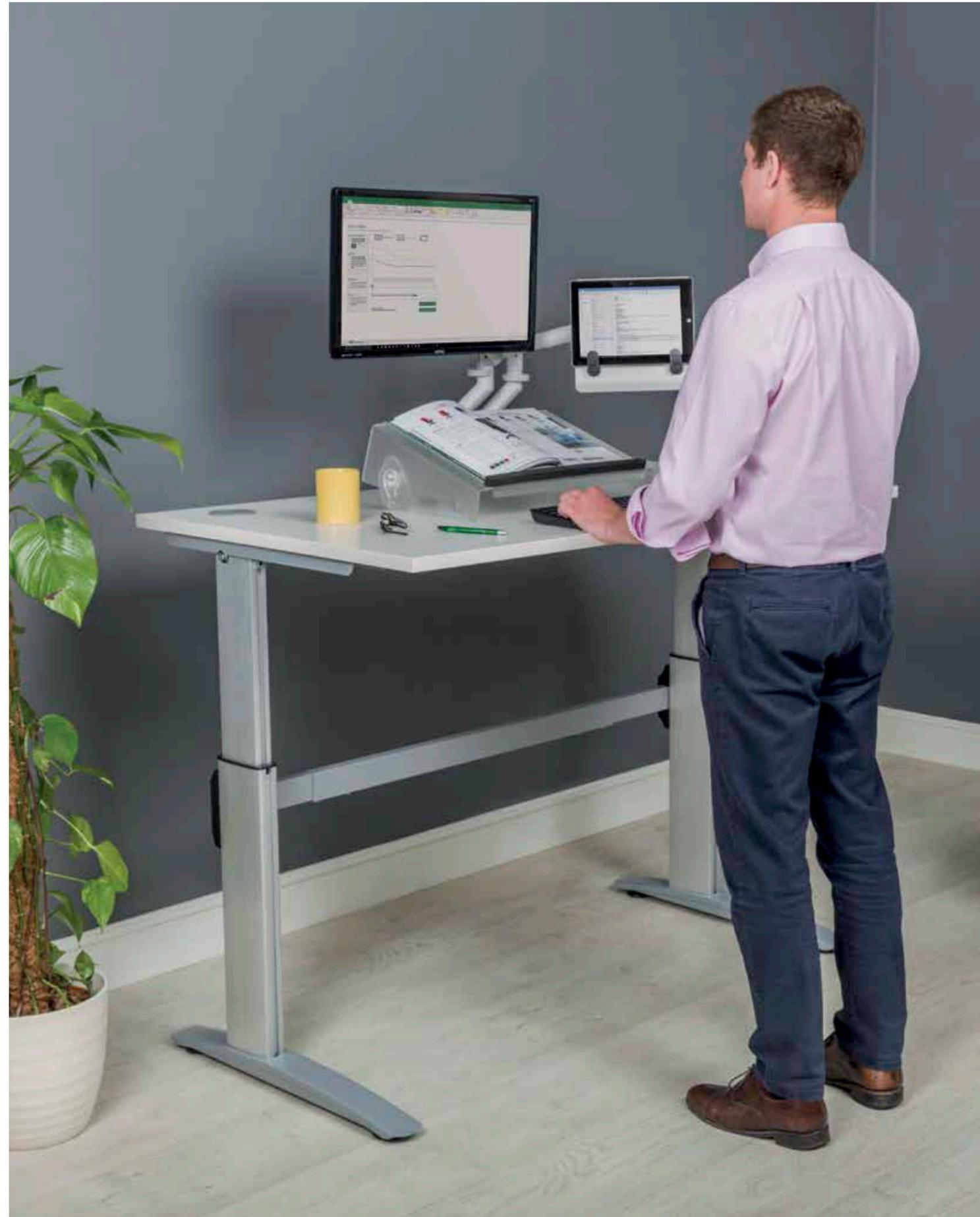
Contact us to discuss the possibilities.





Sit-Stand Desks

Sit-stand desks are designed to combat the physical and mental dangers of prolonged sitting by encouraging users to move from sitting to standing throughout the day.



The human body evolved over thousands of years to move - to walk, run and sprint for survival. Over the centuries we have become increasingly sedentary, letting technology work for us while we sit still. The impact on our bodies has been significant, with researchers finding a strong link between prolonged sitting and a host of health conditions, including:

- diabetes type II
- cardiovascular disease
- obesity
- musculoskeletal disorders (MSDs)
- unhealthy ageing and poor bone health.

Scientist Stephen Hawking recently spoke about what he calls 'one of the most serious public health problems of the twenty-first century', saying:

"At the moment, humanity faces a challenge and millions of lives are in danger. Today too many people die from complications related to obesity. We eat too much and move too little. Fortunately the solution is simple: more physical activity and a change in diet. It's not rocket science."

He added: "For what it's worth, how being sedentary has become a major health problem is beyond my understanding."

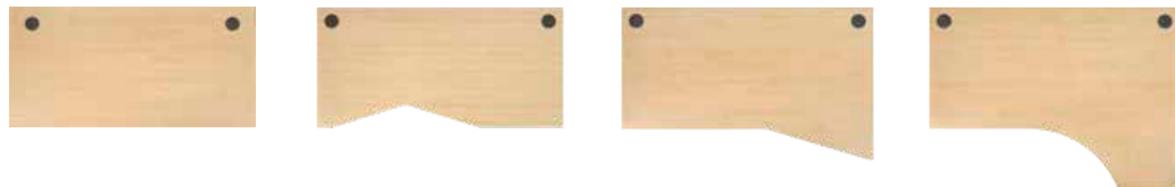
More than 30% of our entire lives are spent at work and for many of us, this involves sitting at a desk. Even for normally active people, it's difficult to find an excuse to move when you're limited to the office all day. Technology designed to make us move more - like mobile phones, laptops and tablets, actually keep us sitting in poor postures for longer. These devices blur the boundaries between our personal and professional lives, meaning it's easier than ever to bring our work (and our sedentary habits) home with us.

It's time to change our ways. As early adopters of the sit-stand desk (we sold our first in 1994), we're strong believers in active working. That is - finding ways to incorporate more activity into our working days to rev-up our bodies and minds.

It's time to leave the traditional sedentary office behind and embrace new, active ways of working to future-proof our workplaces. But don't take our word for it. Browse our wide selection of sit-stand desks, contact us for more information and discover the benefits yourself.

DESKRITE 500

The highest quality sit-stand desk to get you moving.



Writing
Standard rectangular shape

Stance (Right Hand)
Left hand also available

Wave (Right Hand)
Left hand also available

Corner (Right Hand)
Left hand also available

The DeskRite 500 electric sit-stand desk range blends seamlessly into office life to give computer-users the freedom to move more. Constructed with the most durable Linak components, everything from this sit-stand desk's smooth, quiet mechanism to the sleek, simple design emanates high quality.

We created the DeskRite 500 range to solve two common workplace problems in one go: sedentary behaviour and poor posture. The four varying shapes cater for individuals carrying out different tasks so users can find the perfect ergonomic position for them.

Of all our DeskRite models, the DeskRite 500 has the widest range of height adjustment, extending from 605mm to 1275mm in a matter of seconds.

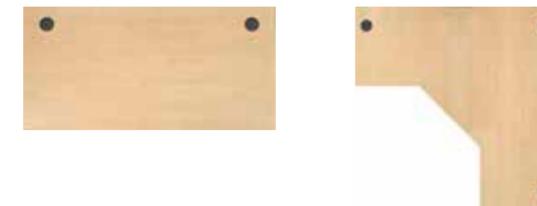
POPULAR CONFIGURATIONS

090113110	DeskRite 500 Writing Maple/Silver 1200 x 800 mm	£975.00
090114110	DeskRite 500 Writing Maple/Silver 1400 x 800 mm	£985.00
090115110	DeskRite 500 Writing Maple/Silver 1600 x 800 mm	£995.00
090143110	DeskRite 500 Writing White/Silver 1200 x 800 mm	£975.00
090144110	DeskRite 500 Writing White/Silver 1400 x 800 mm	£985.00
090175110	DeskRite 500 Writing White/Silver 1600 x 800 mm	£995.00



DESKRITE 300

The entry-level electric sit-stand desk.



Writing
Standard rectangular shape

Cockpit
Corner workstation

The DeskRite 300 desk is a simple, affordable but cleverly engineered model. It's easy to change your position from sitting to standing throughout the day - and keep your body active.

The desk is incredibly simple to use, with a steady electric mechanism controlled by up and down buttons. The desk surface is sturdy and spacious, with a choice of a white or maple wood finish, and the adjustability means you can reap the rewards of sitting less.

We offer the DeskRite 300 in two desktop shapes and many sizes ranging from 1200-1600mm in width.

POPULAR CONFIGURATIONS

070118110	DeskRite 300 Writing Maple/Silver 1100 x 800 mm	£589.00
070113110	DeskRite 300 Writing Maple/Silver 1200 x 800 mm	£599.00
070114110	DeskRite 300 Writing Maple/Silver 1400 x 800 mm	£609.00
070133110	DeskRite 300 Writing White/Silver 1200 x 800 mm	£599.00
070134110	DeskRite 300 Writing White/Silver 1400 x 800 mm	£609.00
070135110	DeskRite 300 Writing White/Silver 1600 x 800 mm	£619.00
070514413	DeskRite 300 Cockpit Maple/Silver 1400 mm	£1,069.00



Electric Switch



Change the height of your desk at the push of a button. The state-of-the-art mechanism takes care of the rest. Sophisticated technology guarantees that your desk is always perfectly level.

For a full range of options and sizes visit posturite.co.uk/deskrite-500

Frame



Desktop



Specification

5 YEAR GUARANTEE	Liftable weight kg	140
	Speed mm/second	42
	Height range mm	605-1275
	Surface thickness mm	25

Electric Switch



Go from sitting to standing and back again with minimal effort. Change the height of your desk at the push of a button. Let the built-in mechanism take care of the rest.

For a full range of options and sizes visit posturite.co.uk/deskrite-300

Frame



Desktop



Specification

5 YEAR GUARANTEE	Liftable weight kg	140
	Speed mm/second	16
	Height range mm	700-1150
	Surface thickness mm	25

DESKRITE 200

The easy-crank sit-stand desk.



Writing

Standard rectangular shape

The DeskRite 200 writing desk is an affordable sit-stand desk that adjusts manually to promote more movement throughout the day.

Although it may sound strange to some, it's surprisingly easy to work while standing. In fact, moving from sitting to standing frequently throughout the day activates the muscles and stimulates blood-flow around the body - helping you focus for longer.

The crank movement is smooth and quiet, so you can wind it up and down without disturbing anything or anyone. The rectangular surface comes in five sizes, with a choice of desktop finishes.

POPULAR CONFIGURATIONS

060118110	DeskRite 200 Crank Maple/Silver 1100 x 800 mm	£419.00
060113110	DeskRite 200 Crank Maple/Silver 1200 x 800 mm	£429.00
060114110	DeskRite 200 Crank Maple/Silver 1400 x 800 mm	£439.00
060115110	DeskRite 200 Crank Maple/Silver 1600 x 800 mm	£449.00
060116110	DeskRite 200 Crank Maple/Silver 1800 x 800 mm	£459.00
060137110	DeskRite 200 Crank White/Silver 1100 x 800mm	£419.00
060133110	DeskRite 200 Crank White/Silver 1200 x 800mm	£429.00
060134110	DeskRite 200 Crank White/Silver 1400 x 800mm	£439.00
060135110	DeskRite 200 Crank White/Silver 1600 x 800mm	£449.00
060136110	DeskRite 200 Crank White/Silver 1800 x 800 mm	£439.00



DESKRITE EVOLVE

The sit-stand bench desk system.



Writing

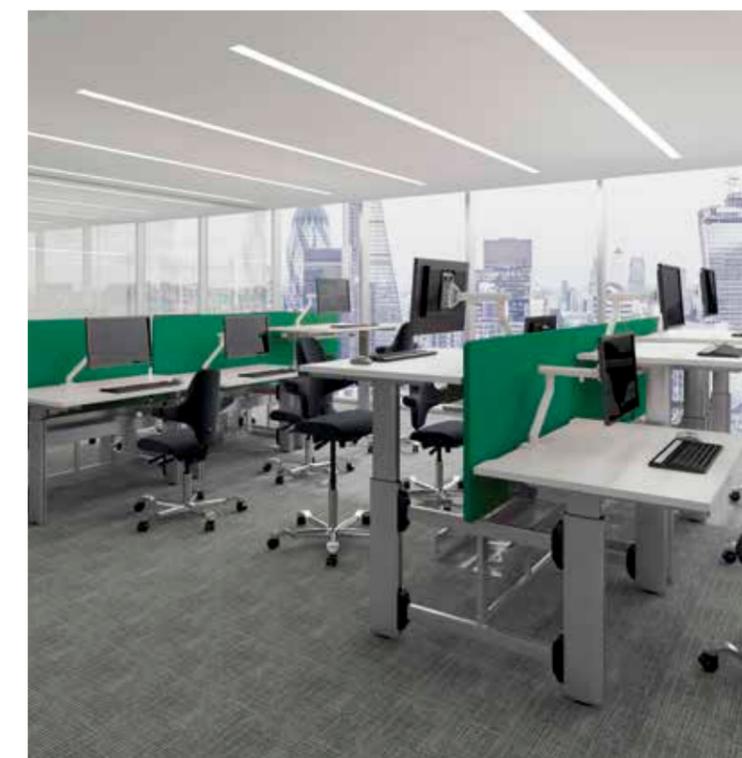
Rectangle with scallop back

DeskRite Evolve is the bench system of affordable electric sit-stand desks for the office.

Based on the existing DeskRite range, Evolve allows you to simply and easily configure your office from just two desks up to as many as you need.

By using a shared frame, incorporating full cable management, desk screens and optional electrical packages, we now have a system of sit-stand desks for your project, previously unavailable at this price. The desk tops are 25mm thick, and come in a range of sizes and finishes (including MFC and veneer) to suit your requirements. As ever, we can help with your space planning to help you make the most of your office space, while ensuring that your staff are not only comfortable and productive, but healthy too. With built-in safety features, which prevents 'trapping' between adjacent height adjustable surfaces, the desk complies with all the necessary safety standards.

The choice of screen finish is almost unlimited, including magnetic, pinnable, acoustic, or standard screens. And the fabric choice is entirely up to you.



Crank Handle



No need to plug in! Go from sitting to standing and back again using the built-in crank handle. Fold away when finished.

For a full range of options and sizes visit posturite.co.uk/deskrite-200

Electric Switch



Go from sitting to standing and back again with minimal effort. Change the height of your desk at the push of a button. Let the built-in mechanism take care of the rest.

For a full range of options and sizes visit posturite.co.uk/deskrite-evolve

Frame Desktop



Specification

5 YEAR GUARANTEE	Liftable weight kg	60
	Height range mm	700-1150
	Surface thickness mm	25

Frame Desktop



Specification

5 YEAR GUARANTEE	Liftable weight kg	140
	Speed mm/second	16
	Height range mm	700-1150
	Surface thickness mm	25



DESKRITE 100

The high quality, affordable introduction to active working.



Small
Single monitor set-up



Medium
Large or dual monitor set-up

Instantly convert any surface into a sit-stand desk with the stylish DeskRite 100. Assemble easily in a matter of minutes and begin your journey to a healthier working life. Simply pull the levers to move the dual-level surface to your desired height - whether sitting or standing, and enjoy a sturdy, ergonomic, topple-resistant surface for your computer monitors, accessories, devices and papers.

The DeskRite 100 extends vertically, rather than pulling forwards, resulting in a more streamlined, compact product. The DeskRite 100 also benefits from a discreet built-in smartphone, tablet, or document holder for a more fluid workflow.

- Easily transform any surface into a sit-stand desk.
- Quick assembly.
- Smooth, easy-to-activate.
- Mechanism moves desk vertically within its own footprint for better balance with no impact on 'corridor width' and access to items on your desk e.g. telephone.
- Choose from two sizes depending on your needs.
- Increase your activity levels by switching from sitting to standing throughout the day.
- Reduce your risk of musculoskeletal disorders.
- Smart matte black finish, perfect for home or office use.
- 10 levels of height adjustment accommodating 76% of male and over 99% of female adult population.

9820701	DeskRite 100 Small (Black)	£219.95
9820702	DeskRite 100 Medium (Black)	£249.95
9820703	DeskRite 100 Medium (White)	£249.95



If you're looking for a simple, low-cost way to burn more calories, keep active and boost your concentration and productivity levels at work - then why not try the DeskRite 100 today?

Colour



Specification

kg Weight:
Small: 20.1kg / Medium: 23kg

	SMALL	MEDIUM
Platform dimensions (WxD) mm	680 x 590	890 x 590
Overall dimensions inc keyboard tray (WxD) mm	680 x 790	890 x 790
Height range mm	150-500	150-500
Weight capacity kg	15	15

VARIDESK

Sit-stand platforms from a global brand.



Pro
Platform only



Pro Plus
With keyboard tray



Cube Corner
For corner spaces

VARIDESK is a range of sit-stand desktop platforms that allow you to transform your workspace by switching from a sitting position to a standing position, and back, easily. The VARIDESK sits on top of your existing desk, making it one of the least disruptive and most cost effective methods of obtaining sit-stand functionality for your workstation.

- Free companion app gives you sit and stand alerts.
- Switches from sitting to standing position in just 3 seconds.
- Ergonomic design adjusts to any user's height.
- Fits most desks in any office or cube.
- Spring-assisted lift.
- Fully assembled; easy set-up.

VARIDESK Pro 30 - for single monitor

VARIDESK Pro 36 - for dual monitors

VARIDESK Pro Plus 30 - for single monitor with keyboard tray

VARIDESK Pro Plus 36 - for dual monitors with keyboard tray

VARIDESK Pro Plus 48 - extra large with keyboard tray

VARIDESK Cube Corner 48 - designed to fit nicely into corner spaces with its triangular display surface

8873001	Pro 30 - Single Monitor (Black)	£270.83
8873002	Pro 36 - Dual Monitor (Black)	£304.17
8873004	Pro Plus 30 - Single Monitor (Black)	£270.83
8873005	Pro Plus 36 - Dual Monitor (Black)	£304.17
8873008	Pro Plus 36 - Dual Monitor (White)	£304.17
8873006	Pro Plus 48 - Dual Monitor (Black)	£354.17
8873011	Cube Corner 48 (Black)	£354.17



Studies prove that standing up for part of the workday can increase your calorie burn and raise your energy levels, metabolism, and productivity. Plus, it can reduce your risk of diabetes, high blood pressure and cardiovascular disease.

Colour



Specification

	PRO 30	PRO 36	PRO PLUS 30	PRO PLUS 36	PRO PLUS 48	CUBE CORNER 48
Width mm	762	914	762	914	1220	1220
Depth mm	152.4	152.4	756	756	756	851
Weight capacity kg	15.88	15.88	15.88	15.88	20.41	15.88

DESKRITE ANTI-FATIGUE MAT

The DeskRite Anti-Fatigue Mat is designed to reduce the stress on trouble areas such as the feet, knees and hips. While standing on this mat you will - without realising it - be subtly contracting and expanding your muscles to adjust to the flexibility of the surface.



9820571 DeskRite Anti-Fatigue Mat **£49.99**



BACK APP 360

The Back App 360 allows you to keep your posture in check while you stand. It lets you stand and balance comfortably in all directions, which also helps to provide subtle training to the muscles and joints especially in the ankle, leg, knee and hips.

9944040 Back App 360 **£123.00**



CIRCULAR DESK RAISERS

Our strong, stackable desk raisers can be slipped beneath the legs of your desk (as long as they're circular or cantilever) to boost it to your desired height (maximum of three can be stacked).

9792302 Circular Desk Raisers (Set 4) **£14.95**



DESK FEET ROUND

A simple inexpensive way to raise desk height by 25mm or 50mm. Fits desks up to 3.8cm in diameter. Simply turn block over for required height.

609102 Desk Feet Round (Single) **£7.49**



DESK FEET RUNNERS

A simple inexpensive way to raise desk height by 50mm. The Runner version has a 2.5cm wide continuous groove.

609201 Desk Feet Runners (Single) **£7.49**



“

Get moving at work and combat the dangers of prolonged sitting with a sit-stand desk kitted out with accessories to keep you healthy and comfortable.



MOOVRITE STANDING PLATFORM

Designed to reduce the negative effects of static standing.

Standing on the MoovRite encourages active yet controlled movement which helps to promote circulation and balance.

9820500 MoovRite **£99.95**



MOBILE DESK HEIGHT PEDESTAL

Elm MFC desk height pedestal for a practical, durable, low-cost storage solution. The mobile pedestal range provides the perfect solution for space-saving, desk height storage. Lockable.

9722013 Desk Height 2 Drawer/1 File **£285.31**



MOBILE UNDER DESK PEDESTAL

Elm MFC under desk pedestal for practical, durable, low cost storage solution.

9722015SW Under Desk 3 Pedestal **£215.87**

GYMBA STANDING PLATFORM

By using the Gymba you can make sure you always have the correct posture. Gymba enables you to walk while you work. You can continue working normally without having to worry about overstraining your feet or your back.

9890999 Gymba Platform **£99.00**



LUMO LIFT

The pebble-shaped device clips discreetly to your clothing to monitor your posture and activity levels, vibrating gently whenever you slouch to coach you out of bad habits. With poor posture affecting your blood-flow, concentration, energy levels and of course your bones, joints and muscles, it pays to sit up straight. The Lumo Lift syncs with a free mobile and web app so you can set your goals and watch your progress over time — wherever you are and whatever device you use.

0021001 Lumo Lift **£59.99**



MOBILE DESK HEIGHT PEDESTAL

This steel pedestal range has been developed to meet the requirements for a practical, durable, low-cost storage solution. The mobile pedestal range provides the perfect solution for space-saving, under-desk storage. Lockable.

9785104 Desk Height 2 Drawer/1 File **£250.00**



MOBILE UNDER DESK PEDESTAL

The perfect solution for space-saving, under-desk storage. Lockable.

9785102 Under Desk 1 File/2 Box **£287.00**



LINAK WELLNESS SWITCH

The LINAK Wellness Switch is designed to help you interact with your sit-stand desk. The switch will help you understand exactly what the additional standing/moving is doing for your body. You are reminded to stand and your standing minutes through the day will be converted into calories burned. This provide affirmation to users that they are choosing a healthier way to work.

0945101 Wellness Desk Switch **£49.95**

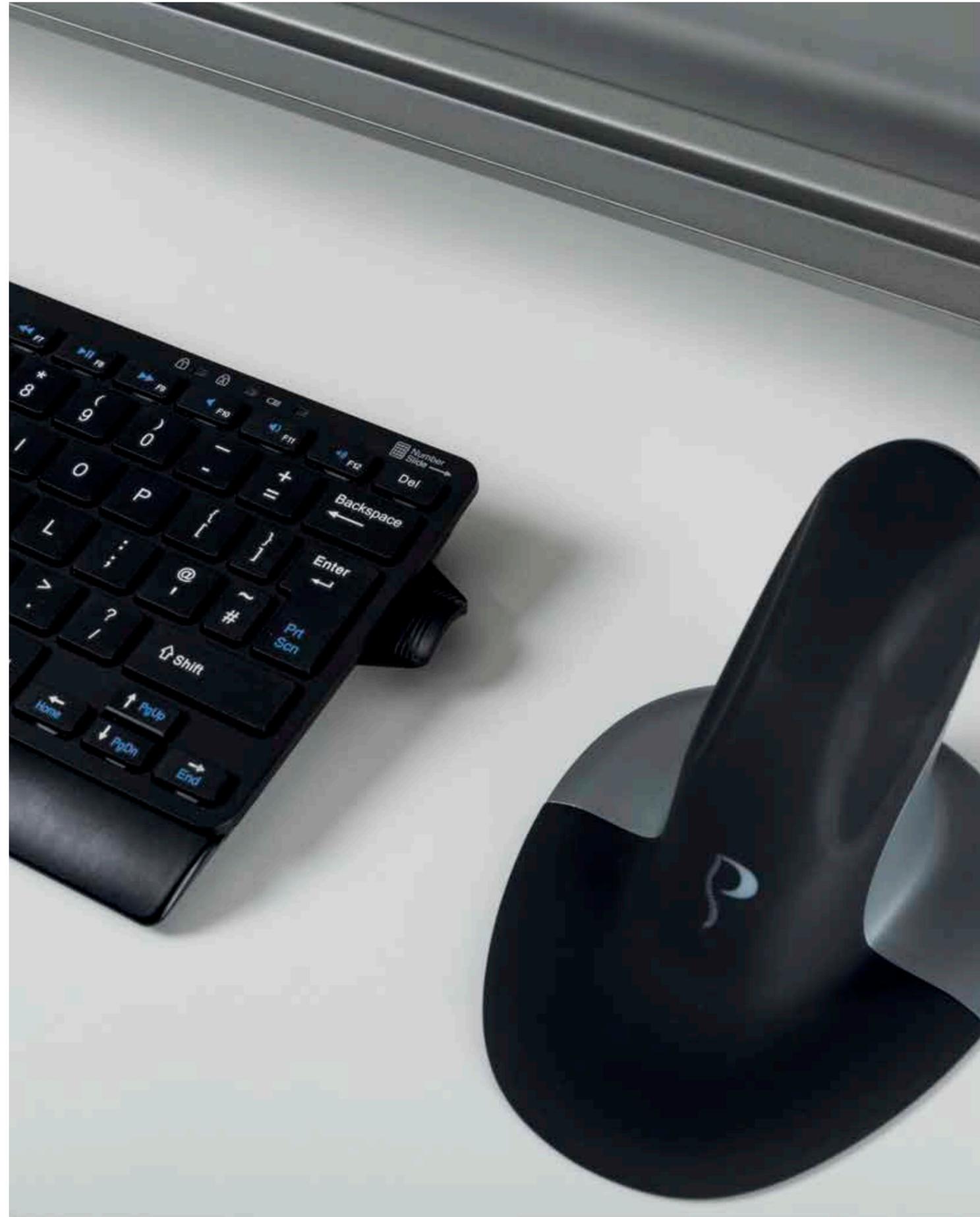
Find more sit-stand desks and accessories online
posturite.co.uk/sit-stand





Ergonomic Mice and Keyboards

Combat painful upper limb disorders associated with regular computer use by switching to ergonomic mice and keyboards.



Our reliance on computer technology has grown and office workers now spend the majority of their time using mice and keyboards that were not designed for prolonged use.

The repetitive reaching and stretching for these devices puts immense strain on the musculoskeletal system that, over time, can cause painful disorders and muscular imbalance.

In fact, keyboard use and repetitive movements were cited by HSE as among the top causes of work-related MSDs in 2015-16.

Fortunately, there are alternatives.

Ergonomic mice and keyboards have been reimagined to better suit our anatomy and modern working behaviours. They come in a huge range of forms, shapes and sizes that suit different people. A vertical mouse like our award-winning Penguin redirects the angle of your arm so you can work in a neutral 'handshake' position instead of twisting uncomfortably.

A compact keyboard cuts out the number pad and eliminates the need to stretch for the mouse. Our Number Slide keyboard offers the best of both worlds: pull out the number pad when needed, and slide away when not in use. This promotes natural positioning to reduce muscle fatigue.

Computer mice and keyboards are some of the most-used tools in the modern world, so it pays to invest in quality, ergonomic models before you or your employees begin to experience musculoskeletal pain.

Remember, we offer a wealth of tips and advice. Book an ergonomic assessment for individual product recommendations, or make use of our free 14-day product trial (where applicable) to find the perfect match.

PENGUIN

Ambidextrous Vertical Mouse.



Small
Wired



Medium
Wireless



Large
Wireless



The Penguin offers computer users new standards of protection against work-related upper limb disorders. It provides a simple but revolutionary solution to many of the common health problems associated with repetitive use of the dominant hand by allowing both hands to share the workload. The base platform reduces the grip required to position the device without any loss of accuracy.

- Naturally comfortable - the vertical alignment encourages a more ergonomic operating position.
- Ambidextrous - 'bow-tie' switch for right or left-handed use.
- Easy-glide symmetrical base - hand rests on mouse to encourage the use of larger muscles in the fore/upper arm to manoeuvre.
- Performance - precision laser for accurate tracking.
- Variable DPI [400-600-800-1200] - adjustable pointer speeds.
- Precision scroll wheel - for fast, accurate document scrolling including an auto-scroll feature.
- Wired and wireless (rechargeable) versions available.
- Antimicrobial protection.



Antimicrobial Product Protection
Protected with an antimicrobial, fungistatic agent which makes the product fresher by inhibiting the growth of microbes, odour-causing bacteria, mould, mildew and fungi on the product's surface.

9820098	Penguin Mouse - Small (Wired)	£54.95
9820100	Penguin Mouse - Medium (Wired)	£54.95
9820101	Penguin Mouse - Large (Wired)	£54.95
9820099	Penguin Mouse - Small (Wireless)	£74.95
9820102	Penguin Mouse - Medium (Wireless)	£74.95
9820103	Penguin Mouse - Large (Wireless)	£74.95
9820201	Penguin Mouse Mat	£6.95



Which size?

The Penguin mouse is available in three sizes. To choose the correct one for you, measure your hand from the first crease on your wrist to the tip of your middle finger.

SMALL	0-16cm (0-6" approx)
MEDIUM	16-18cm (6-7" approx)
LARGE	18cm + (7"+ approx)



EVOLUENT VERTICALMOUSE C

Designed to fit more comfortably to the palm.

1401905	R/Hand (Wired)	£125.95
1401906	R/Hand (Wireless)	£139.95
1401907	R/Hand (Wireless) Gold	£139.95



EVOLUENT VERTICALMOUSE 4 - WIRED

Supports your hand in an upright neutral position that avoids forearm twisting.

1401112	R/Hand (Wired)	£101.99
1401113	L/Hand (Wired)	£101.99



EVOLUENT VERTICALMOUSE 4 - WIRELESS

Supports your hand in an upright neutral position that avoids forearm twisting.

1401114	R/Hand (Wireless)	£129.95
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EVOLUENT VERTICALMOUSE 4 - WIRELESS SMALL

Supports your hand in an upright neutral position that avoids forearm twisting.

1401123	R/Hand - Small (Wireless)	£129.95
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EVOLUENT VERTICALMOUSE 4 - WIRED SMALL

Supports your hand in an upright neutral position that avoids forearm twisting.

1401122	R/Hand - Small (Wired)	£101.99
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EVOLUENT VERTICALMOUSE 3

Neutral, relaxed handshake position.

1401102	R/Hand (Wired)	£84.99
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GRIP MOUSE

The Grip Mouse is designed to work with the natural shape and movement of your arm.

9751000	Grip Mouse	£46.95
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AIRO2BIC QUILL

No grip needed to control this mouse.

83140	R/Hand (White)	£84.95
83137	L/Hand (White)	£84.95
83139	R/Hand (Black)	£84.95
83136	L/Hand (Black)	£84.95



PENCLIC MOUSE

Pen grip mouse creates a relaxed and natural working position.

8821008	R3 (Wireless)	£49.99
8821009	D3 (Wired)	£41.65
8821010	B3 (Bluetooth)	£66.65



LOGITECH MARBLE MOUSE

Ambidextrous design. Enduring comfort.

3575	Marble Mouse	£39.99
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LOGITECH TRACKBALL M570

Reduces wrist and hand straining.

3574	Trackball M570	£59.99
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CONTOUR MOUSE

Retain precise control with the perfect balance of ergonomics and productivity. The Contour Mouse is available in a range of sizes for both left and right-handed users.

Visit posturite.co.uk for a size guide.

3560001	R/Hand - Small	£74.99
3562001	R/Hand - Medium	£74.99
3564001	R/Hand - Large	£74.99
3566001	R/Hand - XL	£74.99
3563001	L/Hand - Medium	£74.99
3565001	L/Hand - Large	£74.99



HANDSHOEMOUSE

Designed by mechanical engineers in collaboration with academics, the HandShoe re-invents the mouse to fully support the palm and fingers.

9861013	R/Hand - Small (Wired)	£100.00
9861012	R/Hand - Medium (Wired)	£100.00
9861011	R/Hand - Large (Wired)	£100.00
9861113	R/Hand - Small (Wireless)	£108.00
9861112	R/Hand - Medium (Wireless)	£108.00
9861111	R/Hand - Large (Wireless)	£108.00



MICROSOFT ARC TOUCH MOUSE

Folds to 60% for when you're on the go.

9745127	Arc Touch Mouse	£59.99
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LOGITECH MX MASTER

Hand-sculpted for optimal comfort.

9898774	MX (Wireless/Bluetooth)	£79.99
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HUMANSCALE SWITCH MOUSE

For left and right-handed users, the V-shaped base tilts the mouse into a natural position. Adjusts to virtually any adult hand.

83124	Switch Mouse	£62.00
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ORTHOMOUSE

Keeps the user's hand, forearm and fingers in muscular equilibrium.

9734035	Wired	£89.00
9734055	Wireless	£93.00



MICROSOFT SCULPT MOUSE

Features a deep thumb scoop for comfort.

9745376	Sculpt Mouse	£49.99
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LOGITECH WIRELESS M325

A good mix of precision, size and comfort.

9745211	M325 Mouse	£34.99
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WACOM INTUOS PEN & TOUCH SMALL

Compact and easy to use pen tablet - edit photos with more accuracy and creativity than a mouse.

9898773	Graphics Tablet & Pen	£93.34
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Keyboard not included

RITEBAR

RiteBar eliminates the need to reach for the mouse, which can stress your neck, shoulders and elbows.

Button functions include the practical 'one touch' double click and copy/paste, as well as a scroll wheel and left and right click.

9820350	RiteBar Roll Bar Mouse	£179.00
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CONTOUR ROLLERMOUSE PRO3

Central rollerbar pointing device.

4401108	RollerMouse Pro3	£199.99
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CONTOUR ROLLERMOUSE FREE3

Slimline central rollerbar pointing device.

4401204	RollerMouse Free3	£199.99
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CONTOUR ROLLERMOUSE R:ED

Winner of the 2013 Red Dot Design Award. Features an integral, detachable wrist rest. 7SENSES tracking technology facilitates unmatched precision.

4400105	RollerMouse Re:d	£224.99
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PENCLIT NICETOUCH T2

An easy-to-use touchpad, scroll wheel and hand rest combination.

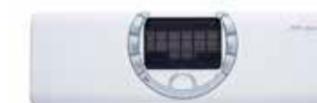
8821007	Nicetouch T2 (White)	£38.32
8821014	Nicetouch T2 (Black)	£38.32



MOUSETRAPPER ADVANCE

Slimline central pointing device with tactile steering pad.

8825000	Advance 2.0	£234.95
8825002	Advance + (Wipe Clean)	£224.95



MOUSETRAPPER FLEXIBLE

Portable steering pad with included carry case.

8825003	Flexible (White)	£284.95
8825004	Flexible (Black)	£284.95

Find more options online at posturite.co.uk

NUMBER SLIDE KEYBOARD

Retractable number pad.



Number Slide
Number pad slides out

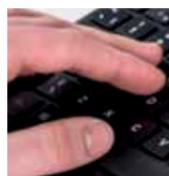
The Number Slide's retractable number pad slides out when you need it and away when you are finished. This feature delivers important ergonomic advantages over conventional standard or mini keyboards.

Compared to standard keyboards, Number Slide reduces the distance you need to reach and use your mouse, which allows you to adopt a more comfortable and suitable posture. This encourages a good arm/shoulder position when using your mouse.

Being so compact, Number Slide frees up space at your workstation so you can bring work closer to you without compromising functionality.

- Compact slimline profile - perfect for mobile workstations.
- Ergonomic benefits - reduce risk of overreaching.
- Slide-out number pad - there when you need it, concealed when you don't.
- Antimicrobial protection.
- Shortcut function keys for common tasks and pairing with mobile devices.
- USB version includes 2 auxiliary USB ports.

9820010	Number Slide Keyboard (Wired)	£57.95
9820011	Number Slide Keyboard (Bluetooth)	£74.95



Antimicrobial Product Protection

Protected with an antimicrobial, fungistatic agent which makes the product greener and fresher by inhibiting the growth of microbes, odour-causing bacteria, mould, mildew and fungi on the product's surface.



Colour



Compatibility



Dimensions

Width mm	297
Depth mm	142
Height mm	25
Width with key pad mm	389



S-BOARD 840

Wired mini keyboard and number pad.

9735000	Keyboard (Wired)	£52.95
9735001	Number Pad (Wired)	£43.95



CHERRY COMPACT KEYBOARD

One of the smallest keyboards we sell.

9734006	Cherry Keyboard	£54.00
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M-BOARD 870

Switch fluidly between typing on your laptop, smartphone, or tablet with the Compact Bluetooth Keyboard M-Board 870.

9735005	M-Board 870	£59.95
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ARK KEYBOARD

The ark profile supports the natural shape of your hands, increasing comfort for prolonged use.

9820650	Ark Keyboard (Black)	£49.95
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PENCLIC C2/K2 MINI KEYBOARD

Simple and sleek design.

8821004	C2 - Wired (White)	£38.32
8821011	C2 - Wired (Black)	£38.32
8821005	K2 - Wireless (White)	£45.82



A4 TECH COMPACT MINI KEYBOARD

Ultra slim and light mini keyboard with Internet hot keys.

354302	A4 Tech Compact (Black)	£19.95
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PENCLIC KB3 BLUETOOTH MINI KEYBOARD

Lightweight, with durable aluminium casing.

8821019	KB3 - Bluetooth (Black)	£66.66
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Find more mice, keyboards and accessories online at
posturite.co.uk/ergonomic-mice-keyboards



MICROSOFT SCULPT

Designed and built on advanced ergonomic principles, with a split keyboard layout that keeps wrists and forearms in a relaxed position.

9745375 Microsoft Sculpt Set **£79.99**



MICROSOFT ERGO 4000

Expertly crafted to allow you to work in a more natural position.

354402 Microsoft Ergo 4000 **£44.95**



It pays to invest in quality, ergonomic models before you or your employees begin to experience musculoskeletal pain.



GOLDTOUCH KEYBOARD

Encourages a neutral typing posture.

3549 Goldtouch Keyboard **£150.95**
3553 Goldtouch Number Pad **£62.95**



KINESIS FREESTYLE2 KEYBOARD

Allows for maximum flexibility catering to each individual's unique needs.

9833001 Kinesis Freestyle2 **£103.95**



GOLDTOUCH GO!

Work safely wherever the job takes you.

354901 Goldtouch Go! **£159.95**



ERGODELTA SPLIT KEYBOARD

Palm rests can be individually adjusted to conform to the natural position of the user's arms and hands.

9770000 ErgoDelta Split **£106.95**



BALANCE KEYBOARD

The wireless technology ensures easy transportation between devices for the ultimate portable workstation.

4401205 Balance **£83.33**



SEAL SHEILD

100% dishwasher safe mice and keyboards.



Silver Storm Scroll Mouse
Medical grade



True Type Keyboard
Medical grade



Mini Keyboard
Clean wipe medical grade



Keyboard with Touch Pad
Seal touch silicone

Keeping Infection Strictly Under Control

These amazing Seal Shield antimicrobial, dishwasher proof keyboards and mice are specially designed to be used in laboratory or medical environments. Featuring laser etched keys, special seals and solid gold USB connectors to avoid corrosion, the entire range can be totally immersed in water or even sterilised in a dishwasher. With the average keyboard harbouring food detritus and a host of germs, these products can help protect against the spread of infection.

Silver Storm Medical Grade Scroll Mouse

Available in Wired (White) and Wireless (Black) versions.

Silver Seal Medical Grade True Type Keyboard

The original medical grade keyboard.

- Dimensions (WxDxH): 460 x 165 x 35 mm

Clean Wipe Medical Grade Mini Keyboard

The Clean Wipe keyboard is compact and slimline and features a transparent, removable silicone cover which can be wiped clean.

- Dimensions (WxDxH): 345 x 115 x 30 mm

Seal Touch Silicone Keyboard with Touch Pad

The all-in-one silicone keyboard features a built-in touch pad conveniently removing the need for a separate mouse.

- Dimensions (WxDxH): 340 x 225 x 12 mm

8886006	Silver Storm White Wireless Waterproof Mouse	£23.95
8886005	Silver Storm Black Wireless Waterproof Mouse	£31.95
9734063	Silver Seal Medical Grade True Type Keyboard	£27.00
8886002	Clean Wipe Medical Grade Mini Keyboard	£43.95
8886003	Seal Touch All-in-One Silicone K/B w/ Touch Pad	£81.95



Dishwasher Safe

Seal Shield offers the most complete line of waterproof input devices. The range of waterproof keyboards and mice are washable, fully submersible, and dishwasher safe.



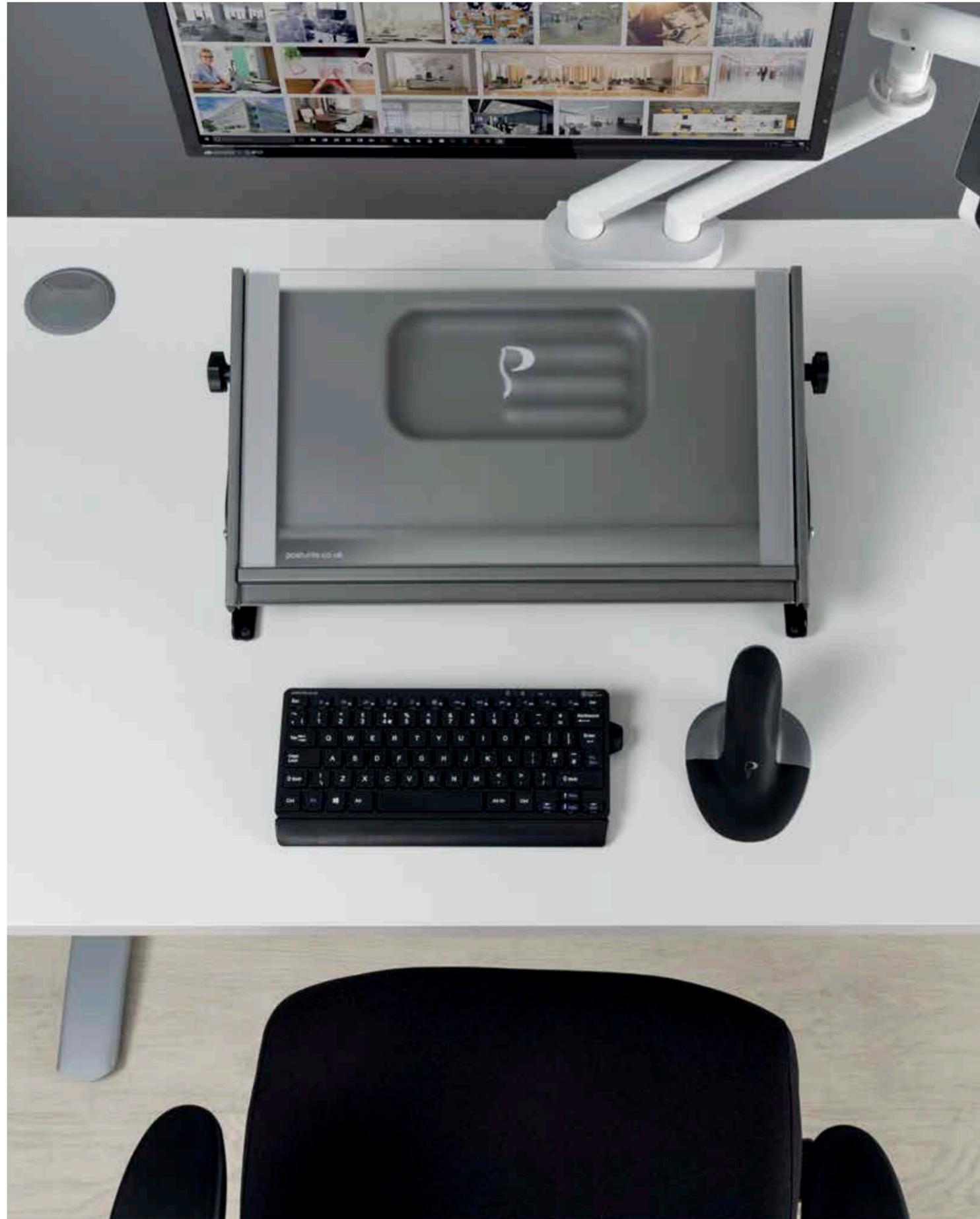
Silver Seal Technology

Additionally, Seal Shield products feature Silver Seal™ Technology for antimicrobial protection of the products' surfaces from mould, mildew, fungi and odour-causing microbial bacteria. Seal Shield products are the ideal solution for healthcare infection control, corporate, hospitality, marine, industrial and food service environments.



Workstation Accessories

Imagine a workspace where everything you needed to do your job was not only beautifully organised, but also perfectly positioned to protect and support your body.



Office tasks often involve repetitive movements. When we're not using the computer, we're twisting to reach for documents, hunching to jot down notes, or stretching to pick up the phone. Over time these movements can overwork the same joints and muscle groups, causing fatigue and potential injury.

Twenty-six years ago, our CEO left his City job to find a way to combat the aches and pains he and so many of his colleagues experienced as a result of desk work. His solution was the Posturite Board, a writing slope that promoted a healthier writing angle. Since the success of this first product, our portfolio of workstation accessories has grown to encompass a huge selection of ergonomic document holders, writing boards and phone headsets.

The business landscape may have changed drastically in the last twenty years with the rise of mobile technology and agile working concepts, but we're always going to need comfortable places to work.

While once our desk accessories were geared towards holding books and documents at ergonomic angles, now they're evolving to carry mobile devices like smartphones and tablets.

Use our products to create a beautiful, healthy workstation that enables you to work as comfortably and productively as possible.

MULTIRITE

Document Holder & Writing Slope.



Small
Suitable for mini keyboards



Medium
For standard sized keyboards



Medium White
For standard sized keyboards

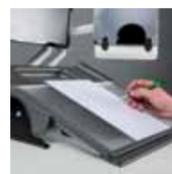
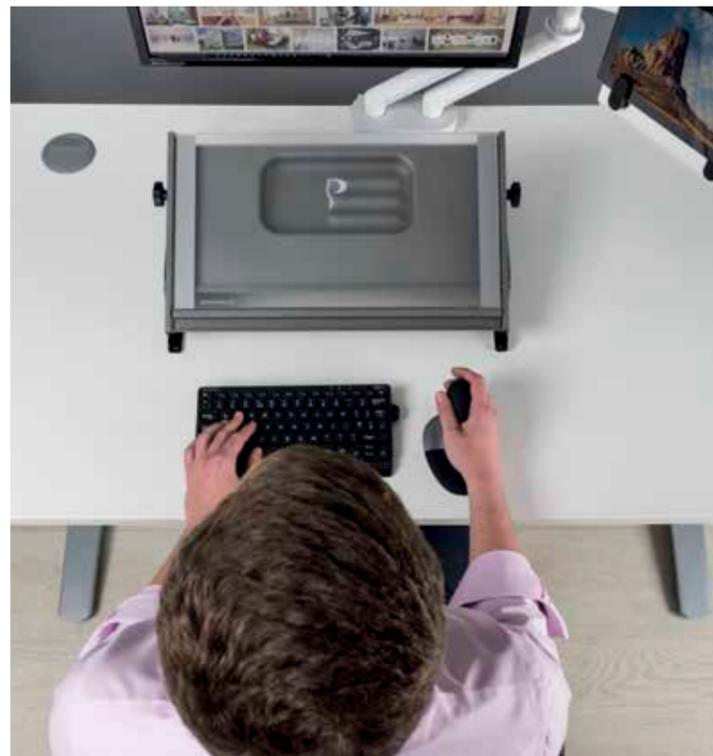


Large
Suitable for extra large keyboards

Our unique two-in-one document holder and writing slope helps to reduce workday aches and pains by allowing you to read, write or type without risking awkward twists or turns. Unique to Posturite, it's still our best-selling product - a must-have accessory for any workstation.

- Simple to adjust height and angle.
- Single pivot point at the front and adjustment at the rear.
- Sliding top provides two different working positions.
- Allows you to make optimal use of your workspace.
- Rubber feet ensure stability.
- Suitable as a document holder and writing board.
- Available in small, medium and large sizes.
- White version available.
- Angle adjustment: 8 to 33 degrees.

9820400	Small (Black/Silver)	£119.95
9820403	Medium (Black/Silver)	£129.95
9820404	Medium (White)	£129.95
9820406	Large (Black/Silver)	£149.99
9820415	MultiRest	£4.99



Elegantly Simple

A document holder and writing slope that limits the need for head, neck and eye movement, thus reducing the everyday aches and pains of office work.

Colour Options



Specification



Small	4.35 kg
Medium	5 kg
Large	5.75 kg

	SMALL	MEDIUM	LARGE
Length mm	372	517	600
Depth mm	320	320	320
Back height mm	125-215	125-215	125-215
Max keyboard length mm	330	477	560

POSTURITE BOARD

The Posturite Board was the first product we ever developed and remains popular today. It helps prevent and relieve aches and pains including headaches, neck and back pain, shoulder fatigue and eye strain, thereby improving work efficiency.

The unique magnetic facility enables the user to hold papers at the optimal position for correct posture whilst writing.

1011	Mini Posturite Board	£124.95
1001	Large Posturite Board	£134.95



SLIDERITE

Tough, frosted acrylic. Features a guide rule that allows you to track documents line-by-line. Available in two sizes.

1107103	A4 (Small)	£59.95
1107104	A3 (Large)	£69.95



POSTURITE ERGOVIEW

Simple A4 document holder.

1511	Portrait (Grey)	£26.95
1511BL	Portrait (Black)	£26.95
1512	Landscape (Grey)	£26.95



EURO COPYHOLDER

Simple foldaway document holder.

1401104	Euro Copyholder	£69.95
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Keeping your desk tidy and organised reduces the need to twist and reach - movements that can over time cause MSDs.

DOCURITE

The DocuRite is an easily adjustable multi-position, acrylic document and writing slope.

Made of robust 5mm frosted acrylic, DocuRite's angle is adjusted by rotating a simple lever on either side that offers the user a choice of three positions to view documents at their optimum angle.

Four front steps allow the user to place the DocuRite securely over a desk front if needed for four extra viewing angles.

9820800	DocuRite	£69.95
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POSTURITE DOCUMENT SLOPE

Acrylic, cost-effective and practical document holder available with an optional wrist rest.

1058CLE	Standard (Clear)	£47.95
3058CLE	Large (Clear)	£49.95
105802CLE	Standard w/ Wrist Rest	£49.95



IR DOCUMENT HOLDER

Simple cost effective document holder.

1070	Standard (Grey)	£49.95
1056	Large (Grey)	£52.95
1070BL	Standard (Black)	£49.95
1056BL	Large (Black)	£52.95



CLEAR SLOPE PRO

The Clear Slope Pro is a multi-functional copy holder and reading/writing slope.

9811061	Clear Slope Pro	£99.00
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POSTURITE WRITING ANGLE

Acrylic, portable writing slope.

1051	Standard (Satin)	£39.95
1052	Extra Wide (Satin)	£49.95



CLEAN-DOC 440

Take the 'clean desk' approach.

4507117	Clean Doc 440	£112.95
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Q-DOC 415

Features 7 positions from 12° to 46°.

1082	Q-Doc 415	£62.95
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PLANTRONICS CS540 WIRELESS HEADSET AND LIFTER

The lightest headset on the market with 120 metre range.

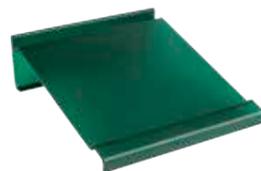
7128	CS540 Headset/Lifter	£199.00
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PLANTRONICS CS520 WIRELESS HEADSET AND LIFTER

Go mobile and multi-task up to 120 metres from your desk with answer, end and mute controls at your fingertips.

A sleek contemporary design, premium wideband audio quality and wireless mobility - all with the same reliability - has made the CS family bestselling for nearly a decade.

7107006	CS520 Headset/Lifter	£277.50
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JUNIOR COLOURED ANGLE

Virtually indestructible writing slopes. Ideal for children to encourage good posture.

1078	Green	£49.95
1077	Blue	£49.95
1076	Yellow	£49.95



3M DOCUMENT HOLDER

Keep documents positioned as close to your monitor as possible.

1560	3M Document Holder	£40.38
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CLEAR COPY

Multi functional copy/document holder.

9811062	Clear Copy	£45.00
9811063	Bookholder for Clear Copy	£15.00



PLANTRONICS CS510A WIRELESS HEADSET AND LIFTER

Monaural headset.

7136	CS510A Headset/Lifter	£230.50
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PLANTRONICS VOYAGER LEGEND BLUETOOTH HEADSET

The Voyager Legend is an intelligent Bluetooth headset with liquid repellent nano-technology and a host of other features.

7025132	Voyager Legend	£76.59
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MINI CLEAR COPY

Supports documents up to A4.

9811068	A4 Clear Copy	£39.99
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FREESTANDER

Suitable where clamp-fit document holders cannot be used.

1501	Freestander	£59.95
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ULTIMATE FREESTANDER

Designed specifically for copy-typing large bundles of papers.

1502	Ultimate Freestander	£69.95
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PLANTRONICS SUPRAPLUS WIDEBAND WIRED HEADSET

The Plantronics SupraPlus Wideband Wired Headset is perfect for either contact centre or office applications.

7052	HW251 Wired Monoaural	£72.00
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PLANTRONICS BLACKWIRE C315 MONAURAL HEADSET

The Plantronics Blackwire C315 Monoaural headset offers an outstanding audio experience ideal for taking calls, listening to music, or watching multimedia.

When using this headset you'll benefit from the Dynamic EQ feature, which automatically enhances your voice quality for the crispest sound possible - perfect for busy office or call centre environments.

7143	C315 Mono Headset	£54.99
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PLANTRONICS BLACKWIRE C325 BINAURAL HEADSET

The Plantronics Blackwire C325 Binaural headset offers a completely immersive audio experience that's ideal for taking calls, listening to music, or watching multimedia from a range of devices.

The C325 boasts a number of impressive call management features, including easily accessible answer, end, mute and volume controls.

7151	C325 Binaural Headset	£60.00
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Free yourself from your desk phone. Hands-free communication reduces overstretching and keeps you connected on-the-go.

Find more workstation accessories online at posturite.co.uk/workstation-accessories



VU RYTE DOCUMENT HOLDER

Vertical alignment of copy directly beneath the monitor.

1578	14 inch	£59.95
1579	18 inch	£62.95



Monitor Solutions

A truly ergonomic workstation is clutter-free and adjusted to the user's unique anatomy.



To limit the risk of neck and shoulder pain, it is vital that you're able to adjust the height, angle and distance of your computer monitor. Ideally, the screen should sit directly in front of you at arm's length, with your eyes level with the top. This allows you to view the entire screen without dropping your chin, slumping, or twisting your neck - movements that can, over time, cause serious injuries.

Try a minimalist, clutter-free approach to your working environment with monitor arms that suspend your computer screens above your desk. Our range of different monitor arms are ideal for hot-desking environments where space is shared because you can instantly adjust the set-up to a comfortable position without the need for tools.

New to our monitor arm collection this year is the dynamic Ollin, which - unlike other models on the market, can support lightweight devices like smartphones, notebooks and tablets as well as standard computer monitors. This is ideal for agile workers who need to work seamlessly between different devices.

Tight budgets shouldn't prevent you from creating the ultimate ergonomic workspaces. Our lower cost options include adjustable monitor stands and stackable monitor blocks that are just as effective at raising your computer screen to the optimum height.

Whatever your work set-up; whether you're an agile worker who flits between multiple devices, or a technical professional in need of a large bank of monitors, it's vital that your screen is positioned properly to protect your health. Browse our large variety of monitor screen solutions to find the perfect one for you.

CBS FLO

Flo provides an unrivalled ergonomic solution.



Flo Single
Single monitor use

Flo Dual
With laptop mount

Flo Dual Plus
Dual monitor support

The Flo technology support system offers a range of solutions designed to meet the technology challenges in the commercial office environment. Be it single or dual screen, large screen formats or new technologies such as tablets or thin clients, the Flo family provides an unrivalled ergonomic solution.

Flo Single

Flo's primary purpose is to support a single screen/monitor but, due to its ingenious design, can be easily customised to support a laptop, tablet, or thin client.

Flo Dual

Use two Flo arms with a single desk clamp to support a screen alongside a tablet or laptop, or dual screens if you prefer.

Flo Dual Plus

Flo Dual Plus is designed to support dual monitors to a maximum combined weight of 18kg. It allows two widescreens of up to 24" in size to be mounted in either portrait or landscape position.

1820203SIL	Flo Single Monitor Arm (Silver)	£134.00
1820212SIL	Flo Top Mount Clamp (Silver)	£26.00
1820210SIL	Flo Split Clamp (Silver)	£26.00
1820319	Flo Dual Top Mount Clamp	£51.00
1820318	Flo Dual Split Clamp	£51.00
1820216	Laptop Mount	£48.00
1820199	Flo Dual Plus Monitor Arm w/ Bar	£399.00
1820209	Flo Dual Plus Top Mount Clamp	£27.00
1820313	Flo Dual Plus Split Clamp	£27.00



Fixings

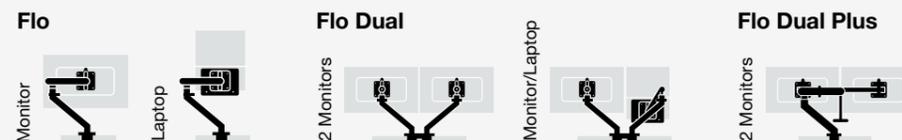
Top mount clamp - for use on desks where it is not possible or desirable to drill through the desk surface. Fits desk thickness 12mm to 25mm.

Split clamp - for use where there is limited access to the edges of the desk surface. Can be completely disassembled to make installation easier. Fits desk thickness up to 68mm.

Colour Options



Configuration Options



CBS OLLIN

Smooth, responsive movement means you can find your perfect posture instantly.



Ollin
Single monitor or device use

Ollin Dual
Dual monitor use

Ollin is unique in that it's the only monitor arm on the market that can accommodate weights from 0kg to 9kg, which means it can be used for mobiles, tablets and laptops as well as monitors.

These devices are vital to so many roles that it's important we learn how to use them as ergonomically as possible. Being able to draw your device up to eye-level avoids the on-set of disruptive musculoskeletal disorders (MSDs) that are a top cause of high absenteeism and low productivity in Britain.

The smooth, responsive movement means you can find your perfect posture instantly - whether using your device in landscape or portrait. In fact it's so easy to move the Ollin into the right position that you'll do it without even noticing.

Ollin Dual

A dual screen mount can be attached to the main arm, improving user productivity by allowing them to switch seamlessly between different applications.

1830013BLA	Ollin Dynamic Monitor Arm (Black)	£154.00
1830013SIL	Ollin Dynamic Monitor Arm (Silver)	£154.00
1830013WHI	Ollin Dynamic Monitor Arm (White)	£154.00
1820212BLA	Top Mount Clamp (Black)	£26.00
1820212SIL	Top Mount Clamp (Silver)	£26.00
1820212WHI	Top Mount Clamp (White)	£26.00
1820210BLA	Split Clamp (Black)	£26.00
1820210SIL	Split Clamp (Silver)	£26.00
1820210WHI	Split Clamp (White)	£26.00
1820216	Laptop Mount	£48.00



Fixings

Top mount clamp - for use on desks where it is not possible or desirable to drill through the desk surface. Fits desk thickness 12mm to 25mm.

Split clamp - for use where there is limited access to the edges of the desk surface. Can be completely disassembled to make installation easier. Fits desk thickness up to 68mm.

Colour Options



Overview

- Monitor weight range: 0-9kg
- Horizontal reach: 674mm
- Vertical adjustment: 346mm
- 180° stop function/360° capability
- Suitable for multi-screens, laptops and tablets

For a full range of options visit posturite.co.uk/cbs-ollin



CBS WISHBONE

A design classic.

Wishbone was the product that broke the mould and was introduced to industry acclaim in 1999. Coupled with the Wishbone Post System it was the world's first monitor arm designed for use with thinner, 'flat' screens.

Available in three reach lengths making it the ideal choice for multi-screen applications such as trading floors and control rooms.

Lightweight, fully adjustable and easy to install, Wishbone can support up to 12kg and allows monitors to be positioned in either landscape or portrait format.

- Reach: 415mm
- Vertical height adjustment
- Screen weight range: 12kg
- Colours: Silver and black
- Stop function: 180°/360° capability
- Monitor head: VESA 75 & 100 compliant

1820031	Wishbone + 400mm Post	£175.00
1822080	Wishbone Dual Bar + 400mm Post	£194.00
1820011	Through Desk Fixing (Up to 35mm Desk)	£7.00
1820001	Desk Clamp Fixing (Up to 38mm Desk)	£21.00
1820042	Cast Grommet Fixing (Up to 38mm Desk)	£43.00



Simple Two-screen Solution

Create a dual monitor solution with flexible and independent movement of the two screens by using two Wishbone monitor arms, a dual mount bracket, and a single post and clamp.



FLAT SCREEN POSTURE BLOCKS

Simple plastic monitor raiser block (6.5cm height). Stackable on top of one another to increase height range.

Highly supportive, these raiser blocks can handle weights of up to 55kg.

6103	Grey	£13.95
6104	Black	£13.95



POSTURE BLOCKS

Available in grey, black and silver.

6099	1 inch (Grey)	£5.95
6105	1 inch (Black)	£6.95
6100	2 inch (Grey)	£11.95
6106	2 inch (Black)	£11.95



Ideally, your eyes should be in line with the top of your computer screen to reduce neck, shoulder and back pain.

LOOP COMPUTER SUPPORT

The Loop Computer Holder, with its elegant strap and base of high-quality engineering plastics, is a strong yet lightweight solution for computer storage.

Requires both items below.

1820052	Loop Holder	£56.00
1822024	Rotational Bracket	£16.00



CBS DAISYONE

Compact and geometric monitor arm.

Daisyone is a highly flexible and yet incredibly simple solution that can easily switch from single to dual screen format, and to quad format with minimal cost or disruption to the user.

Daisyone allows for the monitor to be positioned in either landscape or portrait positions and includes a quick release monitor mount security feature as standard.

- Reach: 505mm
- Vertical height adjustment
- Screen weight range: 8.5kg
- Colours: Silver
- Monitor head: VESA 75 & 100 compliant

1823004	Daisyone + 500mm Post	£163.00
1820011	Through Desk Fixing (Up to 35mm Desk)	£7.00
1820001	Desk Clamp Fixing (Up to 38mm Desk)	£21.00
1820042	Cast Grommet Fixing (Up to 38mm Desk)	£43.00



PRIVACY FILTER

An anti-glare privacy LCD screen filter.

9725001	15 inch	£89.00
9725002	17 inch	£99.00
9725008	19 inch	£134.95



LCD MAGNIFIER

Lightweight, LCD Screen Magnifier.

9725003	15 inch	£89.00
9725004	17 inch	£99.00
9725009	19 inch	£139.00



ANTI-GLARE SCREEN HOOD

To reduce glare from overhead lighting and sunlight reflection.

3173	For Flat Screens	£34.95
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Find more monitor solutions online at posturite.co.uk/monitor-solutions

For a full range of options visit posturite.co.uk/monitor-arms



Mobile Device Accessories

The world's workforce is on the move. Our mobile device accessories ensure you can work as comfortably and ergonomically as possible, wherever you choose to be.



Researchers estimate that 1.75 billion of us will be mobile workers by 2020. That's 42% of the world's population working remotely from homes, cafes, shared office spaces and on-the-go.

As technology unshackles us from our desks and frees us from the traditional nine-to-five sedentary life, it's important that we keep up the same ergonomic standards we practice in our offices.

While it is a huge step forwards in terms of improved physical health and mental wellbeing, agile working does introduce new challenges for ergonomists. Unfortunately existing handheld technology is causing musculoskeletal disorders like so-called 'tech neck' and 'text thumb' - both of which are the result of adopting awkward postures to use our devices for long periods of time.

Dr. LeRoy Perry, founder of the International Sport Science Institute (ISI), published a white paper in 2016 saying: "Literally billions of people around the world are developing bad posture from using laptops, tablets and mobile phones."

He added that: "Young adults and even pre-teen children are exhibiting the 'hunch over' or curvature of the top cervical vertebrae equal to an average seventy-year-old's degeneration symptoms".

Our job as workplace experts is to design and source products that can be used to reduce the physical impact of mobile technology on our bodies. We want to protect and nurture the workforce of the future - not render them incapacitated by the very technology that was originally meant to help them work faster and more efficiently.

Our convenient packages come with everything you need to transform your laptop into an ergonomic workstation, including laptop stands, compact keyboards and mice. We also sell comfortable laptop bags that distribute weight effectively across your body to reduce the load on your back while carrying portable devices.



SLIM COOL LAPTOP STAND

Telescopic side bars provide wide support and help keep the laptop cool by allowing increased airflow.

1401110 Slim Cool £49.95



ERGO-Q 260 LAPTOP STAND

Features a pivoting document holder. Holds up to 17" laptops.

4507102 Ergo Q-260 £101.99



ERGO-T 340 LAPTOP STAND

Accommodates laptops and docking stations with Port Replicator Module PRM340.

4505102 Ergo-T 340 £108.95
4505103 Port Replicator PRM340 £21.24



CRICKET LAPTOP/TABLET STAND

Angle adjustment: 11-60° (6 increments).

9767002 Cricket Laptop/Tablet £51.95



ARROW TABLET STAND

Suitable for all tablets up to 12.5mm thick.

9811066 Silver/White £45.00



TABETHA FREESTANDING TABLET MOUNT

With this beautifully designed freestanding tablet mount you no longer need to hunch over in uncomfortable positions to work or play on your tablet.

1830019 Tabetha Tablet Mount £65.00



U TOP LAPTOP STAND

Built from lightweight aluminium but can hold 5kg. Only 3mm thin.

9701010 U Top Laptop Stand £44.99



ERGO-Q 330 LAPTOP STAND

Features a built-in document holder that pivots for easy set-up. Angle adjustment range: 20°-40° (6 angles).

4505101 Ergo-Q 330 £69.95



EASY LAPTOP DESK

Folds flat, with a lightweight, strong aluminium frame.

9820001 Easy Laptop Desk £84.95



IPAD SPINSTAND

Compatible with iPad 2,3 & 4.

8815001 SpinStand (iPad 2/3/4) £49.95



BELKIN SUIT LINE BACKPACK

Fits laptops up to 15.6".

9745337 15.6" Backpack £34.99



HIGH TOP LAPTOP STAND

Designed specifically for compact (10-13") laptops. Weighs 250g and 3mm thin.

9811050 High Top Laptop Stand £69.99



ERGO-TOP 320 LAPTOP STAND

Features an anti-reflective construction and integrated security device for locking keyboard, mice and other accessories.

1100 Ergo-Top 320 £69.95



BELKIN SLIM BACKPACK

Fits laptops up to 17".

9745078 Belkin Slim Backpack £38.99



EXECUTIVE TROLLEY CASE

Fits laptops up to 15".

4700109 Executive Trolley Case £104.95



DELUXE TROLLEY BACKPACK

Fits laptops up to 15".

4700103 Deluxe Trolley Backpack £74.95





Posture Supports

Poor posture is easy to correct with the right support. It's such a simple thing but the benefits are huge, from banishing pains and preventing injury, to helping boost concentration.



Many of us spend thousands on our health and fitness regimes - but there's a much simpler, cheaper way we can all dramatically improve our health. We all know that poor posture leads to back, neck and shoulder problems and even life-changing conditions like kyphosis (a permanent hump in the spine). However, slouching also exerts pressure on the rib cage, which can prevent the lungs from working effectively and lead to:

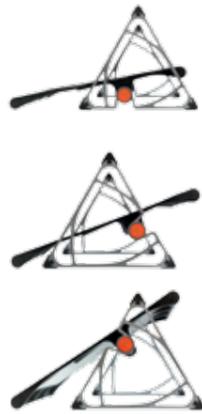
- pain
- stiffness
- increased shortness of breath
- difficulty clearing the chest.

Our wide range of posture supports are designed to position different parts of the body comfortably in a variety of situations. Whether you're in a car, plane or train seat, or in your office chair, a simple, portable lumbar support will encourage the spine into a neutral position to limit stress and ease back pain.

For muscle aches, nerve pains and tension in the spine and shoulders we have a range of posture supports that can either be worn - like the post-trauma abdominal binder, or attached to your existing chair - like our ergonomic Dynaspine.

Core strengthening is a vital part of reducing back pain and in this area we stock wobble boards and dynamic cushions that activate and strengthen muscles while sitting or standing.

We also cater for lower limb disorders with a range of adjustable foot and leg rests designed to take the strain off your thighs to keep you comfortable for longer periods of time.



TRIRITE ADJUSTABLE FOOTREST

With three angle adjustments of 10°, 20° and 33° and endless footplate movement, TriRite will support you comfortably while you work.

Made from fully recyclable materials, the TriRite is easy to assemble - and with its generous footplate, it will provide support to users of all heights and sizes.

9820300 TriRite Footrest **£44.95**

POSITIV LEG RESTS

A stable, safe and purpose-built surface for injured or affected legs. Available for either one or both legs.

9789001BLA	Single - Castors	£124.95
9789002BLA	Single - Glides	£124.95
9789003BLA	Single - Break Loaded	£134.95
9789011BLA	Double - Castors	£144.95
9789012BLA	Double - Glides	£144.95
9789013BLA	Double - Break Loaded	£154.95



WASP WRIST REST

Provides relief from supporting the weight of hands and forearms allowing you to glide your hand across a keyboard and mouse whilst your wrist is supported.

3510 WASP Wrist Rest (Pair) **£47.95**



ADJUSTABLE FOOTREST

A simple, stable, height-adjustable footrest with individually height-adjustable feet.

5774 Adjustable Footrest **£41.95**



THE MASTER FOOTREST

Front or back tilting adjustable footrest.

5701 The Master Footrest **£41.95**



ADJUSTABLE FOOT PLATFORM

Adjustable incline footrest with a compartment for dictating machine controls.

5775 Foot Platform **£62.95**

ERGOREST ARM REST

Ergonomically designed to provide support to the forearm, relieving muscle strain and fatigue from the shoulders and taking pressure off sensitive areas of the wrist.

3511	330 000 (Standard Clamp/Arm/Pad)	£83.00
3518	350 000 w/ Mouse Pad (Standard Clamp/Arm/Pad)	£110.00
3513	331 000 w/ Extension Pole (Standard Clamp/Arm/Pad)	£120.00



NEUTRALISER SYSTEM

A well-designed articulating keyboard system that works in conjunction with a monitor arm and task chair to promote healthy, comfortable posture.

3522 Neutraliser System **£286.00**



SCORE 952 FOOTREST

Height (between 8-29cm) and angle adjustable platform.

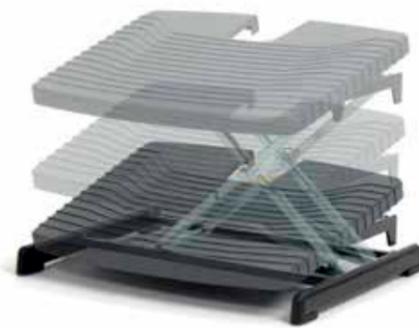
5751 Score 952 Footrest **£148.95**



SCORE 959 FOOTREST

The Score 959 footrest has an adjustment range between 9cm and 37cm and a tilt angle of up to 22°.

5752001 Score 959 Pro Footrest **£148.95**



MOUSEBEAN

This simple, ergonomic design can help protect against RSI, carpal tunnel syndrome and painful disabling problems. Mouse not included.

3502 MouseBean **£8.95**



3M KEYBOARD & MOUSE REST

Features non-skid base for stability. Silky smooth material lets the wrists glide easily.

3508 Keyboard/Mouse Rest **£87.32**



ERGOBEADS CUSHIONS

Ergobeads cushions provide massaging support along the length of your keyboard and mouse, keeping your hands and wrists in an ergonomically comfortable position.

8869001	Ergobeads Keyboard Rest	£23.25
8869002	Ergobeads Mouse Rest	£14.81



FOOTFORM DUAL FOOTREST

Height adjustable up to 300mm. Operated by a foot pedal, it's easy to adjust.

9877001 Footform Dual **£168.00**



DISCUS ADJUSTABLE FOOTREST

Adjustable gas lift footrest with foot pedal to adjust the height from a seated position.

3809103	Discus 150	£103.00
3809104	Discus 250	£103.00



HÅG QUICKSTEP

This dynamic, tilting footrest provides additional floor height and support while activating blood circulation.

5765 HAG Quickstep Footrest **£106.00**



Find more posture supports online at posturite.co.uk/posture-supports



POSTURITE LUMBAR ROLLS

Lumbar rolls are usually of most benefit to those users who have a particularly pronounced lordosis and require a little extra support.

4032	4 Inch Circular Roll	£12.95
4031	4 Inch D-Roll	£12.95
4030	5 Inch D-Roll	£12.95



WINGED ROLL

Provides lumbar support to help maintain the inward curve of the lumbar spine with the added advantage of lateral wings to keep the support in place.

4021	Winged Roll	£24.95
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DYNASPIRE

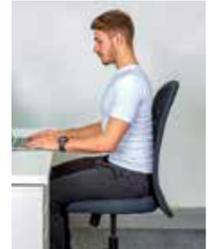
Dynaspine helps alleviate back ache or pain and prevent symptoms of a bad back whilst seated. It is particularly helpful for muscle aches, nerve pains and tension in your spine or shoulders aggravated by sitting.

9889000	Dynaspine	£68.07
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BODYPARTNER POSTURE-ENHANCING T-SHIRT

XPT-11R spine align T-shirt.

6644201	XXS	£50.00
6644202	XS	£50.00
6644203	Medium	£50.00
6644204	Large	£50.00
6644205	XL	£50.00
6644206	XXL	£50.00
6644207	XXXL	£50.00



SLIMLINE WEDGE

Use to correct chairs that slant backwards or to support and ease muscle tension in the lumbar region.

4034	Slimline Wedge	£19.95
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11 DEGREE WEDGE

Helps keep the pelvis tilted and the spine in its natural position to ease muscle tension in the lumbar region.

4033	11 Degree Wedge	£19.95
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COCCYX CUT-OUT WEDGE

Gently tilts the pelvis forward to relieve strain. The relief recess promotes maximum comfort for injured or bruised coccyx.

4028	Coccyx Cut-out Wedge	£39.95
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AIRPRENE WRIST BRACE

Suitable for mild sprains and strains, mild carpal tunnel symptoms, rheumatoid or osteoarthritis and healing fractures.

9889501	Right Hand - Small	£11.87
9889502	Right Hand - Medium	£11.87
9889503	Right Hand - Large	£11.87
9889504	Right Hand - XL	£11.87
9889511	Left Hand - Small	£11.87
9889512	Left Hand - Medium	£11.87
9889513	Left Hand - Large	£11.87
9889514	Left Hand - XL	£11.87



AIRPRENE WRIST/THUMB BRACE

Suitable for mild sprains and strains, mild carpal tunnel symptoms, rheumatoid or osteoarthritis and healing fractures.

9889611	Left Hand - Small	£12.72
9889612	Left Hand - Medium	£12.72
9889613	Left Hand - Large	£12.72
9889614	Left Hand - XL	£12.72
9889601	Right Hand - Small	£12.72
9889602	Right Hand - Medium	£12.72
9889603	Right Hand - Large	£12.72
9889604	Right Hand - XL	£12.72



3D COMPRESSION BELT

Suitable for lumbar - sacral strain, sciatica, P.I.D and muscular injury.

9889001	Female - Small	£53.57
9889003	Female - Large	£53.57
9889004	Female - XL	£53.57
9889005	Female - XXL	£53.57
9889101	Male - Small	£53.57
9889102	Male - Medium	£53.57
9889105	Male - XXL	£53.57



MEDESIGN BACKFRIEND

Relieve back-pain and reduce the chance of getting future back-pain.

4010	Backfriend Black	£52.95
401002	Double Padded	£55.95



POSTURITE BACK SUPPORT

Encourages a healthy position for the spine and gives lateral and lumbar positioning.

4036	Posturite Back Support	£29.95
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POSTURITE CURVE

Fits behind the small of the back, supporting the spine in its natural shape.

4054001	Posturite Curve	£31.95
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DISC 'O' SIT

Helpful in episodes of acute back pain, herniated disc and sciatica. The unpredictable base forces the supporting muscles of your trunk to remain stable.

9300	Disc 'O' Sit	£24.95
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SUPPORTECH MEMORY FOAM CUSHION

Features an ingenious valve system, Supportech moulds itself to your shape and holds that shape until you release the valve.

8821900	Supportech Cushion	£69.95
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INFLATABLE LUMBAR SUPPORT

An inflatable lumbar support for situations where a good chair is not an option: in meetings, in a car, or at home. Extremely robust rubber pump-up insert.

9731003	Inflatable Lumbar Support	£58.95
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MATERNITY BELTS

Suitable for low back pain associated with pregnancy.

9889301	3 Strap - Small	£21.23
9889302	3 Strap - Medium	£21.23
9889303	3 Strap - Large	£21.23
9889401	Universal - Single Strap	£16.98



ABDOMINAL BINDER

Suitable for post trauma, post surgical support and ventral hernia.

9889201	Small	£16.98
9889202	Medium	£16.98
9889203	Large	£16.98
9889204	XL	£16.98



Enablement, Disability and Assistive Technology

This area is all about empowering employees - regardless of disabilities or impairments - to do the best they can. This may mean providing support and tools to improve their working environment.



People with disabilities often feel disadvantaged in the workplace. Our job as employers is to remove significant barriers to enable all employees to do their jobs as effectively as possible. In fact, it is your legal obligation under the Equality Act 2010 to make 'reasonable adjustments' that are reasonably practicable.

Our enablement service covers three different areas:

ASSESSMENTS

Our assessment services make sure individuals are matched with the right tools, and that they know how to get the most out of them. Our assessments, which include dyslexia diagnosis, workplace needs assessment and visual and hearing impairment assessments, are all designed to find solutions to support individuals.

TRAINING

We offer three types of enablement training at Posturite: assistive technology training (hands-on training in using specific technology), 1-2-1 workplace strategies (personalised coping strategies), and an AT/reasonable adjustments review (revisitation of previously implemented adjustments).

ASSISTIVE TECHNOLOGY

'Assistive technology' (AT) helps create a level playing field in the office. The term is used for equipment that helps people with disabilities do their job and includes both software and hardware.



ENABLEMENT DISABILITY SERVICES

Helping create an equal workplace for everyone through awareness, equipment, policy and environment.



Thousands of our customers are provided with assistive technology products every year around the UK. These products can range from specialist software for visually impaired individuals to hardware such as digital voice recorders and speaking dictionaries. Without proper training, the benefits that these products can deliver will never be maximised.

Our assistive technology training is a personalised session outlining how the particular assistive technology products can help in specific tasks or work routines and methods.

Posturite has worked with organisations of all sizes for many years, helping them comply with legislation and their employer obligations.

We are experts in productivity and maximising potential, and we believe that investment in our employees pays dividends. It results in a happy, healthy and fulfilled workforce – more conducive to achieving business success.

BENEFITS

- ✓ All of our services can be tailored to your needs
- ✓ Understanding of the benefits of assistive technology within the workplace
- ✓ Increased productivity and job satisfaction for individuals who have difficulties in their role
- ✓ Maximise the positive impact that assistive technology can have within your organisation

We believe in enabling and empowering individuals, helping them to achieve and to reach their full potential.

For a full range of services visit posturite.co.uk/enablement

TRAINING AND ASSESSMENTS

Enablement is the act of enabling all employees to do their jobs - even if they have an impairment, illness, or disability. Our assessments can help determine what, if any, reasonable adjustments can be made to assist individuals.

DYSLEXIA DIAGNOSTIC ASSESSMENT

A dyslexia diagnostic assessment is an in-depth, one to one session carried out by a fully qualified and registered psychologist specialising in adult dyslexia. Following the assessment, a full written report will be issued.

ASSISTIVE TECHNOLOGY TRAINING

A lack of proper training in how to use assistive technology (AT) can lead to abandonment of products before they have a chance to help. AT training is when an experienced AT professional comes to your business premises to show employees how to get the best out of any assistive tech they've been given to support their work, such as Dragon speech recognition software, TextHelp Read&Write and Dolphin SuperNova.

ONE-TO-ONE WORKPLACE STRATEGIES

We spend time with the individual in order to gain a thorough understanding of their role and the key tasks that they are expected to perform. Following this we will suggest a range of practical coping strategies, which could recommend new methods of working, new assistive technology or workstation aids, all of which will support them in achieving their potential.

WORKPLACE NEEDS ASSESSMENT

Our workplace needs assessments play a major role in assisting your staff develop effective coping strategies for overcoming any issues and problems they might encounter.

The assessment will result in reasonable adjustment recommendations. These might include strategy training or assistive technology. We will work with your staff member to understand their skills and the gaps they might have in their knowledge and abilities, and will tailor a package of reasonable adjustments to match their exact needs.

VISUAL IMPAIRMENT ASSESSMENT

Employees suffering with any form of visual impairment will almost certainly need some form of reasonable adjustment to assist them in working to their full potential. We offer visual impairment assessments to provide the employee with a strategy for overcoming the impact their visual impairment might be having. The assessment will include a full report and you will be given precise recommendations on any reasonable adjustments you need to make.

HEARING IMPAIRMENT ASSESSMENT

Our hearing impairment assessment generates a written report for the employer that features a strategic plan to help you support your staff in the best way possible. The report offers precise recommendations for reasonable adjustments that may need to be made. These will help you to overcome the difficulties presented by a hearing impairment at work.

ASSISTIVE TECHNOLOGY / REASONABLE ADJUSTMENTS REVIEW

Our assistive technology / reasonable adjustments review is designed to revisit or review previously implemented reasonable adjustments that you have made to accommodate or assist your staff. We will consider the needs of both the individual and the organisation, and will advise on additional reasonable adjustments that might be needed to achieve resolution.

COLOUR OVERLAY ASSESSMENT

If an individual has been diagnosed with dyslexia or dyspraxia, a colour overlay assessment is a simple and quick assessment that can, on occasions, overcome the problem almost immediately.



NUANCE DRAGON

Speech Recognition Software.



See p.59 for headset options.

Dragon converts voice to text three times faster than most people type. Just start talking, and the software will recognise your voice instantly, with up to 99% accuracy. Accuracy will continue to improve the more you use the software.

The Premium edition is for small businesses and individuals. The Professional edition is enterprise ready, for larger businesses.

Dragon lets you work wirelessly, transcribe notes dictated on the go, and use voice shortcuts to get more done faster. For users with literacy difficulties - such as dyslexia - the perfect spelling and audio feedback of Dragon helps you create professional and accurate documents.

9821507	Dragon Premium v13 (Download)	£116.66
9898362	Dragon Premium v13 w/ Wireless Headset (Box)	£159.99
9899327	Dragon Professional v15 (Box)	£233.33
9899356	Dragon Professional v15 (Download)	£233.33
9899350	Dragon Professional v15 w/ Wireless Headset (Box)	£299.99
9899352	Dragon Professional v6 Mac (Box)	£208.33
9899353	Dragon Professional v6 Mac w/ Wireless Headset (Box)	£274.99
9899355	Dragon Professional v6 Education Mac (Box)	£104.16

DOLPHIN SUPERNOVA

Screen magnifier, natural sounding speech and full screen reader with robust refreshable braille reader.

1010006	Magnifier v16	£295.00
1010007	Magnifier/Speech v16	£395.00
1010005	Screen Reader v16	£595.00
1010004	Magnifier/Screen Reader v16	£835.00



Dolphin SuperNova



CLAROREAD

A simple and easily adaptable text-to-speech tool to support reading and writing.

9821928	ClaroRead Standard v7	£129.00
9821359	ClaroRead Plus v7	£159.00
9821410	ClaroRead Pro v7	£199.00



ZOOMTEXT (LEVEL 1 AND 2)

ZoomText enlarges and enhances everything on your computer screen, making all of your applications easy to see and use.

9821395	Magnifier v10.1	£375.00
9821088	Magnifier Reader v10.1	£495.00

MINDGENIUS BUSINESS

MindGenius is a flexible concept and mind mapping program with advanced exporting and formatting functions.

MindGenius was designed specifically to meet business needs and this understanding comes across in every single piece of functionality, all added to assist with the common business processes that you face every day, from gathering ideas to managing projects and tasks or presenting to colleagues or clients.

9821355	MindGenius v6	£147.00
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TEXTHELP READ&WRITE

An easy-to-use flexible toolbar containing support features to make reading, writing and research easier. The software has been designed to address some of the issues that people with dyslexia face daily.

9821965	Read&Write v11.5	£320.00
9821966	Read&Write v11.5 (Mobile)	£350.00



RSIGUARD

Ergonomic software solution that reduces the impact of RSI for office workers. Health and safety managers, ergonomists, health practitioners, and individual computer users rely on this comprehensive set of tools to proactively identify risks early and increase injury prevention programmes efficiency.

4600103	RSIGuard Stretch Edition	£69.00
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INSPIRATION

Transform your diagrams, mind maps and outlines into polished presentations that communicate ideas clearly and demonstrate understanding and knowledge.

9821012	Inspiration v9	£59.95
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OLYMPUS DM-770 DIGITAL VOICE RECORDER

The DM-770 voice recorder from Olympus is kitted out with an impressive array of professional functions for blind touch use.

9821423	Olympus DM-770	£149.99
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PHONAK ROGER PEN

Roger Pen is a cutting-edge wireless microphone that enables people with hearing loss to hear and understand more speech in loud noise and over distance.

9821366	Phonak Roger Pen	POA
9821367	Phonak Roger X Receiver	POA

LIVESCRIBE ECHO SMARTPEN

What starts on paper, doesn't have to stay there. Livescribe smartpens bring your words and ideas into the digital world. Record everything you write and hear. Tap anywhere on your notes to replay the audio from that moment in time. Bundle includes:

- Livescribe Pen
- Starter dot paper notebook (50 sheets)
- 3D Recording earbuds
- Livescribe ink (4 black, 1 red)

9821504	2GB Echo Bundle	£195.00
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ACCURATUS MONSTER KEYBOARDS

High contrast - white keys, black text
High visibility - yellow keys, black text

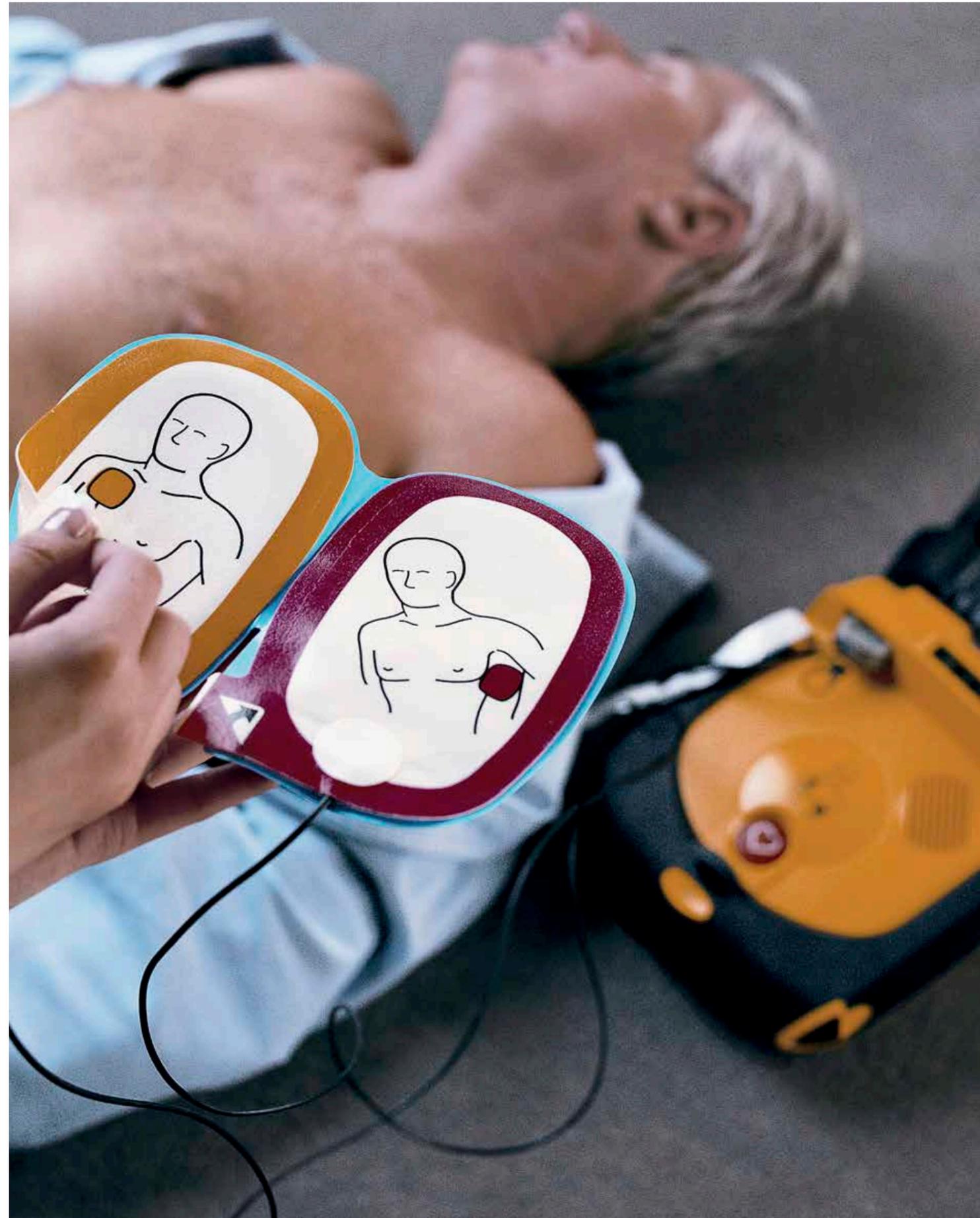
9853010	High Visibility Keyboard	£33.33
9853013	High Contrast Keyboard	£33.33

Find more assistive technology online at posturite.co.uk/enablement



Emergency Products

Could your staff cope in an emergency? Don't wait until it's too late. Invest in the right tools now to help save lives in the future.



Nobody expects an emergency, and yet bad things can happen at any time, to anyone, anywhere. Not even the most rigorous risk assessment can eliminate the potential for disaster.

What you can do is prepare: arm your employees with the right equipment and the necessary training (which you can read more about on p.88). Thanks to the easy accessibility and low cost of incredible life-saving innovations like the automatic external defibrillator (AED) and evacuation chair, we can now help save more lives than ever.

We believe all businesses should have access to emergency equipment, which is why we've sourced the most respected, user-friendly products on the market and made them available to you.

DEFIBRILLATORS

After someone suffers a sudden cardiac arrest (SCA) - when the heart stops pumping blood around the body - the first few seconds are critical. Irreparable damage can occur within four to six minutes. The sooner rescuers can administer first aid - including defibrillation, the better the chances are of saving the victim's life.

While there is no legal obligation to have an AED on site, if you don't, the chances of survival are extremely slim. And remember, SCA can happen to anyone at any time.

We currently supply two of the top brands in the AED market: LIFEPAK, which is used by 70% of UK ambulances and, as of early 2017, HeartSine, the name behind the world's first portable, battery-operated defibrillator.

EVACUATION CHAIRS

Organisations have a legal obligation under the Regulatory Reform (Fire Safety) Order 2005 to make sure everyone on their premises should be able to escape safely in the event of a fire.

To help you fulfil this requirement, we supply the lightweight, durable EvacuRite, a foldaway evacuation chair that gets people with limited mobility out of danger quickly.

Now is the time to invest. Not when it's too late.

AUTOMATED EXTERNAL DEFIBRILLATORS

In the event of an emergency, having a defibrillator can quite literally save lives.



LIFEPAK CR2
Defibrillator



Samaritan PAD 350P
HeartSine



Samaritan PAD 360P
HeartSine



Samaritan PAD 500P
HeartSine

LIFEPAK CR2 DEFIBRILLATOR

This complete and connected AED response system is expertly designed for user confidence. The CR2 is easy to use and the only AED that allows CPR compressions during heart rhythm analysis. LIFELINKcentral AED Program Manager monitors each AED every single day, sending alerts via cellular network or Wi-Fi about anything that may affect a unit's readiness - all automatically.

MV500 LIFEPAK CR2 Fully Automatic Defibrillator **£1,719.00**

HEARTSINE DEFIBRILLATORS

HeartSine offers the best overall Automated External Defibrillators (AEDs) for public access. The HeartSine models include a range of features that enable even the most novice rescuer to come to the rescue of a Sudden Cardiac Arrest victim.

HeartSine samaritan PAD 350P

Specifically designed for members of the public who may not be trained in first aid. It is simple to use with just two buttons: 'on/off' and 'shock'.

HeartSine samaritan PAD 360P

The samaritan PAD 360P (SAM 360P) with CPR Coaching is a simple fully automatic defibrillator, designed to be durable, affordable and highly user-friendly - all in the lightest and smallest package.

HeartSine samaritan PAD 500P

The samaritan PAD 500P defibrillator with integrated CPR Advisor is the most innovative device available, giving rescuers feedback on the effectiveness of their CPR efforts - in real time.

9321001	Heartsine 350P Defib Unit	£899.00
9321002	Heartsine 360P Defib Unit	£899.00
9321003	Heartsine 500P Defib Unit	£1,298.00



After early recognition, dialling 999 and carrying out CPR, the next critical step is defibrillation to restart the heart. This is why it can be potentially life saving to have user-friendly automatic defibrillators in public places and business premises.

For a full range of accessories visit posturite.co.uk/defibs

Product Options



Wall Cabinet Carry Case Rucksack Batteries Pads Brackets

EVACURITE EVACUATION CHAIR

Are you equipped to evacuate your site in the event of an emergency?



Cover and Wall Bracket
Stores away neatly



Compact
Foldaway design



Transit
Wheelchair use

Best-in-class, economically-priced evacuation chair

EvacuRite is a robust, economically-priced evacuation chair that excels in terms of ease-of-use, comfort, manoeuvrability and durability. It is suitable for use in almost any environment and emergency situation where a person is required to be smoothly and safely transported down stairs.

- Simple rapid-deploy system - allows the chair to be ready for use in seconds with no heavy lifting.
- Lightweight aluminium frame - making it the lightest evacuation chair in its class.
- Can be used as an alternative transit/wheelchair.
- Smooth, safe, glide-track system ensures a comfortable and controlled evacuation down stairs.
- Dual rear brakes at waist level for easy application.
- Forward-extending, ergonomically-shaped handles assist manoeuvrability.
- Adjustable chest, lap and shin straps.
- Adjustable neck support.
- Wipe-clean material.
- Wall attachment bracket - no lifting required.
- Cover included.
- Full instruction manual including trained operator/maintenance inspection log.
- 5 year guarantee.
- Directive 93/42EEC Medical Devices - Class 1.
- Annual inspection check available.
- EvacuRite training courses available.

MKV101 EvacuRite Evacuation Chair **£695.00**



Our EvacuRite evacuation chair is perfect for use in any environment and emergency situation where a person may be required to be safely transported down stairs.

Specification

5 YEAR GUARANTEE **kg** Weight capacity: 160 kg

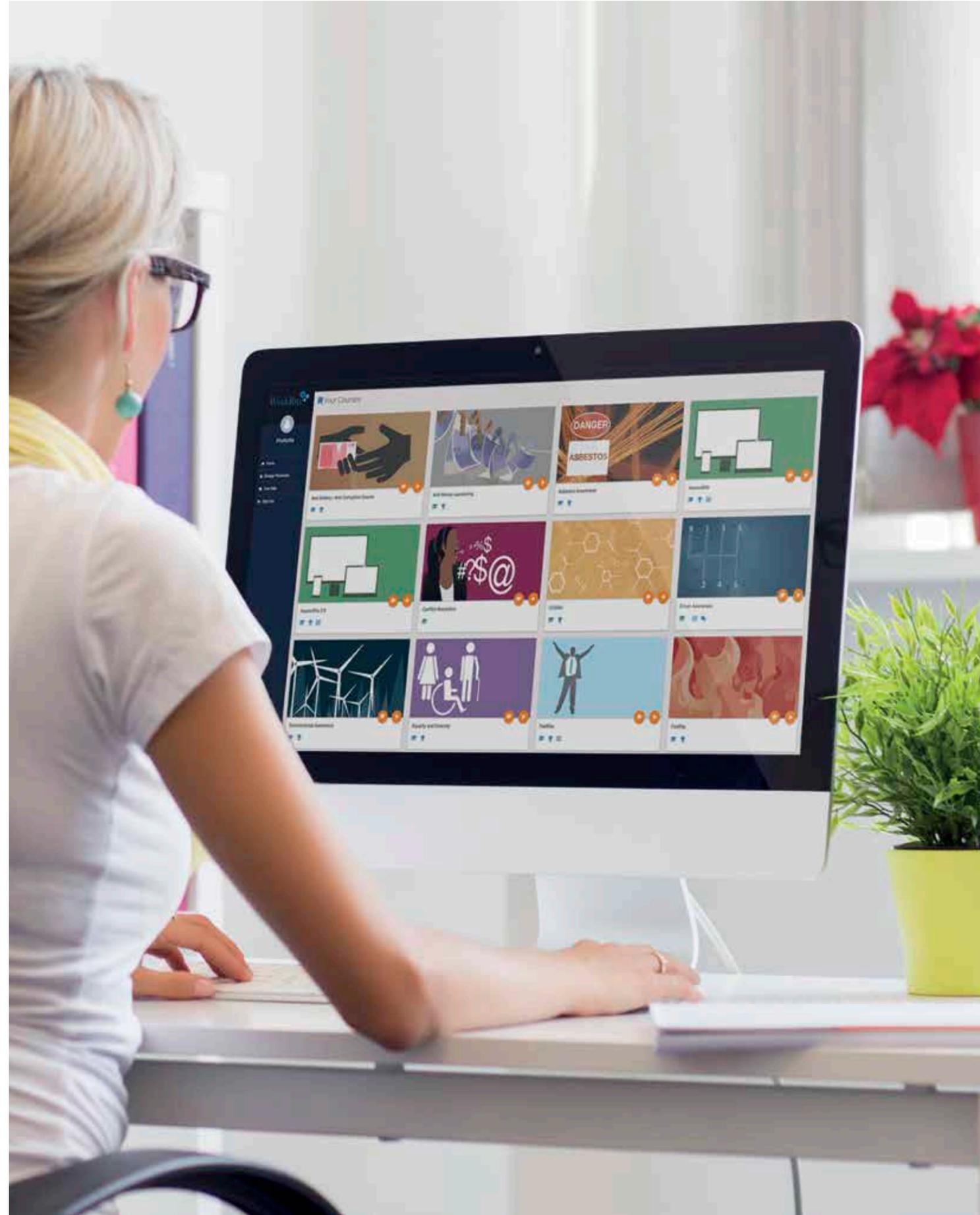
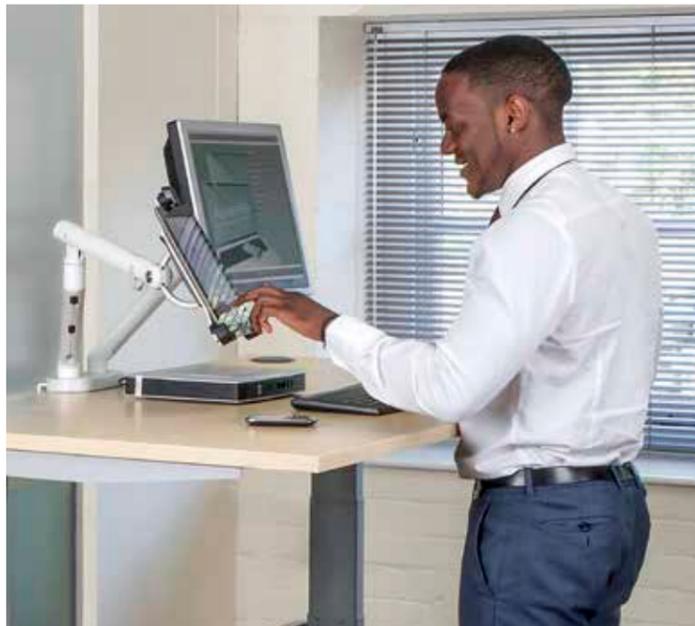
Seat (WxD) mm	460 x 440
Seat back height mm	490
Seat height from floor mm	490
Height closed/opened mm	1130/1600
Weight kg	15.9





E-learning and Software

WorkRite is our market-leading online training system. Using the intuitive interface, you can deliver engaging training efficiently and cost-effectively across your entire business, with a simple way of managing data and generating reports.



Our newly revamped management system is an easy-to-use online tool that allows you to delegate and manage employee training from a single, highly secure place. Sync your HR databases to gather accurate employee information, assign courses, set up automated reminders in line with company policy and generate reports.

Employees can take their online e-learning courses at a time, place and pace that suits them - whether they're in the office using a desktop computer, or working remotely from a portable device. We can also translate any of our courses into different languages for global organisations.

We have more than half a million users on WorkRite to date and are trusted by some of the most highly respected organisations in the world. We currently offer 25 courses covering health, safety, HR and wellbeing, with more in the pipeline. If you have specific requests we can create a bespoke course with branding and personalisation, or develop your concept from scratch.

AssessRite, our flagship online DSE assessment course, can be easily managed through the WorkRite system. Users can carry out a self-assessment of their set-up and any issues will be automatically raised with admins so appropriate solutions can be found. AssessRite has recently been updated to reflect the latest guidance on modern working practices. This helps you ensure legal compliance and may reduce costly work-related injuries across your organisation.

If you'd like to use two or more courses, you can benefit from our cost-effective 'access all areas' subscription model. We also offer additional software, including our Accident Management System (AMS) and Risk Management System (RMS).

Implementation is smooth and swift thanks to our dedicated support team who can visit you personally wherever you are based to deliver the appropriate training.

We've worked on some fantastic projects to help clients achieve their health and safety objectives, and we look forward to working with you in the future.



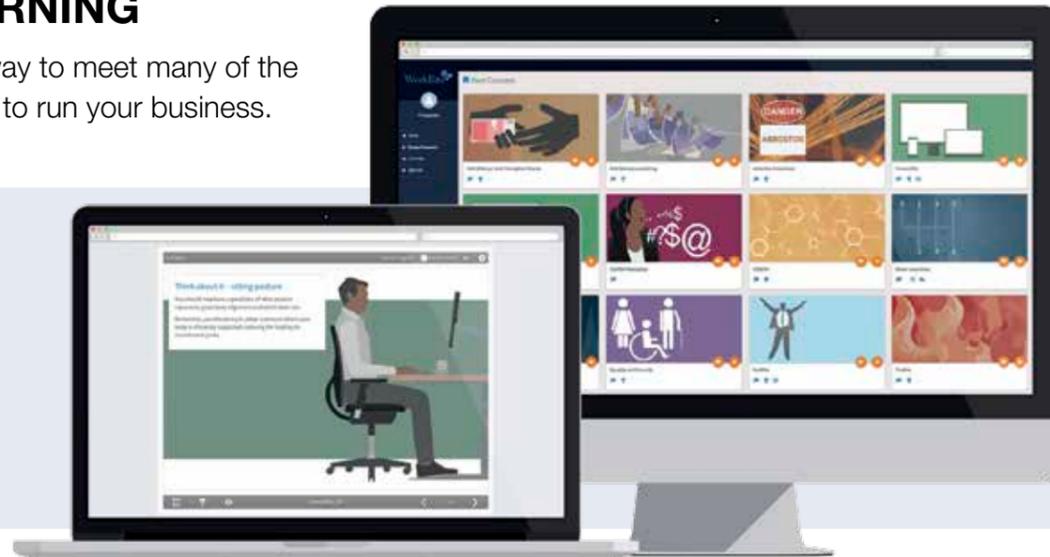
E-LEARNING

The simplest, easiest way to meet many of the regulations you need to run your business.

AssessRite DSE training

Fulfil your legal obligation to keep staff safe, happy and healthy at their desks with our interactive DSE assessment e-learning course - now with updated features that reflect modern working practices.

For a free trial visit posturite.co.uk/assessrite



SOFTWARE

Designed to help employers meet legal regulations and keep their staff healthy, happy and protected at work.

WorkRite Management System

The WorkRite management system comes free of charge when you purchase one or more courses from us. With its numerous automations and other time-saving features, you can ensure all staff are up-to-date with their training and any assessments they're due to take. Couple this with the capability of linking directly to your existing learning management system or HR management tool, WorkRite offers you and your staff a seamless learning and self-assessment experience unequalled in today's market place.

OUR COURSES

E-learning is now the method of choice for most organisations to deliver essential health and safety training to their staff.



DSE AND ERGONOMICS

- DSE (AssessRite)
- DSE for Home Workers

HR

- Anti-Bribery/Anti-Corruption
- Anti-Money Laundering
- Conflict Resolution
- Data Protection Act (DPA)
- Environmental Awareness
- Equality and Diversity
- New and Expectant Mothers
- Personal Travel Safety
- Safeguarding
- Stress Awareness (FeelRite)

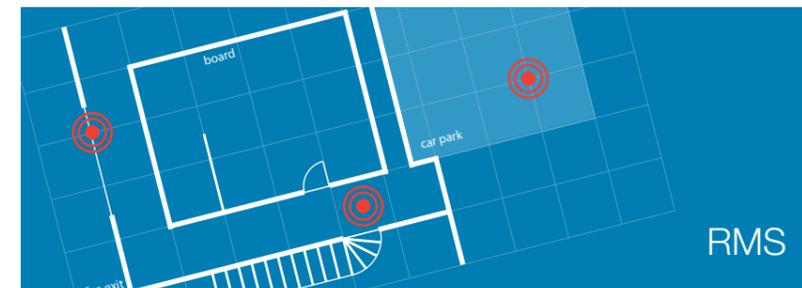
SAFETY

- Asbestos Awareness
- Control of Substances Hazardous to Health (COSHH)
- Driver Safety Awareness
- Fire Safety Awareness (FireRite)
- First Aid Refresher
- Food Safety (Level 1 and 2)
- Office Health and Safety Awareness (OHSA)
- OHSA for Line Managers
- Manual Handling (HandleRite)
- Mobile Workers (MobileRite)
- Slips, Trips and Falls
- Working at Height

WHY CHOOSE WORKRITE?

- ✓ Compliant with the latest regulations
- ✓ Grows with your business
- ✓ Ongoing service from our support team
- ✓ Well-developed, intuitive interfaces
- ✓ Protects your employees
- ✓ Options for bespoke courses

Register for a free 30 day trial at posturite.co.uk/workrite



RMS

RISK MANAGEMENT SYSTEM (RMS)

Carrying out a risk assessment on your business is a legal necessity. It is about assessing what could harm your employees and putting measures in place to stop it happening. This interactive tool makes it much easier to carry out risk assessments because it holds all data in one place, keeps a clear audit trail of actions and allows you to monitor the levels of risk in your business in real-time.

For more information on any of our software applications visit posturite.co.uk/workrite



AMS

ACCIDENT MANAGEMENT SYSTEM (AMS)

Make the process of handling accidents at work much easier with our accident management system. The system helps you to fulfil your obligations under the RIDDOR regulations (reporting of injuries, diseases and dangerous occurrences regulations 1995).

DYSLEXSYA

DYSLEXIA SCREENER

Online screener which offers a quick, convenient and cost-effective method for employers to identify adults with dyslexic tendencies. The screener focuses on six key areas, immediately generates a report upon completion and will help you understand whether any problems they are having are as a result of dyslexia.



Managed service

Our friendly in-house team can roll out and manage your courses personally and deal with any issues face-to-face to take the stress away from you.

Find out more about our managed service options at posturite.co.uk/managed-service



Face-to-Face Training

Our trainers are industry experts. They provide engaging, memorable training days when you want, where you want. Face-to-face training equips your staff with invaluable knowledge designed to reduce risks and save your business a lot of money in the long-run.



Training your staff is all about creating a positive, healthy, low-risk culture at work. This is one of the best ways you can protect both your employees and your business from the damage and distress often caused by musculoskeletal injuries, accidents and emergencies at work.

It's also an effective way to meet your legal obligation under the Health and Safety Act 1974, which is to provide: 'whatever information, instruction, training and supervision is necessary to ensure, so far as is reasonably practicable, the health and safety at work of your employees'.

Staff training is all about education. It ensures:

- Staff know about their legal responsibilities.
- There are people in the business who know how to react in emergencies.
- All risks are made aware of.
- Staff are protected as well as they can be.

Our experienced trainers can visit you on-site to carry out training in a variety of subjects, from display screen equipment (DSE) to fire safety. This can be carried out at a date and location of your choice (usually your office) where staff benefit from the undivided attention of our trainers. We bring along specialist equipment relevant to the training, so all delegates can have a go and get the best possible simulation of a real-life situation. We also offer drop-in DSE courses all over the country - perfect if you only have a small group to train, or don't have your own facilities onsite.

Our blended learning approach means you benefit from both face-to-face and e-learning courses designed to be taken quickly, at any time on the go. We know organisations are becoming increasingly agile, but we believe the one constant in your business should be your happy, healthy, productive employees - and the best way to support them is with ongoing training in a variety of forms.

We can even personalise the courses to make them relevant to your particular industry and policy.



TRAINING COURSES

DSE | First Aid | Health and Safety

DSE

As an employer, it is your responsibility to make sure everybody who works for you is using their computers, tablets, smartphones and laptops safely and correctly. We offer two levels of DSE courses, both of which train delegates to identify and reduce common problems like MSDs, fatigue and eye strain.



DSE COURSES

- **Foundation**
A course for beginners who wish to gain knowledge and skills relating to DSE and how to carry out assessments.
- **Post-Foundation**
A course designed to update and increase existing DSE assessors' knowledge.

HEALTH AND SAFETY

Our engaging, memorable health and safety training courses are designed to help everyone understand their duties under the Health and Safety at Work Act 1974 in order to protect people, and the businesses they work for, from harm.



HEALTH & SAFETY COURSES

- Manual handling
- Manual handling train the trainer
- Fire warden (half day)
- Fire safety awareness
- Evacuation chair training
- Evacuation chair training for trainers (EvacuRite)
- Conflict resolution
- IOSH working safely
- IOSH managing safely

FIRST AID

We provide a host of first aid training options to equip staff with the necessary skills to provide immediate attention if an individual falls ill or is injured at work. All of our courses meet the HSE standard for delivering first aid training in line with the most up-to-date regulations.



FIRST AID COURSES

- First aid at work
- First aid at work requalification
- Emergency first aid at work
- First aid at work annual refresher
- Automated external defibrillation (AED) awareness
- Basic life support and safe use of an automated external defibrillation
- Basic life support and management of anaphylaxis
- Emergency paediatric first aid
- Paediatric first aid
- Anaphylaxis bolt on

REASONS TO CHOOSE US...

We are passionate about educating the UK's workforce. Together - through training and support, we can build healthier, safer, more productive environments to work in.

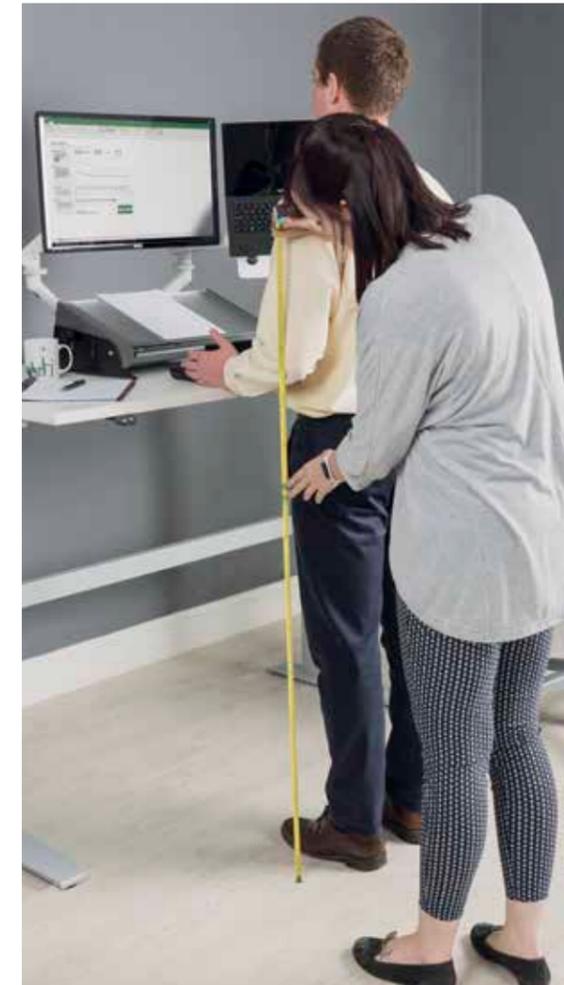
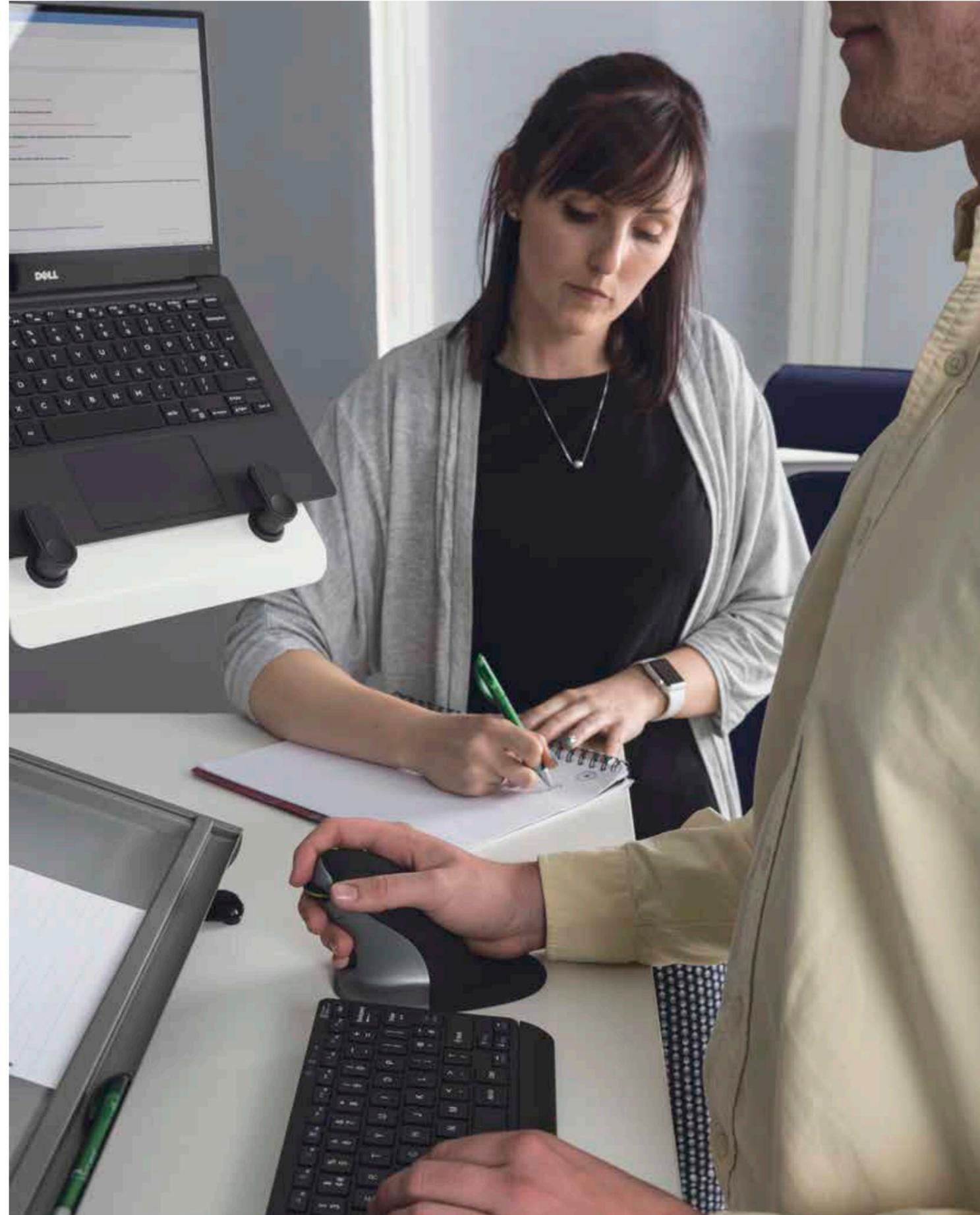
- ✓ **Flexibility**
For DSE training we can either come to you at a date and time that suits you, or you can come to one of our drop-in days where we provide the date, time, venue and refreshments. The latter option is a more cost-effective option for smaller groups as they'll be joining people from other companies.
- ✓ **Engaging**
So much of our communication is achieved digitally in the modern office - it can be a real breath of fresh air to have a day of face-to-face training where staff can interact, get involved, and really engage with their learning.
- ✓ **Exclusivity**
Our expert trainers come to your office (or a location of your choice) and train staff specifically according to the business's policies and procedures. Each course can be tailored for your unique needs.
- ✓ **Memorable**
Our training is designed to fully immerse people in reconstructed situations. This immersion helps to create memorable experiences that means their new knowledge is not only stored but seen and felt too, making it easier to recall if needed.
- ✓ **Hands-on**
We believe the best way to learn is to do. We bring along specialist equipment relevant to the training so all delegates can have a go and get the best possible simulation of a real-life situation.
- ✓ **Cost-effective**
Our training courses are competitively priced and a drop in the ocean compared to the long-term benefits. With staff trained to a high standard in health and safety, first aid and DSE, you reduce the huge costs associated with illnesses and injuries in the workplace.

Don't take a risk. Contact our training team today on **+44 (0) 345 345 0010** or visit posturite.co.uk/training



Consulting

Our consulting service puts you in touch with relevant, appropriately qualified experts to advise on ergonomic, health and safety, and wellbeing matters.



If you need advice or assistance on an ergonomic, health, safety, or wellbeing-related workplace matter then we can help. However vague or specific your brief is, we will work with you to get to the root of the issue and find the most effective solution from our range of consulting services.

We know that all businesses are different and that's why we ensure that every client receives a bespoke service. We guide you to the right solution for your business.

All of our consultants are experts in their fields, be it CMIOSH-accredited health and safety professionals, qualified ergonomists, nutritionists, or mental health professionals. Our aim is to offer a trusted, honest service that will help you to solve your workplace issue.

Our consulting services span three core areas:

- Ergonomics
- Health & Safety
- Wellbeing



CONSULTING SERVICES

Health and safety | Ergonomics | Wellbeing

HEALTH AND SAFETY

Our consultants will help you ensure that your procedures, policies, documentation, risk assessments and training programmes are all appropriately maintained while you concentrate on running your business.

Our health and safety experts can carry out a range of services including:

- gap analysis
- risk assessments
- guidance on fire and safety
- guidance on home and lone working
- health and safety policies and procedures.



WELLBEING

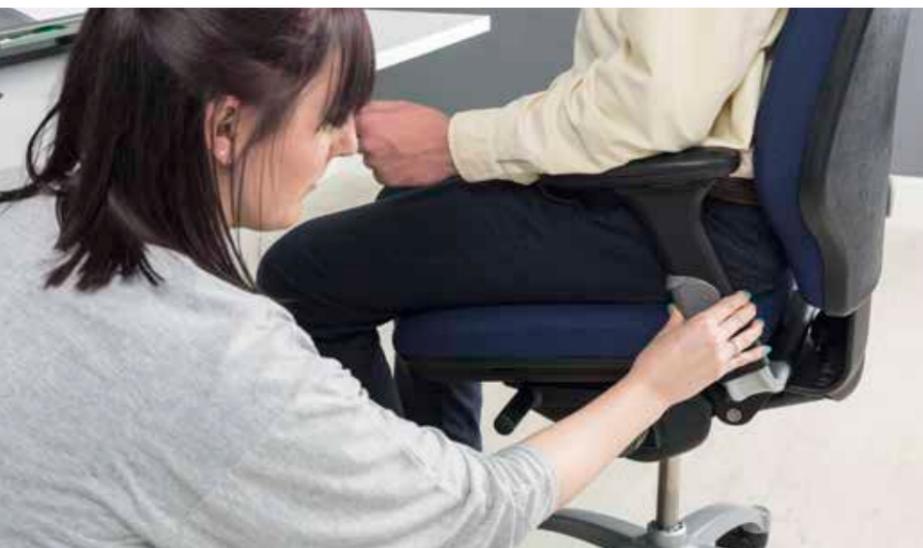
Our consultants can deliver a range of wellbeing services designed to create a healthy, supportive environment while reducing the prevalence and cost of work-related stress.

Our current wellbeing services include:

- Resilience training
- Mindfulness
- Bespoke wellbeing days

ERGONOMICS

Where a standard solution perhaps won't suffice, we can provide a bespoke ergonomic consultation with a qualified ergonomist. We can provide a range of services from basic single tasks to more complex site inspections. We will work with you throughout the process, giving you a clear understanding of the existing situation and clear options of what may be needed if improvements are recommended.



Where a standard solution perhaps won't suffice, we can provide a bespoke ergonomic consultation with a qualified ergonomist.



BENEFITS OF CONSULTING

We will get to the root of your query and put you in touch with the right expert for the job.

- ✓ Take the load off internal staff by enlisting the help of an expert
- ✓ Benefit from an objective viewpoint
- ✓ Create a safe, positive culture at work
- ✓ Reduce staff absenteeism and lost productivity

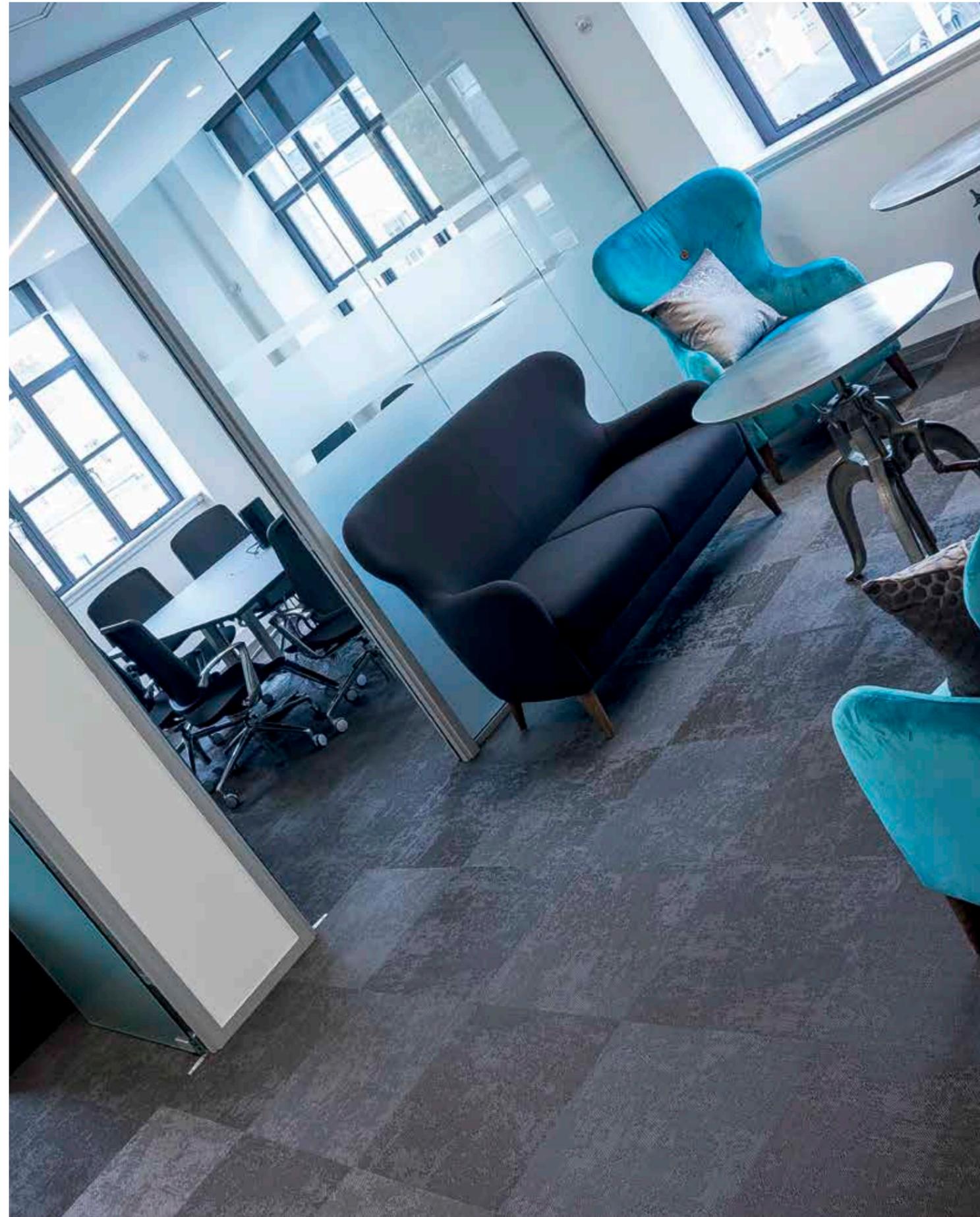


For more information visit [posturite.co.uk/consulting](https://www.posturite.co.uk/consulting)



Projects

A well-designed office space is sympathetic to the needs of its inhabitants. The spaces we create with our partners Kinetic Workplace Design are not only functional and attractive, but also receptive to the needs of the people who are going to live and work within them.



This combination of reliable project management, creative vision and a fundamental understanding of human factors in office design is what makes our refurbishment projects shine. We can work with you to take on as much or as little of the project as you require, including the management of all elements of health and safety compliance and local authority approval. We take away all the hassle and manage the process so you can concentrate on your business.

From stylish reception areas, to inspiring break-out spaces, we can transform your office interior to improve the way staff interact with and utilise their environment. The right environment can improve moods, boost productivity levels and enhance the concentration power of employees.

We create clever, inspiring designs that make full use of the space available, incorporate all of your business requirements and match your brief and budget. We then manage the whole process, from the client brief to the handover of your fully functional new office.

Our teams can handle every detail, from furniture sourcing, to air conditioning, heating, lighting and data requirements.

We pride ourselves on the fact that nothing is left to chance, all costs are identified and detailed in as much depth as possible at the outset.



KINETIC WORKPLACE

Kinetic is the energy involved in motion. When your business relocates, we ensure its movement will be effortless.

Kinetic Workplace Limited offers a full service that covers all aspects of fitting out a new office space from scratch, or refurbishing your existing space making it work better for your company needs, with a fresh more appealing interior design concept.

Kinetic adds interesting surface finishes and soft furnishings to make inspirational office break-out and kitchen areas that complement the working areas of the business. New workstations, different ways of working, collaborative working ideas all come into play when designing your ideal inspirational office space.

Kinetic can walk you through the whole process to advise and assist with projects. They'll provide a budget outline and full programme of works to help you meet your business objectives within your new environment.

Kinetic Workplace offers a full service that covers all aspects of fitting out a new office space from scratch, or refurbishing your existing space.

For more information visit posturite.co.uk/projects

PROJECT SERVICES

Providing services and products to interior design, fit-out and/or refurbish your office space.

SPACE ANALYSIS AND CONSULTATION

We will visit your current or new offices to take measurements, meet with you to discuss your requirements and undertake a feasibility study. Then, using the latest CAD and equivalent packages our team will work with you to help maximise the use of available floor space.

DESIGN AND BUILD SERVICES

We work with you to design office spaces and take care of all practical aspects of the project to agreed timescales and budgets.

PROJECT AND SITE MANAGEMENT

We take care of communication with suppliers, effectively manage resources, ensure legislative obligations are met and keep to timescales.

FURNITURE SERVICES

Our seating consultants source appropriate office furniture using our strong connections in the industry. We can even develop bespoke furniture to fit your needs exactly. Installation is then taken care of swiftly, with minimal disruption to your business.

OFFICE DESIGN SERVICES

- Design and build
- Office fit-out and refurbishment
- Office furniture source, supply and install
- Partitioning and flooring
- Electrical and data
- Interior design
- Spaceplanning
- Building feasibility studies
- Project and site management
- Relocation services and move management

Contact us



ADDRESS

Posturite Limited
The Mill
Berwick
East Sussex
BN26 6SZ

Monday - Thursday
9.00am - 5.30pm

Friday
9.00am - 5.00pm



ORDERING

www.posturite.co.uk



ENQUIRIES

+44 (0) 345 345 0010



EMAIL US

sales@posturite.co.uk

SHIPPING

CARRIAGE (UK MAINLAND ONLY)

Up to £100*	£7.99
Over £100*	£12.99
Chairs	£19.50 each
Desks	£27.50 each

Goods total (ex vat)
*excludes chairs & desks

CHAIR DELIVERY

Delivery of chairs is by courier and requires a signature upon receipt. Please sign as 'un-checked'. Ensure you advise us of any damage, loss or faults within 24 hours in order to make a valid claim.

DESK DELIVERY

Individual desk orders are delivered flat packed. On-site installation is available.

PLEASE NOTE

Our couriers are only insured to deliver items to goods inwards, reception or your front door.

SALE OR RETURN POLICY

If goods have been supplied on sale or return and you wish to return them within the 14-day trial period, you must first phone the office to obtain a returns number. Goods must then be returned in their original packaging with the original delivery note and returns note enclosed. We do not refund the outward carriage charge nor do we pay for the cost of return.

View our full terms and conditions online at posturite.co.uk/terms.

DISCLAIMER

Pricing was correct at time of print. Colours may vary due to the printing process.

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LONDON AND SOUTH EAST

Chris Hollely
Sales Manager,
London & South East
chrishollely@posturite.co.uk
+44 (0) 7971 221459

Matthew O'Sullivan
Regional Manager,
City & East London
matthewo@posturite.co.uk
+44 (0) 7973 840864

Paul Lindsay
Regional Manager,
West & South West London
paulindsay@posturite.co.uk
+44 (0) 7813 695691

Jonathan White
Key Account Manager,
City & East London
jonathanwhite@posturite.co.uk
+44 (0) 7827 352311

Craig Medhurst
Account Manager,
West & South West London
craigmedhurst@posturite.co.uk
+44 (0) 7825 981502

Michael George
Account Manager,
London
michaelgeorge@posturite.co.uk
+44 (0) 7827 300470

Antony Burns
Key Account Manager,
North & South West London
antonyburns@posturite.co.uk
+44 (0) 7812 053042

Jamie Pownceby
Account Manager,
London
jamielpownceby@posturite.co.uk
+44 (0) 7967 183656

Mat Jones
Regional Manager,
South East
mattjones@posturite.co.uk
+44 (0) 7966 01811

James Moxon
Key Account Manager,
South East
jamesmoxon@posturite.co.uk
+44 (0) 7825 890626

Jack Miller
Account Manager,
South East
jackmiller@posturite.co.uk
+44 (0) 7551 153284

Sue Greenham
Account Manager,
South East
suegreenham@posturite.co.uk
+44 (0) 7970 870967

SOUTH WEST

Tom Wood
Regional Manager,
South West
tomwood@posturite.co.uk
+44 (0) 7971 221474

Dave Gleeson
Key Account Manager,
South West & South Wales
davegleeson@posturite.co.uk
+44 (0) 7827 241854

NORTH, SCOTLAND AND IRELAND

Matt Tickle
Sales Manager,
North, Scotland & Ireland
mattickle@posturite.co.uk
+44 (0) 7966 973109

Andy Rigby
Regional Manager,
North, Scotland & Ireland
andyrigby@posturite.co.uk
+44 (0) 7970 631803

Eugene Larkin
Key Account Manager,
North East, Scotland & Ireland
eugenelarkin@posturite.co.uk
+44 (0) 7753 815818

Leon Jeffrey
Key Account Manager,
North West
leonjeffrey@posturite.co.uk
+44 (0) 7920 494926

Katie Blissett
Key Account Manager,
North Central
katieb@posturite.co.uk
+44 (0) 7825 981503

Daniel Delgado
Account Manager,
North West
danieldelgado@posturite.co.uk
+44 (0) 7919 325353

Simon Harsley
Account Manager,
North East
simonharsley@posturite.co.uk
+44 (0) 7920 714228

Gareth Braidell
Account Manager,
North Central
garethbraidell@posturite.co.uk
+44 (0) 7823 401 518

Scott Bottomer
Account Manager,
Scotland
scottbottomer@posturite.co.uk
+44 (0) 7584 488899

Neil Shave
Account Manager,
Scotland
neilshave@posturite.co.uk
+44 (0) 7812 053025

Marc Dickson
Account Manager,
Scotland
marcdickson@posturite.co.uk
+44 (0) 7741 265 427

MIDLANDS

Mark Walker
Regional Manager,
Midlands
markwalker@posturite.co.uk
+44 (0) 7980 240311

Andrew Howes
Key Account Manager,
East Midlands & East Anglia
andrewhowes@posturite.co.uk
+44 (0) 7826 913233

Laura Luckman
Account Manager,
Midlands
lauraluckman@posturite.co.uk
+44 (0) 7815 730237

SALES DIRECTORS

Geoff Thompson
UK Sales Director
geoffthompson@posturite.co.uk
+44 (0) 7967 046673

Jamie Hall
Director, London & South East
jamiehall@posturite.co.uk
+44 (0) 7977 267682

WORKRITE SOFTWARE

Ryan Church
Sales Manager
ryanchurch@workrite.co.uk
+44 (0) 7966 973110

SEATING CONSULTANT

David Kirtley
Seating Consultant
davidkirtley@posturite.co.uk
+44 (0) 7753 815817

Find your local account manager at
posturite.co.uk/account-manager

Find us on



Posturite Limited
The Mill, Berwick
East Sussex BN26 6SZ

t. +44 (0) 345 345 0010
e. sales@posturite.co.uk

www.posturite.co.uk

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