

Health and Wellbeing Collection | 2019

*Bringing the Future of
Health at Work*



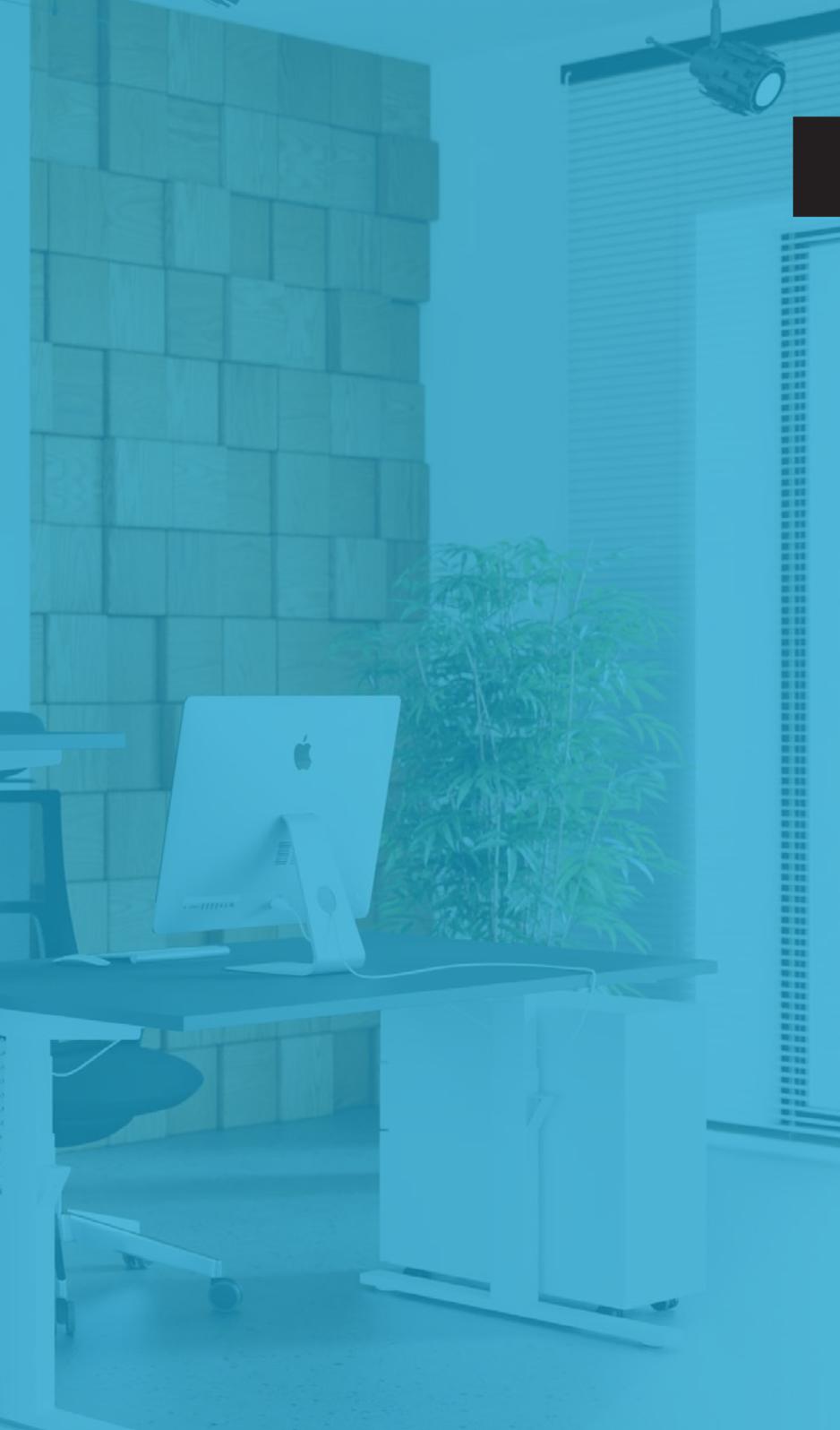
PaperPunch

office supplies



WELCOME

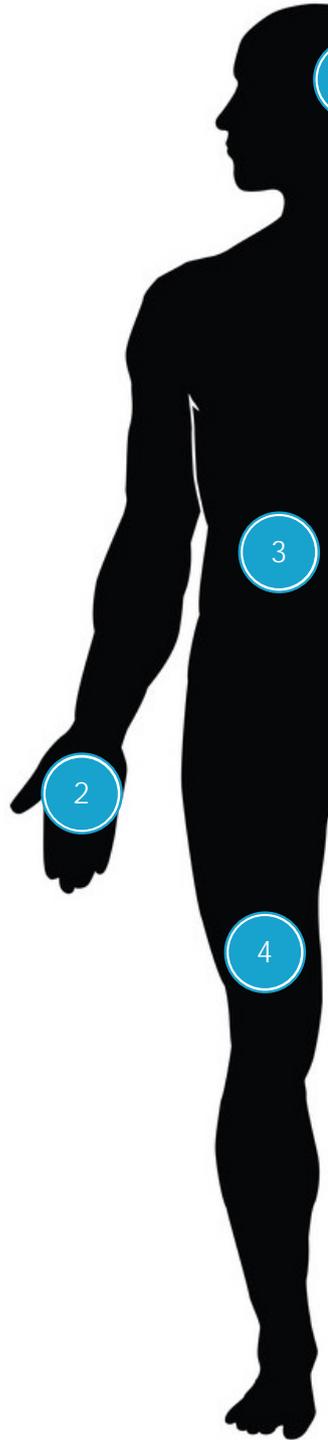
“ Create an office environment to improve your employee happiness, productivity and wellbeing ”



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Office Health and Wellbeing Benefits



1

HEART RISKS

Muscles are less active and therefore burn less fat while a person is seated. Together with a higher blood pressure and elevated cholesterol levels, this increases the risk of heart disease.

People who sit for more than 8 hours a day, double their risk of developing heart disease compared to those who sit for less than 4 hours a day.



2

MOOD AND ENERGY LEVELS

Standing desks appear to have a positive influence on overall wellbeing.

In one 7-week study, participants using standing desks reported less stress and fatigue than those who remained seated the entire work day. One study found that standing desks can lower feelings of stress and fatigue, while improving mood and energy levels.



3

BACK PROBLEMS

Staying seated for long periods of time can cause weight pressure to be unevenly distributed over the spine, leading to spinal problems in the lower back.

Several studies show that standing desks can dramatically decrease chronic back pain caused by prolonged sitting.

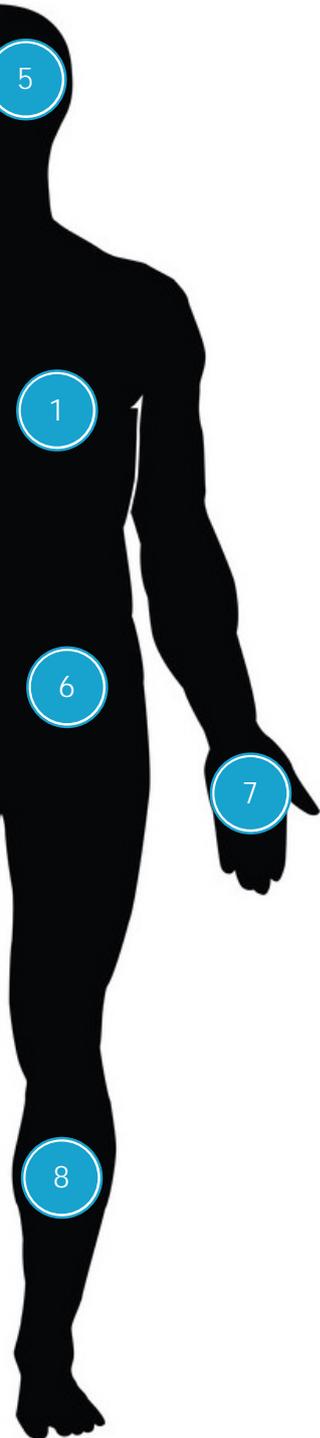


4

POOR CIRCULATION

Remaining seated for too long may result in swollen ankles and varicose veins, caused by fluids sinking down into the legs.





5

BRAIN ACTIVITY

If you stay fixed in one position, insufficient oxygen-rich blood will be pumped around the body, causing brain function to slow down.



6

LOWERS RISK OF OBESITY

Prolonged periods of sitting can slow down your metabolism and promote fat accumulation. By simply standing up intermittently while you work, you'll instantly decrease your risk of obesity.

Using active workstations such as a Leap desk will keep you productive, while also keeping you in shape.



7

STANDING MORE CAN INCREASE YOUR LIFESPAN

Studies have found a strong link between increased sitting time and early death.

This is not surprising given the strong association between sedentary time, type 2 diabetes and heart disease.

A review of 18 studies found those who sit the most are at a 49% greater risk of dying early than those who sit the least. It's estimated that reducing sitting time to 3 hours per day can raise the average life expectancy by two years.



8

MUSCLE PROBLEMS

If you stay seated all day, your leg muscles and gluteus muscles will become inactive, thus reducing your ability to sit up straight.







LEAP



Take
a stand for
Office Wellbeing
with
LEAP Desks



LEAP Desking

Leap is the future of desking, providing many benefits to employee health and productivity. Leap is a sit-stand desk which can be electrically adjusted to sitting or standing height to prevent problems associated with prolonged sitting. The range of desking includes a single stand-alone desk, bench desk and radial desk. Our frames can be manually expanded to accommodate tops from 1200mm to 1800mm in width and electronically adjusted from 655 to 1255mm in height, all at the touch of a button with the touch-sensitive controls.

Leap tops are available in a range of wood colours. Please see **page 15** for a full list of options.



LEAP Single

Leap Single is a stand alone electrically height adjustable desk that can be adjusted at the touch of a button. The desk height can be adjusted from 595mm - 1245mm via the standard 2 button or optional memory master control unit. The desk is available in various wood panel colours and the option of Silver, Black or White frame.

Available in 4 widths: 1200, 1400, 1600 & 1800mm plus 2 depths of top: 700mm & 800mm.

Go to **page 15** for a full list of available wood colours.



LEAP Bench

Leap Bench features the same adjustability as the Leap Single desk but in a two person bench system. Each user can adjust their own desk height via the memory master control unit. The desk is available in various wood panel colours and the option of Silver, Black or White frame.

Available in 4 widths: 1200, 1400, 1600 & 1800mm plus 2 depths of top: 700mm & 800mm

Go to **page 15** for a full list of available wood colours.



LEAP Radial

Leap Radial is a height adjustable stand alone desk available in tops 1600mm and 1800mm.

The ergonomic desk is commonly used in work environments and presents a flexible design which can be used to create endless configurations to build the perfect office layout.

Leap Radial desks can be used to utilise corner space in the office or in combinations to create cluster desks for either 2 or 4 workstations.

The desk is available in various wood panel colours and the option of Silver, Black or White frame.

Go to **page 15** for a full list of available wood colours.

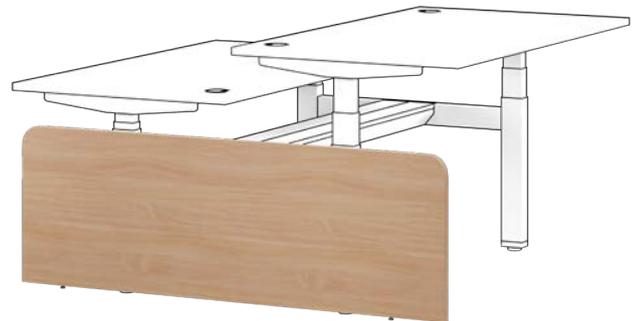


LEAP Side Panel

Leap Side Panel is another option from the Leap range which can be used in conjunction with Leap Single and Leap Bench desks.

Each side panel is E1 grade, impact and scratch resistant MFC and available in various wood panel colours.

Go to **page 15** for a full list of available wood colours.



Be smart.



Technical Specifications

- Speed 40mm/s
- Lifting Power: distributed load - 125kg
- Noise < 50 decibels
- Power 220-230V
- Control Box: control unit 2 ports voltage input 220-240 VAC 50/60Hz
- Six-axis anti-collision software - prevents any accidents when you, or an item comes into contact with your desk.
- Overheat electrical current protection
- The handset includes options to set a minimum and maximum height, a memory button with 3 programmable memory positions, settings to lock the handset and options to set sensitivity and retracted height.
- LED displays actual desk height.
- Low Consumption: after 10 sec. display turns off for low consumption <0,1w

LEAP Certifications

- Tested to EN527-1:2011 and EN527-2:2016 including motor durability test
- Complies with EMC Directive
- Complies with Low Voltage Directive
- Complies with RoHS Directive (Reach and PAHs)

LEAP Options

Available Top Types: Plain, Portals or Scallops

Top depths 700 and 800mm, **Top widths** 1200, 1400, 1600 and 1800mm.

Colour Options:



Wire Cable Basket

800mm (1200mm - 1400mm Desk tops) and 1200mm versions (1600mm - 1800mm top widths). Available in White, Black or Silver.



Cable Chain

White, Black or Silver



Magnetic Cable Protector

White, Black or Silver

LEAP Wood Panel Colours

All the following materials are E1 Grade, impact and scratch resistant MFC.

Standard Colours



Arctic Oak (AO)



Urban Oak (UO)



Maple (MP)



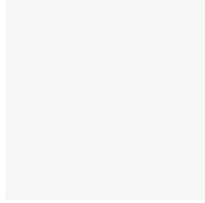
Beech (BE)



Dark Walnut (DW)



Carbon Walnut (CW)

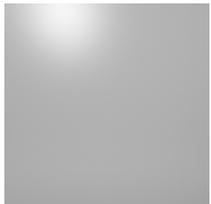


White (WH)

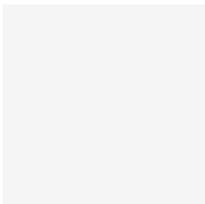


Grey (GY)

Frame Colours



Silver (SLV)



White (WHT)



Black (BLK)

All paint used is completely solvent-free and offers up to 99% material utilisation. Consequently, this coating method is incredibly economical and, at the same time, eco-efficient.

WEEE - Did you know?

Leap products are WEEE certified (Waste Electrical and Electronic Equipment). WEEE Ireland is a not for profit organisation, committed to delivering cost effective compliance since 2005. WEEE Ireland represents 74% of the electrical and electronic industry who have a Producer responsibility under the WEEE Directive 2012/19/EU to organise and finance the environmental management of their products at their end of life.

Since September 2008, all producers that sell electrical goods must take back the electrical products for free recycling. This is part of a European Directive which came into force in 2008, to encourage recycling across the EU. WEEE Ireland has been the Scheme of choice in Ireland maintaining majority market share across all sectors and operates under the approval of the Minister for Communications, Climate Action and Environment.

Any electrical goods you purchase from us we will recycle for free at the end of their life cycle. By being WEEE registered we can help make an environmental difference by:

- Reducing the amount of waste going to landfill.
- Save the planet by reducing the effects of the hazardous materials in WEEE.
- Conserve natural resources as materials such as plastics, glass and metals are recovered for use again in the industry.



LEAP Screens

Leap Screens are a modern, frameless, cost effective screen to compliment sit stand desks. Leap Screens are available in two variations: Leap Bench Screen and Leap Mounted Screen, designed to provide privacy in open plan offices and high levels of sound absorption.

A good acoustic environment can increase our ability to learn and work. Many companies are unaware that making a few adjustments to correct the acoustic landscape of the office can have wide-reaching benefits such as improved staff productivity, concentration and wellbeing. For more information on acoustics in the workplace please go to **page 45**.

Screens are fully upholstered and available in a range of premium fabrics such as Cara, Lucia, L2 and Blazer Lite, with a wide choice of colour options.



Leap Bench Screen



Leap Mounted Screen







LEAP Desk Converter

Electric Standing Desk Converter

LEAP Desk Converter

The Leap Desk Converter is an electric standing desk converter that adjusts with the push of a button. Choose from either Black or White finish; or add a tray option to make it your own. The Leap Desk Converter is a smart electric standing desk converter that's delivering a sit-stand solution to fixed height workspaces everywhere. Leap Desk Converters include two USB charge interfaces to supply fast and convenient charging for electric products.



Desk Converter



Crossbar Desk Converter



Desk Converter with Tray



Crossbar Desk Converter with Tray



Gymba

Gymba Board is designed and manufactured in Finland. After extensive research into how we stand Gymba offers a new healthier work experience. Using Gymba with your Sit Stand desk creates the opportunity to work, stand and move at the same time.

Gymba helps you to work normally without having to worry about overstraining your feet or your back.

As you stand and move on Gymba, you increase energy consumption, the intervertebral discs get the oxygen they need which means your back stays healthy while you work.

Why Gymba?

Most people stand up the wrong way, alternating between their left and right leg which can lead to standing with your ankles in an incorrect position and a skewed spine.

Standing up like this can be detrimental rather than being healthy. This is why it is important to pay attention to your posture. By using Gymba you can make sure you always have the correct posture.





Benefits of Gymba

1. Small board - big effect

Gymba is designed to make you more active in the workplace and help you stand the correct way while working at your desk. While standing at your desk we would encourage you to use Gymba to help you balance your posture while adapting to your weight. Using Gymba while standing will help decrease your chance of overstraining your feet or your back.

2. Your new 50-50 working day

We recommend using Gymba 50% of the time you spend at your workplace to achieve the maximum benefits. After a few days of using Gymba you should notice the difference including reduced back pain, leg muscles are more active and as a result the overall condition of your body has improved. This has been established via numerous clinical trials and a comprehensive Gymba test group.

3. Activate your muscles

People that are required to walk, bend and stretch during their workday suffer from musculoskeletal disorders less than those who sit most of the day. Simply standing up is already healthier because your muscles need to work in order to support your posture.

4. Comfortable Standing

Standing on a hard floor may cause pain in your feet, legs and back, preventing you from standing for long periods of time. Gymba provides a platform that is easier, smoother and more comfortable to stand on by reducing pressure on joints and making standing a more tempting option.

Colour Options

Gymba is available to order in Blue, Grey and Dark Grey.

SEATING

“Dedicated to Discovery,
Committed to Care”





Seating Partners

profim

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 **DUOREST**

Duorest 2.0

Duorest ergonomic chair is equipped with worldwide patented technology invented by German Physics Professor, Dr. Matthias Brünig, who has revolutionized the way we sit since 1989.





Eco-friendly Customised Ergonomic

Duorest started from the Active Sitting theory which reduces back pressure by supporting the spine and back muscles. For optimum health benefits, we recommend using the Duorest chair in conjunction with our Leap Sit-Stand desks.

Why Duorest?

Eco-friendly Chair

An ergonomic chair combined with breathable molded foam provides long lasting comfort.

Customised Chair

A user can customise the chair to their preference by adjusting the backrest height, depth and tilting tension.

Ergonomic Design

The parameters of the Duorest ergonomic chair can be varied to fit all body shapes and sizes.



Duorest Details

Smart Back System: Backrest depth and height is easily adjusted using the control dial to reduce back pressure by supporting the spine and back muscles.

Adjustable Armrest: Armrests can be adjusted by angle or depth to ensure correct positioning.

Urethane Castors: Double layered 3mm Urethane castors reduces noise and protects against floor scratches.

Curved Headrest Angle Adjustment: Headrest can be adjusted by height and angle to provide optimum comfort.

Self-Tilting Tension: Tilting tension automatically measures the ideal tension for the individual user to maintain a comfortable sitting experience. The degree of tilting can be adjusted by operating the degree lever.

Changeable Seatpan Cover: Removable, washable seatpan cover to maintain the product in a pristine condition.

Adjustable Seat Slide: Adjust the depth of the seat to ensure correct seating position between seat cushion and knee.

Duorest 2.0 Features



Adjustable Headrest



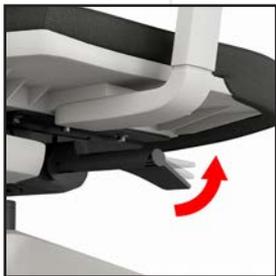
Adjustable Backrest Width



Adjustable Seat Depth



Adjustable Backrest Height



Adjusting Self Tilt Tension



Adjustable Arm



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Mickey

Mickey meets the requirements of today's modern jobs and is perfectly in line with the concept of the Activity-Based Workplace.

First of all, the seat swivels and swings from side to side. It has a height adjustment that goes from a low pouffe to a seat. This provides support during standing work and can serve different needs – either quick conferences for several people or sitting at a desk.

Secondly, thanks to a special handle, the seat can be easily moved, rearranged and have its height adjusted all at the same time! Mickey is available in a range of pastel or vibrant finishes. Combined with neutral plastics, this gives you the opportunity to be creative.

Mickey is highly ergonomic and can be used for active desk work, both seated and standing. It also follows the position flawlessly with a built-in 10 degree tilt to either side. These changes of position during work provide active support for the spine.



“Working for your
Better Health”





profim

LightUp

LightUp is a modern swivel chair with a great price-quality ratio. A perfect solution for those seeking ergonomic and economical chairs.

There are two types of backrest: mesh and upholstery. The upholstered version provides soft and comfortable support. There is a choice of different colours, so that the chair matches the surroundings. The alternative mesh version is extremely flexible and provides better air circulation through the use of breathable, high-quality mesh.

The most surprising feature of the new edition of the LightUp collection is the fundamental change in its colour palette. The existing traditional black plastic parts are now available in the light grey colour, giving the chairs a new, softer character. This is a response to a popular trend in office interiors to make them more inviting and 'domestic', by creating a more relaxed and creative workspace.

LightUp chairs come with a 5 year guarantee and have been issued the Blue Angel award for special contribution to environmental protection.



Xenon

The Xenon collection from Profim includes swivel and high mesh backrest chairs, each ergonomically designed. The Xenon range is equipped with all the necessary mechanisms and adjustment options which you would expect, with the guarantee of full ergonomics at a reasonable price.

The chair design boasts unique, unprecedented functions, such as innovative lumbar support (SmartADLS) and armrests with pads that can be adjusted in any horizontal direction.

The Xenon collection features chairs with both low and high backrests, available in different finishes with several upholstery types in over 130 colours.



“ Exceptional Technology,
Extraordinary Care ”



profim

profim



Violle

The Violle is a premium office chair that attracts attention with its elegant design. Its simple but impressive aluminium frame merges the backrest and seat into a harmonious unity.

Violle's great usability comes from its high-level ergonomics, which comes in part from its innovative Synchro mechanism and easily accessible, intuitive adjustment controls – all fully integrated into the seat.

Standard equipment includes, amongst others, adjustable lumbar support and multi-adjustable armrests with soft pads. The backrest can be upholstered or made of a breathable mesh and can also be fitted with additional options in the form of an upholstered headrest and jacket hanger.

Both the aluminium and plastic elements are available in several colours, including white, light grey, graphite and black. This allows for a wide range of variants when combined with the countless upholstery options to choose from.



Veris

Veris is a modern and fully ergonomic office chair. Models are available in a mesh backrest or molded foam providing excellent back support for working in an office environment. Every model offers a choice of different fabrics, mesh type and base colour.

Veris Features

- Adjustable seat height
- Adjustable angle of the backrest and the seat
- Seat depth adjustment
- Inclination of front part of the seat
- Height and depth adjustment of lumbar support
- Increase/decrease reclining force of backrest
- Height adjustable armrest
- Adjustable headrest

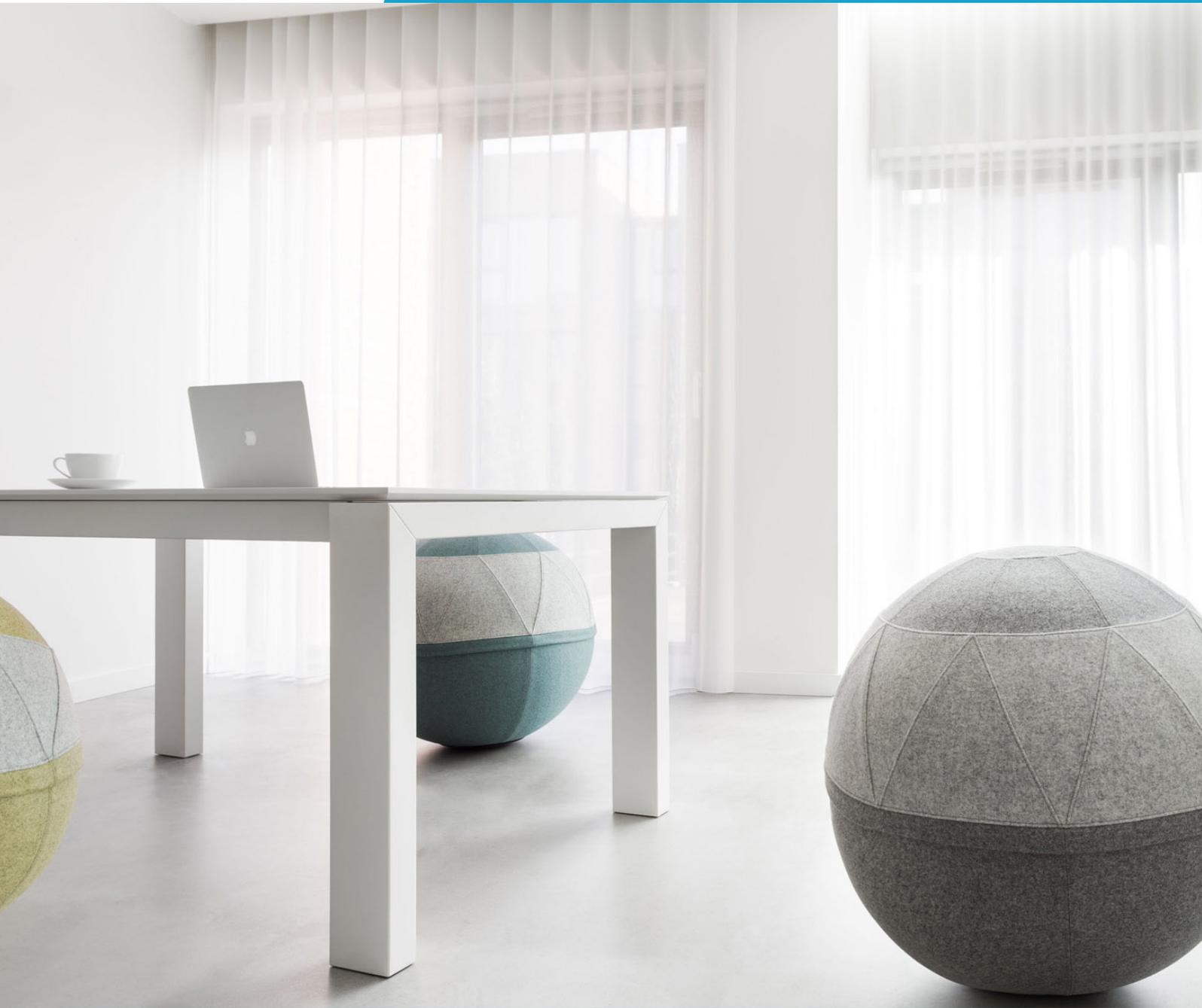


“Your Health Matters”





profim



Rollo

Rollo is a unique product that can be used for sitting in the office and at home. The upholstered ball is also an excellent footrest or can be used as a prop for simple exercises. In a modern office, Rollo is a superb choice for creative workshops, both for working at the table and team tasks.

The collection has been designed in fresh pastel colours allowing Rollo to blend well with all types of interiors, from stylish houses to minimalist office spaces.

The Rollo collection consists of two pouffe types, Rebel and Classy. Each model is available in three colours:

Stone (Grey)
Aqua (Pale aquamarine)
Moss (Pale green)



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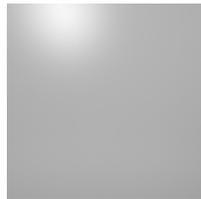
LEAP Monitor Arms

The Leap monitor arms are a concise appearance, smart design and easy installation. Leap monitor arms offer multiple combinations which are widely used in commercial, office and home environments. They offer an important addition to the overall wellbeing of desk users. Whether sitting or standing, users need to be able to adjust the height and angle of their monitors in an easy and convenient movement. This helps to reduce neck, back and eye strain.

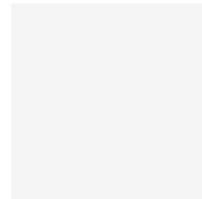
Features

- Sleek and streamlined design
- Compatible with VESA
- Height and Tilt adjustable by 75 degrees up and 45 degrees down
- Swivel of 90 degrees
- Easy installation
- Environmentally friendly design
- Stable mounting to desk

Colour Options



Silver (SLV)



White (WHT)



Black (BLK)

Specifications

Material: Heavy duty steel

Colour: Black, Silver, White

Width Adjustable: 506 mm

Height Adjustable: 410 mm



Single Monitor Arm



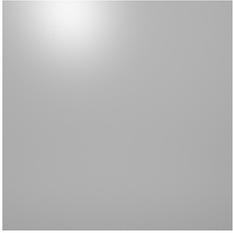
Double Monitor Arm



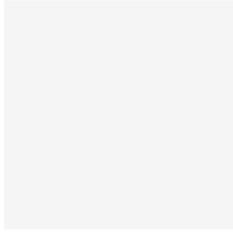
LEAP CPU Holder

The Leap CPU Holder is a safe and secure CPU holder to help make your workstation more functional. With easy installation, the user's CPU is securely stored to the underside of the desk allowing for quick hardware upgrades and repairs while also preventing damage from workplace hazards, dust, dirt and overheating.

Colour Options



Silver (SLV)



White (WHT)



Black (BLK)

Specifications

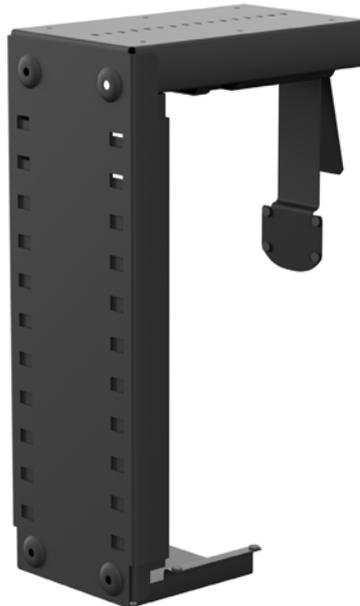
Material: Heavy duty steel

Colour: Black, White or Silver

Width Adjustable: 70mm-230mm

Height Adjustable: 330mm-530mm

Sliding Tray: 450mm long





Acoustic Environment

A good acoustic environment can increase our ability to learn and work. Many companies are unaware that making a few adjustments to correct the acoustic landscape of the office can have wide-reaching benefits, such as improved staff productivity, concentration and wellbeing.

The office environment for focused work needs to be an area of minimal distraction with high acoustic absorption. There should be individual work spaces with visual barriers such as room dividers, and acoustic furniture to reduce noise transmission from other zones.

Acoustic towers, wall tiles and screens reduce reverberation by absorbing sounds rather than sound bouncing off walls. These types of acoustic products are a great solution to improve the acoustic environment of the office and in turn improving the noise levels resulting in a more ambient acoustic environment with minimal distraction for the office workspace.

“Acoustic Spaces
Boost Wellbeing of
Office Workers”





ACOUSTIC

Workplace Acoustics

Acoustics in the workplace is something that may often be overlooked but much research and various studies have been conducted regarding the effect of acoustics and how it influences productivity and wellbeing. It's acknowledged that workers could be more productive in a less noisy or acoustically treated environment, meaning it has become an important topic for consideration.

Acoustic Benefits

- Decreased stress levels
- Impact on our well-being
- Improve concentration
- Reduced fatigue and headaches
- Improved heart rate and blood pressure
- Prevent irritability
- Increase office performance

Tower

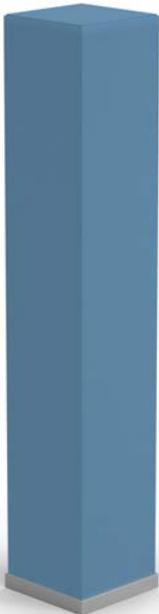
Tower is a highly effective free-standing acoustic absorber. Its acoustic properties allow you to reduce the number of other absorbers to achieve a balanced acoustic environment. Tower is extremely light and easy to rearrange. Its shape makes for the perfect addition to any conference room or open-space office.

Tower has a simple, yet ingenious construction. It's made from a specialistic melamine foam, upholstered in a fabric of your choice. To enhance stability and protect from damage, it has a stand made from lightweight aluminium.

Tower has a very high accumulation of sound absorbing material giving it unprecedented sound absorbing results. It has achieved a certification as a class A absorber. Use it on its own or combine it with Mute Design wall or ceiling panels to create a pleasant acoustic environment in any room.

Available Options

Tower High Standing Acoustic Column
Tower Low Standing Acoustic Column



“Inspiring Better Health”





Cone

Cone is a great solution for sound absorption and sound reduction with a designer's touch. This acoustic screen is available in two forms, round and rectangle. Both shapes of the screen share the same type of wooden stand which adds character to any office, hotel or restaurant space.

Cone is relatively light for its acoustic properties and consists of two layers of Basotect melamine foam, which gives the panel its high sound absorption properties. It has an MDF board in the middle which is responsible for blocking unwanted noise.

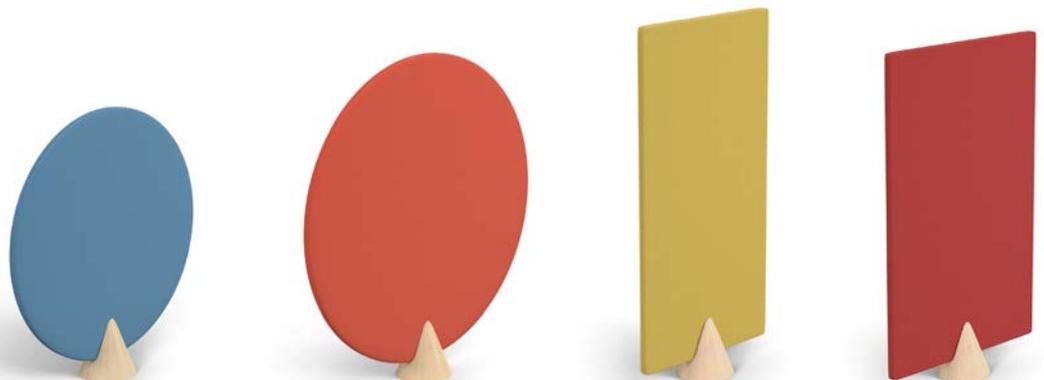
Cone is a great addition to any open-space office, reception hall, coffee area or any other space where you would like to combine style with great acoustic properties.

Available Options

Cone Round Standing 1200
Cone Round Standing 1500
Cone Rectangle Standing Panel 800
Cone Rectangle Standing Panel 1000



MuteDesign®



Blocks

Blocks is an incredibly versatile family of acoustic wall and ceiling panels. Five classic shapes – square, rectangle, triangle, circle and semicircle – available in various sizes and two thickness options, Blocks offer endless configuration possibilities.

Block has been certified according to EN ISO 354 as class A absorber (55mm panels) and class C absorber (35mm panels), absorbing 100% and 75% of unwanted noise respectively.



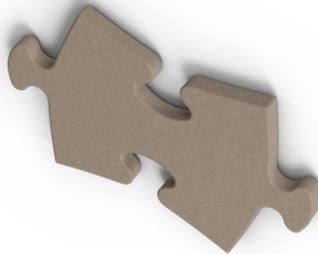
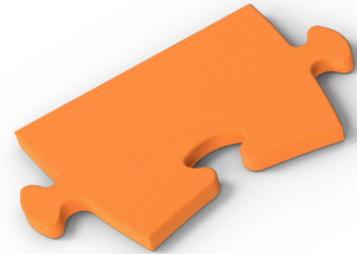
MuteDesign®

Puzzle

Puzzle is a range of acoustic wall panels inspired by the classic jig-saw shape. The design offers a series of five puzzle pieces. By combining these elements, you can build stylish and fun structures.

The core of Puzzle panels is made of melamine foam, which has outstanding sound absorbing properties. Puzzle panels are thoroughly sewn and upholstered in fabric of your choice.

Puzzle panels are certified according to EN ISO 354 as class A sound absorbers, absorbing 100% of unwanted noise. They can be used on walls of reception halls, restaurants, canteens or any other spaces requiring noise reduction.



“Our Specialty is
your Wellness”

MuteDesign®



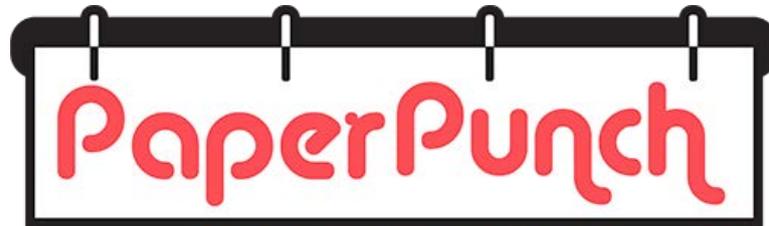


- Increase productivity
- Prolong life expectancy
- Improve circulation
- Burn fat

Standing just 15 min per hour
provides great health benefits.



Health and Wellbeing Collection | 2019



office supplies

“Your Health, Our Mission”