

# Start the New Year Right with Fellowes Ergonomic Essentials

Fellowes offers a wide assortment of ergonomic essentials to help you stay comfortable, healthy and productive in your workspace. Whether working at home or at an office, we have the products you need.



**ZONE 1**  
*PREVENT BACK TENSION*

**Check your posture.**  
A foot and back support will help provide the most comfortable working position.



**ZONE 2**  
*AVOID WRIST PRESSURE*

**Support your wrists.**  
Keep forearms parallel with the top of your desk and wrists in a neutral posture.



**ZONE 3**  
*RELIEVE NECK STRAIN*

**Achieve comfortable viewing.**  
Ensure your eyes are in line with the top of your screen.



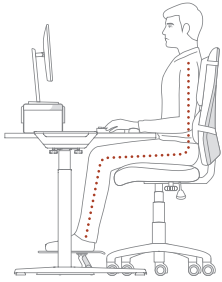
**ZONE 4**  
*REDUCE INACTIVITY*

**Introduce movement.**  
Regular changes to your working position will help you work and feel better.

# **Fellowes**

Fellowes.com

## Zone 1 Prevent Back Tension



Incorrect posture when sitting at a desk can cause back discomfort and fatigue.

**Solution:** Footrest and back support help discomfort and fatigue by maintaining a neutral posture.



### Standard Footrest

Free-floating platform encourages lower leg movement to reduce fatigue while offering dual-position height adjustment.

**Item #** FEL48121



### Breyta Footrest

Elevates feet and legs to help relieve lower back pressure and improve posture. 3 Height adjustments.

**Item #** FEL100098566

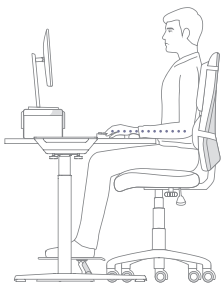


### Professional Back Support

Mid-spinal support with memory foam cushion to promote good posture and with sections to support the lumbar.

**Item #** FEL8037601

## Zone 2 Avoid Wrist Pressure



Incorrect wrist support while at your computer can create uncomfortable pressure and pain.

**Solution:** Mouse pads with wrist support and keyboard trays can get your forearms parallel with the top of your desk and will keep the wrist in a comfortable neutral position.



### Crystals™ Gel Mouse Pad Wrist Support

Transparent gel wrist support conforms to your wrist and redistributes pressure points.

**Item #** FEL91141



### PlushTouch™ Mouse Pad Wrist Rest

FoamFusion™ technology provides superior comfort and softness with Microban® antimicrobial protection.

**Item #** FEL9252001

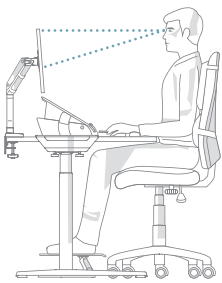


### Designer Suites™ Compact Keyboard Tray

Adjustable height and tilt angle with memory foam wrist support with Microban® technology.

**Item #** FEL8017801

## Zone 3 Relieve Neck Strain



An incorrect monitor height can induce unwanted neck and eye strain.

**Solution:** Monitor arms, monitor risers and laptop risers can get you in the correct viewing position by raising the height of your monitor.



### Platinum Dual Monitor Arm

Quick fit VESA plate, innovative cord management and two USB charging ports.

**Item #** FEL8042501



### Breyta Monitor Stand

Three height adjustments to prevent neck and shoulder strain. Built in device channel.

**Item #** FEL100098502

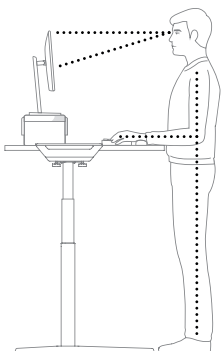


### Breyta Laptop Riser

12 Height adjustments. Compact, lightweight and portable.

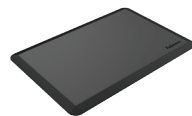
**Item #** FEL100098500

## Zone 4 Reduce Inactivity



Sitting all day has many negative effects on our health, along with experiencing neck and back discomfort.

**Solution:** Incorporate movement into your day. Transforming your desk into a sit-stand workstation and incorporating an anti-fatigue mat will add movement and comfort to your day.



### Anti-Fatigue Mat

Encourage subtle movement to prevent fatigue. Beveled edges help avoid trip hazards. 36" x 24"

**Item #** FEL8707002



### ActiveFusion™ Anti-Fatigue Mat

Unique shape promotes stretching and movement throughout the day. 36" x 24"

**Item #** FEL8707102



### Corsivo™ Sit-Stand Workstation

Work comfortably sitting or standing with this two-tier large workspace.

**Item #** FEL8091001