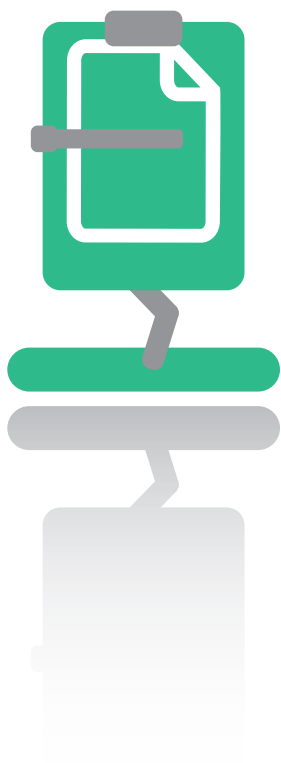


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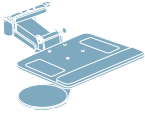

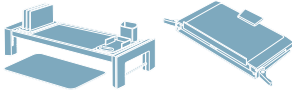






## FELLOWES OFFICE PRODUCTIVITY SOLUTIONS

### MAKE YOURSELF COMFORTABLE

A few easy adjustments to your workstation set-up can make a huge difference in how you feel about your daily routine. Use the guide below to identify areas of discomfort and find the ideal product solutions for stress reduction and promoting a neutral work posture.

### FELLOWES COMFORT SOLUTIONS GUIDE

Area of Discomfort	Potential Cause	Product Solutions
 <p>Shoulders &amp; neck</p>	<p>Improper keyboard or mouse positioning Improper monitor position</p>	<p>Keyboard drawers Monitor arm</p> 
 <p>Head &amp; eyes</p>	<p>Improper monitor position Incorrect document placement</p>	<p>Monitor supports Document holders</p> 
 <p>Arms, hands, &amp; wrists</p>	<p>Improper keyboard or mouse positioning Improper work surface height</p>	<p>Wrist supports</p> 
 <p>Legs</p>	<p>Legs dangling Lack of movement</p>	<p>Foot supports</p> 

### FELLOWES KEYBOARD SOLUTION

## FIND THE RIGHT KEYBOARD SOLUTION

®Keyboard Trays position input devices closer and lower to the body to promote a neutral posture. These cornerstone ergonomic solutions also encourage proper seating and help reduce low back and upper leg stress.



Helps reduce neck strain and shoulder tension

### FELLOWES OFFICE SUITES™ UNDERDESK KEYBOARD DRAWER

- Easy to install and adjust for personal comfort
- Keyboard tray features three height adjustments to suit preferred work position

**236167** Underdesk Keyboard Drawer



Specifications	Workstation (1)				Platform (2)			Adjustability (3)			
Item number	Diagonal / Curved	Straight	Glide track length	Maximum width of keyboard and mouse platform	Keyboard Platform Dimensions (L x W)	Wrist rest included	Mouse platform dimensions (L x W)	Mouse left / right mount	Height above / depth below mounting surface	Sliding keyboard drawer	
Office Suites™ Underdesk Keyboard Drawer	236167	yes	Yes	254mm Travel	730mm	511 x 196mm	Plastic	187 x 194mm	Both	64mm, 54mm or 44mm below track	Yes

## FELLOWES DESIGNER SUITES™ MONITOR ARM

- Elevates flat panel monitors to optimal viewing height to prevent neck strain
- Easy to mount – two piece clamp mounts monitor between desk and cubicle wall
- Height adjustable arm moves up or down to five positions (25mm increments)
- Supports flat panel monitors up to 21" and up to 9 kg
- Tilts up or down +/- 45°, pivots left to right 180°, and allows 360° rotation
- Clamps to surfaces up to 64mm thick (51mm desk overhang required) or mounts in grommet hole
- Includes cord management system

236168 Monitor Arm



Easy to attach  
Requires no tools to attach  
Mounts to surfaces up to 64mm thick

Specifications	Item Number	Height Range	Height Adjustments	Weight Capacity	Display Capacity
Designer Suites™ Monitor Arm	236168	267 - 368mm	5	9 kg	21" flat panel monitor

## FELLOWES MOUSE PADS

### FELLOWES OPTICAL MOUSE PADS

- Hard surface provides 100% tracking accuracy



236446



236447

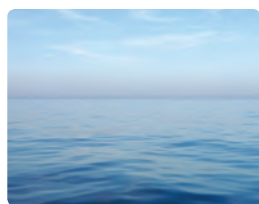
Item Number	Description
236446	Mouse Pad Optical Wave
236447	Mouse Pad Optical Earth & Moon

### FELLOWES RECYCLED OPTICAL MOUSE PADS

- Made from 95% recycled tires
- Optical friendly for superior tracking



236835



236836



236837

Item Number	Description
236835	Mouse Pad Optical Recycled Leaves
236836	Mouse Pad Optical Recycled Blue Ocean
236837	Mouse Pad Optical Recycled Spa Flowers

### FELLOWES MICROBAN® MOUSE PADS

- Built-in antimicrobial protection that gives an added level of protection against microbes such as stain and odour-causing bacteria, mould and mildew



236032



236033



236034

Item Number	Description
236032	Mouse Pad Microban® Navy
236033	Mouse Pad Microban® Black
236034	Mouse Pad Microban® Silver

## FELLOWES PALM AND WRIST SUPPORTS

# EXPERIENCE THE COMFORT

Health-V™ innovation takes shape in the form of the gliding palm support (optimal), mouse pad with wrist rest (preferred), keyboard and laptop palm support to help achieve a neutral posture. All feature Microban® antimicrobial protection and are available in several different colours and materials.



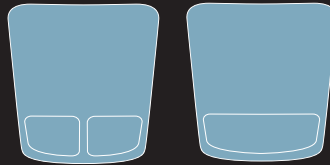
Helps reduce arm, hand and wrist discomfort

### TYPES OF PALM AND WRIST SUPPORTS

Gliding palm supports



Mouse pad wrist Rests



Keyboard



### COVERINGS

**Fabric**

**Fabric:** Soft, breathable jersey withstands daily wear and tear.

**Polyurethane**

**Polyurethane:** Smooth stain-resistant covering wipes clean with a damp cloth.

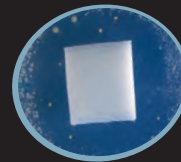
### MATERIALS

**Memory Foam**

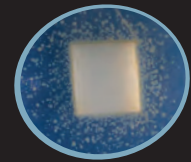
**Memory Foam:** Conforms to your wrist for exceptional comfort.

**Gel**

**Gel:** Provides soothing support while redistributing pressure points.



With protection



Without protection



Stop microbes in their tracks with Fellowes® products featuring Microban® antimicrobial protection. At least once or twice a year, 85% of office workers surveyed said they have gone to work when they should have stayed home sick.

## FELLOWES GLIDING PALM SUPPORTS WITH MICROBAN® PROTECTION

- Microban® antimicrobial protection keeps product cleaner
- Patented Health-V™ channel relieves wrist pressure to help prevent carpal tunnel syndrome
- Palm support glides effortlessly to encourage healthy, natural movement
- Updated palm guide keeps wrist correctly positioned
- Expanded cushioning puts any size hand in neutral posture
- Optical / laser-friendly mouse pad improves mouse performance



**New Flexible harness**  
Keeps Palm Support attached to your mouse



Item Number	Material	Covering	Colour
918010	Memory Foam	Fabric	Graphite
918020	Memory Foam	Fabric	Sapphire
918030	Memory Foam	Fabric	Black
918060	Gel	Polyurethane	Blue
918070	Gel	Polyurethane	Black
918340	Gel	Polyurethane	Purple

## FELLOWES MOUSE PAD / WRIST SUPPORTS WITH MICROBAN® PROTECTION

- Microban® antimicrobial protection keeps product cleaner
- Patented Health-V™ channel relieves wrist pressure to help prevent carpal tunnel syndrome
- Optical / laser-friendly mouse pad improves mouse performance

Item Number	Material	Covering	Colour
236112	Memory Foam	Fabric	Black
236438	Memory Foam	Fabric	Sapphire
236232	Memory Foam	Fabric	Graphite
236833	Gel	Polyurethane	Blue
236832	Gel	Polyurethane	Black
236834	Gel	Polyurethane	Purple



## FELLOWES KEYBOARD PALM SUPPORTS WITH MICROBAN® PROTECTION

- Microban® antimicrobial protection keeps product cleaner
- Patented Health-V™ channel relieves wrist pressure to help prevent carpal tunnel syndrome
- Contoured shape encourages correct ergonomic position

Item Number	Material	Covering	Colour
236828	Memory Foam	Fabric	Black
236826	Memory Foam	Fabric	Sapphire
236827	Memory Foam	Fabric	Graphite
236829	Gel	Polyurethane	Blue
236830	Gel	Polyurethane	Black
236831	Gel	Polyurethane	Purple



## FELLOWES GEL FLEX RESTS

- Ergonomically designed for the ultimate in wrist support and comfort
- Thick gel cushion conforms to your wrist to alleviate pressure
- Non-skid rubber backing keeps pad in place

Item Number	Material	Covering	Colour
236439	Gel	Polyurethane	Blue
236442	Gel	Polyurethane	Purple



## FELLOWES PROFESSIONAL SERIES FOOTRESTS

### FELLOWES OFFICE SUITES™ ADJUSTABLE FOOTREST

- Adjustable footrest tilts 30° forward or back
- Locks in place or tilts freely for improved circulation
- Height adjusts to 105mm, 124mm or 143mm

**236814** Adjustable Footrest

### FELLOWES STANDARD FOOTREST

- Dual-position height adjustment
- Allows legs to stretch for increased circulation
- Textured surface massages soles of feet

**236295** Footrest



## FELLOWES MONITOR RISERS

## SEE IT FROM A NEW ANGLE

Fellowes monitor and laptop supports all have one thing in common - they help reduce shoulder, neck and eye strain by positioning monitors or laptops at a comfortable viewing angle. Each support product is fully adjustable so you can customise your screen position and create more usable space on the desktop.



Helps reduce neck strain and shoulder tension

## OPTIMISE YOUR SCREEN POSITION

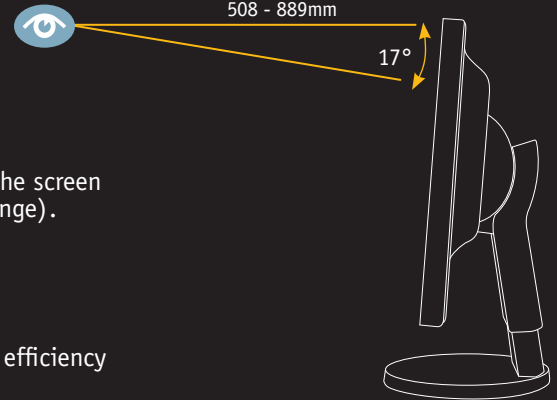
Use the following guidelines to set the optimal position for your monitor and avoid unnecessary eye and shoulder strain.

## DISTANCE

Viewing distance should be about an arm's length away (508 - 889mm).

## OPTIMAL HEIGHT

Position the top portion of the screen just below eye level (17° Range).



## OTHER CONSIDERATIONS



## DOCUMENT HOLDERS

A built-in document holder helps reduce desk clutter, increase efficiency and improve ergonomic posture.

## FELLOWES MONITOR RISERS

FELLOWES SMART SUITES™  
MONITOR RISER PLUS

- Includes two accessory pods to store stationery, mobile phones etc.
  - Includes letter tray providing extra storage under the riser
- 232973** Monitor Riser Plus

FELLOWES SMART SUITES™  
CORNER MONITOR RISER

- Unique shape fits neatly into desk corner to maximise work space
- 232970** Corner Monitor Riser

FELLOWES OFFICE SUITES™ STANDARD  
MONITOR RISER PLUS

- Platform features 3-way height and tilt adjustment for laptops
  - In-line copyholder positions documents for easy and comfortable viewing
  - Includes storage drawer to organise supplies
- 236812** Standard Monitor Riser Plus

FELLOWES OFFICE SUITES™ PREMIUM  
MONITOR RISER

- Includes cup holder and CD case compartments
  - Includes storage drawer to organise supplies
- 236811** Premium Monitor Riser





## FELLOWES MONITOR RISER PLUS GRAPHITE

- Includes a generous storage drawer perfect for storing paper, various media and stationery supplies

**235002** Monitor Riser Plus Graphite



## FELLOWES MONITOR RISER PREMIUM

- Raises monitor to most comfortable viewing height which reduces possible neck and eye strain due to poor height positioning

**235001** Monitor Riser Premium



## FELLOWES MONITOR RISER STANDARD

- Innovative stacking columns raise monitor to a comfortable viewing height

**235000** Monitor Riser Standard



## FELLOWES LCD MONITOR RISER

- Minimal deskspace and maximum comfort

- Includes storage tray for paper supplies

**236291** LCD Monitor Riser



## FELLOWES LAPTOP RISERS

### FELLOWES SMART SUITES™ LAPTOP RISER

- Triangular design allows it to fit neatly into desk corner
- Includes 4 port 2.0 USB hub and cable management
- Venting to improve air flow at the back of the laptop
- Large accessory / personal electronics pocket

**232971** Laptop Riser



### FELLOWES OFFICE SUITES™ LAPTOP RISER

- Adjustable tilt for optimal viewing angle

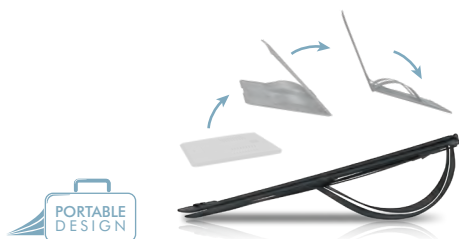
**236813** Laptop Riser



## FELLOWS LAPTOP GORISER™

- Patent pending SoftShock™ technology elevates display, keeps lap cool, and provides soft cushioning for legs
- Cooling vents help prevent laptop from overheating
- Folds flat to fit most briefcases

232972 Laptop GoRiser™



Use on the desk or on the go



## FELLOVES MONITOR AND LAPTOP RISER COMPARISON

Comparison Chart	Item Number	Height Range	Height Adjustments	Angle Range	Weight Capacity	Display Capacity
Smart Suites™ Monitor Riser Plus	232973	100 - 130mm	3	N/A	18 kg	21" Flat Panel Monitor
Smart Suites™ Corner Monitor Riser	232970	98 - 130mm	3	N/A	18 kg	21" Flat Panel Monitor
Office Suites™ Standard Monitor Riser Plus	236812	101 - 165mm	5	N/A	36 kg	21" Flat Panel Monitor
Office Suites™ Premium Monitor Riser	236811	101 - 165mm	5	N/A	36 kg	21" Flat Panel Monitor
Monitor Riser Plus Graphite	235002	64 - 165mm	5	N/A	38 kg	21" Flat Panel Monitor
Monitor Riser Premium	235001	64 - 165mm	5	N/A	36 kg	21" Flat Panel Monitor
Monitor Riser Standard	235000	50 -101mm	3	N/A	27 kg	21" Flat Panel Monitor
LCD Monitor Riser	236291	76 - 114mm	3	45°	14 kg	17" Flat Panel Monitor
Smart Suites™ Laptop Riser Workstation	232971	114 - 270mm	5	0 - 45°	6 kg	17" Laptop
Laptop GoRiser™	232972	-	-	-	10 kg	15.4" Laptop
Office Suites™ Laptop Riser	236813	139 - 190mm	6	14° - 27.5°	5 kg	17" Laptop

## VERBATIM LAPTOP RISER

### VERBATIM PORTABLE LAPTOP STAND

Ultra comfort for your laptop! The Verbatim Portable Laptop stand has an ergonomic design for long-term comfort and an adjustable face angle of 15, 25 and 35 degrees. Designed with a non-slip platform for stability, this laptop stand is lightweight and portable for those on the move.

V41857 Verbatim Accessory Portable Laptop Stand



## FELLOVES BLACKOUT AND SCREEN PROTECTORS

### PROTECT YOUR EYES

Monitor enhancers are designed to reduce glare and protect your screen while privacy filters render on-screen data unreadable from either side view. Additionally, both types of monitor enhancers help boost productivity by helping prevent eye strain and the headaches associated with prolonged monitor use.

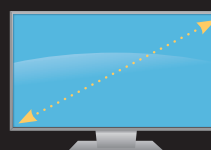
#### FINDING THE RIGHT FIT

1. Determine your screen type (CRT or LCD) and format (regular or wide).

2. Take a diagonal measurement and choose the filter size that is equal to or slightly larger.



Helps reduce eye strain





## FELLOWES BLACKOUT

### FELLOWES LAPTOP / FLAT PANEL PRIVACY FILTERS

Darkens screen image from side view.

- Darkens side-view to prevent prying eyes from reading your monitor
- Protects laptop or flat panel screen from dust, fingerprints, and scratches
- Anti-reflective surface reduces screen glare to help prevent eye strain
- Easy to attach and remove

Widescreen	Size
232953	15.4"
232954	17.0"
232955	19.0"

Regular	Size
232950	15.0"
232951	17.0"
232952	17.0"



## FELLOWES SCREEN PROTECTOR

### FELLOWES FLAT PANEL SCREEN PROTECTOR

Protects delicate screen from abrasions, dents, and other damage.

- Reduces glare to help prevent eye strain and fatigue
- Constructed of shatter-proof, clear acrylic with plastic accent
- Adheres to monitor without leaving any residue behind

Item Number	Fits LCD Size
236288	17.0"



## FELLOWES COPYHOLDER

### YOUR VIEWING RANGE

Placing documents flat on the desktop or at an awkward viewing angle while at your computer can cause eye, neck and shoulder strain. Document holders help minimise this type of discomfort by placing documents in an ergonomically-correct viewing position.



Helps reduce eye strain



## FELLOWES COPYHOLDERS PROFESSIONAL SERIES

### FELLOWES NON-MAGNETIC COPYHOLDER

- Track design allows user to re-position line guide and paper holder along the top or side
- Holds A4 size paper

2236024 Non-Magnetic Copyholder



## FELLOWES COPYSTAND

- Six adjustable viewing angles maximise personal comfort
- Folds flat for easy storage
- Holds A4 size paper

236075 Copystand



## FELLOWES BOOK LIFT

- Ideal for planners, large manuals, or reference materials
- Two patented adjustable clips hold pages open at desired location
- Nine height adjustments for a variety of viewing angles
- Holds up to 5kg

236271 Book Lift



## FELLOWES FLEX ARM WEIGHTED BASE COPYHOLDER

- Rotates 90° for vertical or horizontal positioning
- Holds A4 size paper or wide forms

236124 Flex Arm Weighted Base Copyholder



## FELLOWES OFFICE SUITES™ DESKTOP COPYHOLDER WITH MEMO BOARD

- Three-in-one copyholder / document holder, dry-erase memo board and clipboard
- Adjustable tilt customises viewing angle by up to 45°
- Line guide glides up or down and swings out of the way when not in use
- Holds A4 size paper

236815 Desktop Copyholder with Memo Board



## FELLOWES OFFICE SUITES™ MONITOR MOUNT COPYHOLDER

- Adjustable tilt customises your viewing angle
- Line guide glides up or down and swings out of way when not in use
- Holds A4 paper

236816 Monitor Mount Copyholder

