

***Fellowes***

Ergonomic Solutions



Standard  
**Footrest**

# Standard

## Footrest

### Features:

- Free-floating platform allows legs to stretch for increased circulation
- Offers dual-position height adjustment
- Textured surface massages soles of feet to relieve tension
- Made from 99% recycled plastic
- Tested by FIRA International Ltd to comply with the ergonomic requirements set out in European Health and Safety Legislation: EN ISO 9241-5



### Specification:

Code	48121-70
Colour	Black
Product Dimensions (H x W x D)	9.52 x 44.76 x 33.33 cm
Product Weight	1.41 kg
Retail Carton Dimensions (H x W x D)	33.65 x 45.08 x 9.2 cm
Retail Carton Weight	1.65 kg
Outer Carton Dimensions (H x W x D)	48.26 x 20.32 x 35.56 cm
Outer Carton Weight	4.03 kg
Number of Height Settings	2
Height Range	8.5/10.5cm
Platform Size	42.5 x 30cm
Angle	Up to 25°
Rocking Motion	Yes
Textured Surface	Yes
Features	Rocking Motion Massage Texture Surface
Retail Barcode (UPC)	077511481215
Outer Carton Barcode (SCS)	50077511270906
Quantity per Outer Carton	2
Country of Origin	China
Warranty	5 Year Limited



### Large foot platform

A free-floating platform allows legs to stretch for increased circulation.



### Height adjustable

Offers dual-position height adjustment



### Rocking motion

Rocking motion improves circulation and reduces fatigue.



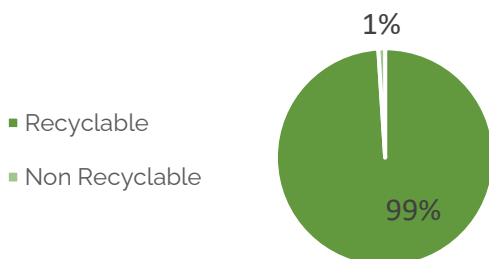
### Textured surface

Surface massage bumps rejuvenate tired feet and relieve stress.

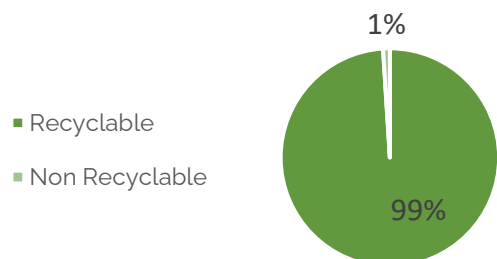
## Recyclability:

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### Product



### Packaging



## Ergonomic Working:



# ZONE 1

PREVENT BACK TENSION

### Check your posture.

A foot and back support will help provide the most comfortable working position.

### How to use a foot rest

- 1. Set your seat height:** Ensure your seat height is set so your arms are parallel with your desk and your elbows are roughly at a 90° angle.
- 2. Check your seat pan:** Adjust your seat pan to ensure your legs are properly supported but there is enough space to avoid the chair interfering with the bending of the knee. Typically 3/4cms.
- 3. Support your feet:** Place your foot support in front of your chair and adjust the height until you can firmly place your feet flat on the top.
- 4. Movement:** Foot rests with rocking movement or foot textures encourage movement throughout the day helping to improve circulation and reduce fatigue



## Certifications:

Pending: EN ISO 9241-5 1999 Ergonomic requirements for office work with visual display terminals (VDT's): part 5: 1999, workstation layout and postural requirements.



## Aftercare:

**Cleaning:** Wipe over with a damp microfibre cloth. Do not use any cleaning solutions.

**Handling & Storage:** Read and follow all instructions and warnings before use. This product is intended for indoor use only.

Dimensional Drawings:



2 height positions



8.5 cm



10.5 cm