

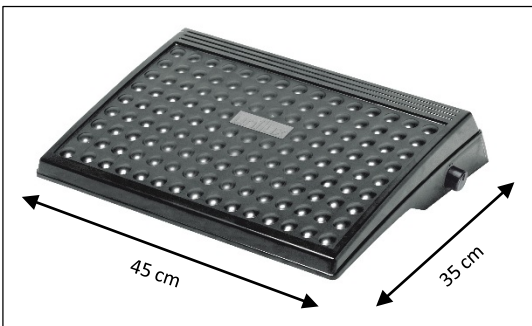


- **Comfort:** adjustable footrest which raises the legs avoiding tension in the back, shoulders and neck ensuring a good position of the spine.
- **Well-being:** it is equipped with a round massage pimple surface to relieve tired feet and pressure points.
- this footrest adapts to the morphology of its user thanks to a system of wheel.
- **At work or at home:** this ergonomic footrest is the ideal accessory that will be your ally in your daily work.

- Recommended by Occupational Medicine
- Tilt: 10°, 15°
- Height: front 3 cm / rear min. 11 cm max. 13.5 cm
- Weight: 1 Kg
- Dimensions of the area to lay the feet: 45 cm x 35 cm
- Dimensions: 45 cm x 35 cm x 13.5 cm
- Materials: 83% recycled material structureMaterials: ABS plastic structure / non-slip PVC glides



Technical features

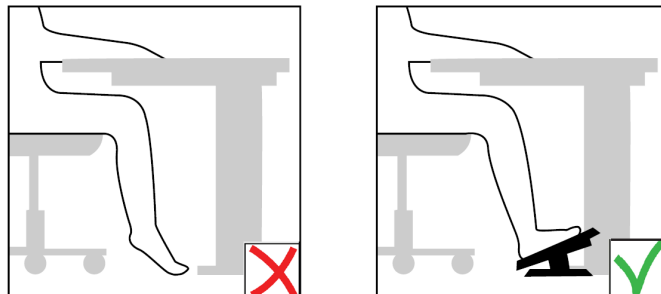


| SAP no. | Colour | Inclinaisons | Dimensions | Non-skid | Net weight | Warranty | EAN code | EA by box |
|-----------|--------|--------------|---------------|----------|------------|----------|---------------|-----------|
| 100340819 | Black | 10°and 15° | 45 cm x 35 cm | Yes | 1,0 kg | 10 years | 3595560010219 | 1 |

UNILUX'S ADVICES

1-Why use a footrest?

You have to define your needs. That's why we advise you on the elements to take into account to choose the ergonomic footrest. An ergonomic footrest is to be considered at the same level as ergonomic mice or ergonomic stools. The use of a footrest is really necessary. People will compensate for the fact that they do not touch the ground by an inappropriate and inappropriate position. Thanks to the footrests, these people will be in contact with the ground, feet flat and knees at the right angle of 90 °.



2-A wide range of footrests

Ergonomic footrests are another element of ergonomic products. They become more and more indispensable in the daily life of a person who spends time sitting at his workstation. Our range of office footrests has been developed based on the ISO 9241-5 * standard for ergonomic workstation requirements. We offer 3 types of footrests so you can find the right footrest for your budget and use.

1-Inclined footrest

They have a fixed or adjustable inclination to avoid any inconvenience at the ankles and allow a tilt of about 15 °. Then they must also allow a good freedom of movement of the legs and not be too bulky.



Confort massant



Origin



Chrysalis

2-Height-adjustable rocker footrest

This type of footrest provides the freedom to tilt the tray as desired allowing a rocking movement that ensures good blood circulation. Moreover the possibility of adjusting the height according to the morphology of the person who uses it makes it possible to put the angles of the joints of the lower limbs in a position of comfort and relaxes the whole lower part of the body. Our adjustment systems are simple and easy to access. Finally all our footrests are also equipped with pads located under the structure ensuring its stability once placed on the ground, regardless of the coating of the room.



Nymphaea



Chocolat

3-Dynamic footrest

Our body is made to move. When we remain motionless for long periods of time, our body begins to hurt. To counteract the effects of a sedentary lifestyle, it is recommended that clerks alternate positions. Each light movement of your feet will be accompanied by these footrests. The muscles participate and rebalance your body. Each of these movements will increase your muscle tone, reduce muscle tension and increase your circulatory function.



Updown



Roller feet

* ISO 9241-5: Workstation layout and postural requirements