



VisionAid

Restoring Independence Since 1996

Ergonomic Solutions • 5

☎ Freephone:

0800 002 5555

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Sit Stand Desk

Motorised height adjustable desks allow quick switching between sitting and standing while working.

Research has linked sitting for long periods of time with a number of health concerns including obesity, increased blood pressure etc. A sit stand desk helps reduce these risks by allowing the user to vary their posture throughout the day.

● Elevate 120 - from ~~£399~~ £259

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Elevate 120 is a modern and stylish motorised sit-stand desk available in 5 finishes; Oak effect, Black/White wood, Black/White glass and 2 frame colours (black/white) designed to suit your office or home environment.

It is stable at all heights (even with dual 27" monitor arms attached), includes a built-in storage drawer and accommodates users from 5ft to 6ft 8".



	Motorised height adjustment: Fast, smooth and quiet motorised height adjustment. Just 24 seconds to travel from minimum to maximum height
	Wide height range: 69cm to 117cm (27.2" to 46") Accommodates users from 5ft without the need of a footrest when seated, up to 6ft 8" standing
	Display: Clear digital height read-out
	Top size: 1200mm x 600mm - Ideal for up to 2 x 27" widescreen monitors
	Safety: Automatic collision detection - stops desk instantly (and reverses direction). Child lock prevents unwanted adjustment
	Memory presets: 4 handy memory presets allow users to easily switch between their preferred sitting and standing heights
	High speed USB charging: Convenient phone and device charging for up to 3 devices. 18 watts maximum per port
	Assembly: Quick and easy to assemble. With supplied tool it takes just 15 minutes

Specialist Posture Seating

To support comfort and productivity it is important to find an ergonomic chair that works for each individual's needs.

We're all different, which is why our ergonomic chairs feature a range of adjustment options, suitable for specific conditions such as Scoliosis and MS.

● Adapt 600 - from £650

Ergochair

- Limitless high quality customisations
- Standard features include; a memory foam seat, seat depth and backrest height adjustment and inflatable lumbar support
- 30 fabric colour options available as standard
- Range of head and neck rests, backrests, armrests, seat enhancements, lower chair enhancements and other upgrades
- Made-to-measure

Backrest height:
35cm - 67cm

Seat width:
41cm - 60cm



● Tango 700 - from £1,147.09

NEA

- Single lever braking system for complete stability, comfort and ease of use for those with limited mobility. When locked, the chair becomes completely immobile, making it safe to be used as a support aid
- Unique 4 wheel base eliminates trip hazard when entering and exiting.
- Easy to 'walk' the chair while seated, around rooms or an entire floor
- Available with manual or electric height adjustment
- Electric height adjustment supports moving from sitting to standing
- Available with a varied selection of seats and backrests to suit the user's specific back support requirements

Backrest height:
22cm - 51cm

Seat width:
40cm - 49cm



Monitor Arms

Monitor positioning is an important ergonomic factor for all computer users. Our high quality gas lift monitor arms allow screens to be positioned at the right height, angle and distance from your eyes.

● VTArm3 Gas Assist Monitor Arm - £95

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- Fully adjustable, double pivot arm for full range of movement
- Long 65cm reach, ideal for low vision users
- 75 and 100mm VESA mount compatible
- Supports monitors from 2kg to 9kg (most 17" - 34" screens)
- Desk clamp, through desk and wall mounts included
- Height range; +70cm to -20cm
- High weight capacity option available

17 to 30" screens 8 kg



● VTArm3 Dual Gas Assist Arm - £160

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All the features of the VTArm3 Gas Assist Arm with the addition of:

- Single mount, twin arm compatible system
- Each arm is fully independent
- Allows easy set up of two different size monitors

17 to 34" screens

10 kg



Laptop Stands

Maximise desk space and workspace ergonomics with a laptop stand.

● Go Mobile 10-13 Laptop Stand - £49.99

ERGONOMIC CAFE

- Designed specifically for compact laptops up to 17 inches
- 9 levels of height adjustment from 25 to 50 degrees
- Includes a built-in copy holder
- Folds flat for compact transportation and storage
- Non-slip rubber feet
- Easy set-up

250mm x 320mm x 5mm 205g



● U Top Pro Laptop Stand - £59.99

ERGONOMIC CAFE

- Lightweight, thin and freestanding
- Includes a built-in copy holder
- 6 levels of height adjustment from 32 to 48 degrees
- 4 cable storage slots
- Folds flat for easy transportation and storage

250mm x 300mm x 5mm 250g

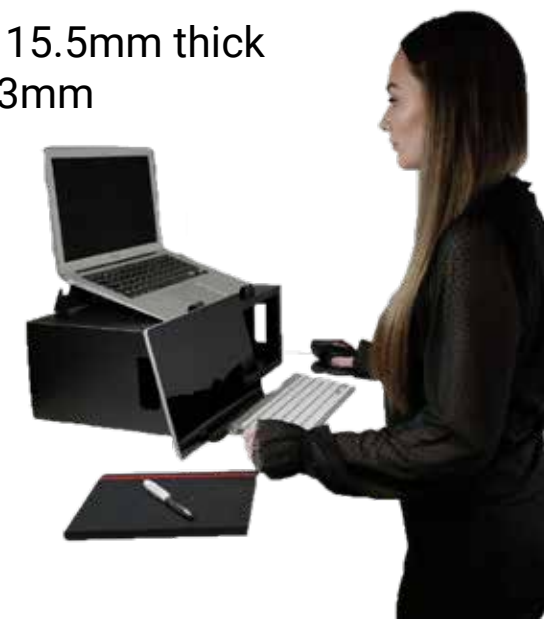


● Box Office Pro - £59.99

ERGONOMIC CAFE

- Total office in a box: allows the user to store all their office items; laptop, tablet, keyboard, mouse, phone, documents, books and stationery in just one space-saving and lightweight box
- Suitable for laptops up to 15.4" and tablets up to 15.5mm thick
- 5 laptop height settings between 170mm and 233mm
- Built-in adjustable laptop and tablet stand
- 2 tablet height settings of 203mm and 258mm
- Tablet safety lock system

Internal: 390 x 283 x 140mm
External: 423 x 285 x 173mm 725g



Tablet Stands

Maximise available desk space and improve workspace ergonomics with a tablet stand.

● Arrow Tablet Stand - £49.99



- Suitable for iPads, Galaxy, Kindle Fire and tablets up to 12.5mm thick
- Raises the screen height for use with an external keyboard, video conferencing or viewing documents
- Designed and tested to be used at a desk, on a table, on a lap or even laying down
- Adjustable to between 54 and 75 degrees
- Awarded the FIRA ergonomic excellence award



240mm x 200mm x 7mm



207g



Document Holders

● Clear Slope Pro - £99.99



- Transparent and non-reflective surface
- Built-in adjustable reading and writing slope
- Easy and quick angle adjustment across 12 levels from 8 to 55 degrees
- Padded document shelf
- Store documents under a cover
- Supports up to A3 documents



530 x 320 x 110mm(min)



2 kg



Light Shields

Light shields are designed to block or limit the level of either natural or artificial light from a users field of view. They are particularly beneficial for those who suffer from light sensitivity.

● SuperVisor Light Shield - £120



- Can benefit users with light sensitivity by reducing the level of glare on hard copy documents
- Consists of a lightweight visor mounted on a spring balanced arm
- Fully adjustable in both height and visor angle
- Arm maximum height is 1 metre from G-Clamp
- Supplied with a desk mount G-Clamp
- Optional weighted base also available



29.7cm x 42cm



1.5kg



● SuperSized SuperVisor Light Shield - £135



- All the benefits of the standard SuperVisor light shield but over 20% larger and with 2 mount options available (centre and side mount)
- Desk clamp fitting only, not compatible with weighted base



55cm x 40cm



2 kg



Need help or advice?

Most of us could improve our posture, especially when working. Below are some tips to **support better posture at work**:



Sitting upright at a 90 degree angle

We were all taught to sit up straight but it is now known this is not the best posture to adopt for longer periods of time.

Reclining slightly actually exerts less pressure on our spine. If sitting for long periods, **adjust the angle of your backrest** to find an angle which still allows you to work comfortably.



Adjusting your chair height based on your feet

While this may seem like a completely normal thing to do it can lead to significant shoulder and wrist discomfort.

Adjust your chair so forearms are at the same height as your desk with elbows forming a 90-100 degree angle. An adjustable desk can help with this as it brings your workspace to the correct level. Rest your feet flat on the ground.



Regular breaks from sitting

Varying between sitting and standing is good for you. It can be difficult to remember to switch between the two. If you are working while standing set yourself an alarm to remind yourself when to adjust back to sitting.

A good ratio is 1:1 so **if you sit for 30 minutes, stand for 30 minutes.**



Create an ergonomic work station!

If you have any questions or require more information about **your ergonomic work station**, please do contact us.

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Bridge Lodge, Spalding Common,
Spalding, Lincolnshire PE11 3AU



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enquiries@visionaid.co.uk
www.visionaid.co.uk