# office master work Happy

# FROME HOME

AUTUMN / WINTER 2021

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# OC9 **High Back Operator Chair**



#### **Dimensions (mm)**

Seat Width 480 Seat Depth 460 Overall Height 975-1160

#### **Description**

High Back Operators Chair. Gas height adjustment. No arms. 2 Lever Permanent Contact Mechanism. Black 5 star base and castors.

# OC<sub>5</sub> **High Back Operator Chair**



#### **Dimensions (mm)**

Seat Width 500 Seat Depth 480 Overall Height 980-1100

#### **Description**

High Back Operator Chair. Gas height adjustment. Height adjustable arms. 2 Lever Permanent Contact Mechanism. Fixed seat. Chrome 5 star base and castors.



# OC9A

**High Back Operator Chair** 



#### **Dimensions (mm)**

Seat Width 480 Seat Depth 460 Overall Height 975-1160



#### **Description**

High Back Operators Chair. Gas height adjustment. Fixed Arms. Black polypropylene fixed arms. 2 Lever Permanent Contact Mechanism. Black 5 star base and castors.

### **BA900MGHA**

**High Back Mesh Operator Chair** 

#### **Dimensions (mm)**

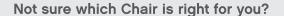
Seat Width 495 Seat Depth 445 Overall Height 975-1160

#### **Description**

High Back Mesh Operators Chair. Gas height adjustment. Lumbar back support. Black padded height adjustable arms. 2 Lever Permanent Contact Mechanism. Black 5 star base and castors. [Chrome Optional]







# Mall **Height Adjustable** Sit Stand Desk

#### Dimensions (mm)

Width 1200 & 1600 Depth 750 Height 630-1250

#### **Description**

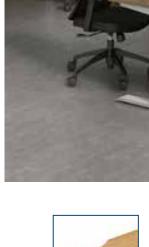
- 1200mm or 1600mm Wide
- 25mm Top
- Electric Control Panel
- 2mm ABS Edging
- Scalloped Cable Access
- Adjustable Feet
- Modesty Panel (OPTIONAL)
- White Frame





Walnut









**ELECTRIC CONTROL PANEL** 



(OPTIONAL) **MODESTY PANEL** 







#### **Height Adjustable Desks**

Code	Description	Price
MALL12HADWH	1200 Height Adj. Desk, 1200W x 750D x 630-1250H, White	€ 479
MALL12HADOAK	1200 Height Adj. Desk, 1200W x 750D x 630-1250H, Oak	€ 479
MALL12HADWAL	1200 Height Adj. Desk, 1200W x 750D x 630-1250H, Walnut	€ 479
MALL16HADWH	1600 Height Adj. Desk, 1600W x 750D x 630-1250H, White	€ 499
MALL16HADOAK	1600 Height Adj. Desk, 1600W x 750D x 630-1250H, Oak	€499
MALL16HADWAL	1600 Height Adj. Desk, 1600W x 750D x 630-1250H, Walnut	€ 499
MALLMP12WH	1200 Modesty Panel, 1200W, White	€ 39



**Solo Cantilever** 

# Desk

#### **Dimensions (mm)**

Width 1200 Depth 800 Height 740

#### **Description**

- · 25mm desk top
- 2 cable portholes on desk top
- 18mm modesty panel
- · Double spoke cantilever leg frame

White



Beech



SRD12

Pricing subject to VAT at 23%

€145





- Under desk 2 drawer mobile pedestal
- White
- Silver handles
- Lockable with 2 keys

G2DMPWH

Pricing subject to VAT at 23%

€139

# **Monitor Arms**



# **Description**

Instantly improves the comfort, health and productivity of any workspace. Fully compatible with traditional desks and sit/stand workstations alike.

#### **Double Arm**

LDM-ARM Pricing subject to VAT at 23%

€89

#### Single Arm

LSM-ARM Pricing subject to VAT at 23%

€55



# **Cable Basket**



#### **Description**

These allow for power blocks to be laid inside and cables fixed in place. This improves safety and keeps the under desk space tidy.

WB1000TS

Pricing subject to VAT at 23%

€39

## Sora

# **Height Adjustable Workstation for Desks**

#### Dimensions (mm)

Width 880 Depth 385 Height 120-505

#### **Description**

Convert an existing desk to a standing desk with our desk converter which offers an easy transition from a comfortable sitting position to a standing one. The monitor riser allows simple and smooth adjustments thanks to the gas spring lift which allows for any height setting within the range, with a separate keyboard tray.

SHAW-K
Pricing subject to VAT at 23%

€275





# BV30 Slim Mobile Pedestal



Dimensions (mm)

Width 300 Depth 500 Height 600

BV30

Pricing subject to VAT at 23%

€149

# BV40 Mobile Pedestal



Width 400 Depth 500 Height 600

BV40

Pricing subject to VAT at 23%

€149

## Laptop/Tablet Stand



CE06197 Pricing subject to VAT at 23%

€25



**I-Spire Laptop** Quicklift



BB70679 Pricing subject to VAT at 23%

**€43**.99



### Scrollwheel Mouse



KF04368 Pricing subject to VAT at 23%

**€12**.65

Q-CONNECT®



€18

Q-CONNECT®

#### Wireless Keyboard & Mouse Set



**€47**.50

#### Foam Mouse Pad with Wrist Rest



€18

#### **Foam Wrist Rest**



#### LG 24" HD LED Monitor



€189



# ERGONOMIC TIPS FOR DESK USERS



#1

- Keep back straight to chair.
- Chair ideally should have armrests.
- Ability to adjust seat height is a must.

#2

- Relax forearms.
- Keep arms parallel to the floor.
- Minimal bend of the wrist.

#3

- Keep top of monitor at eye level.
- Keep screen at arms length.
- Slightly tilt screen up.

#4

- Keep legs parallel to floor.
- Keep feet flat to the floor/footrest.
- Use footrest to avoid 'pinching' legs.

#5

 Don't forget to take regular breaks! Good for your eyes as well as circulation. office master





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