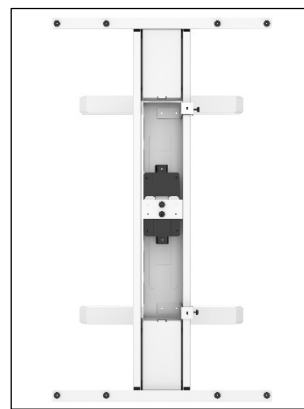


# ERGO WELL

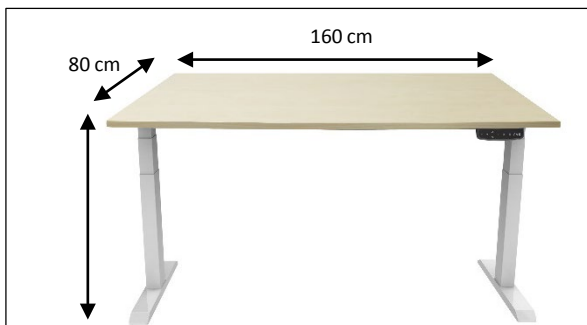


- **Health benefits:** reduces fatigue, stress, decreases the risk of cardiovascular disease, obesity and limits blood pressure problems, back compression, cervical tension and poor circulation.
- **Powerful work:** this easy-to-use electric desk improves your posture, making you more dynamic in your work and therefore productive.
- **Simple and easy adjustment:** thanks to its two motors and its control panel, in a few seconds, you can easily change position by alternating your sitting / standing positions. This desk offers different heights between 62 and 128 cm depending on your morphology.
- **Intelligent:** possibility to program 3 settings (between 62 - 128 cm) and is equipped with a sound reminder (between 1 - 99 min) that will prevent you from changing position during your working day.
- **Scandinavian design:** sober and timeless, the wood-white combination sublimates both large interiors such as reception halls and smaller contemporary spaces.
- **Optimum stability:** the load capacity of the table is 125 Kg, which can accommodate multiple screens, as well as the ergonomic desk organizer ERGO STATION.
- **Complementary products:** recommended to use with footrest UPDOWN multi-position and MOOVE dynamic stool.

- Weight: 52,5 Kg
- Lifting speed: 38 mm per second
- Built-in cable pass under the tray
- Maximum height: 128 cm / minimum height: 62 cm
- Top: 160 cm x 80 cm in beech finish is composed of particle board with high resistance melamine coating (thickness 25 mm).
- Structure and legs: three square sections are made of steel for high resistance and can support up to 125 Kg.



## Technical features



Discover also our **Scandinavian-inspired wood / white range** that will fit perfectly with the electric desk ERGO WELL.



Lampe LED  
VICKY



Horloge  
BALTIC



Portemanteau  
ACCESS



Lampadaire  
PRYSKA

SAP no.	Colors	Adjustable height	Dimensions	Warranty	Net weight	EAN code
400124577	White/beech	Yes	160 cm x 80 cm Height mini 62 cm Height maxi 128 cm	2 years	52,5 kg	3595560029792

# UNILUX'S ADVICES: Fight against sedentarity

A sedentary lifestyle and reduced physical activity pose health risks and have become a major public health problem.

## 1-Some figures

**60%**

of our time in sitting position every day at your workplace

**7 hours**

7h sitting in front of a computer

**94%**

employees admit to sitting up without moving for long periods

## 2-The risks

Sitting for 10 hours or more a day can result in:



In the OECD countries, it is **THE first CAUSE OF MORTALITY** avoidable, in front of tobacco

**40%**

Risk of developing heart disease, cancer at 8am sitting position (1 working day)

**48%**

Risk of developing diabetes, hypertension, and obesity

## 3-Faites faire des économies à votre employeur?

A person with MSD costs the company an average of € 21,500 \*. However, the lack of ergonomics in a workstation can have a negative impact on employee productivity and company finances. Today, to attract and retain employees, companies must make efforts on the working conditions offered and invest to improve the well-being of their employees.

Average cost of aTMSfor an employee



**21 500 €**

Average cost of a complete equipment

35 € footrest  
20€ wrist rest  
100 € screen arm support  
200€ ergonomic chair  
200 € ergonomic stool  
700 € electric desk office

**1250 €**

That is an economy per employée of about



**20 250 €**

\*Source: CNAMTS CCMSA – Chiffre 2010

## 4-UNILUX solutions: a wide range of ergonomic accessories

To fight against MSDs and a sedentary lifestyle, it is necessary to move more, while being able to be productive in the tasks entrusted to us. Sit-stand solutions give you the opportunity to energize your work day. It is for all these reasons that UNILUX offers you a wide range of ergonomic accessories ranging from footstools to electric desks, dynamic stools and sit / stand workstations. Being more active has become a societal issue. A first goal would be to spend at least 2 hours a day standing at work and then try to reach an ideal duration of 4 hours.



**ERGO DESK 2**

- Sitting / standing work station
- Quickly adjust the height to your face thanks to its gas cylinder



**ERGO WELL**

- Electric desk wood / white
- Quickly adjust the height to your face thanks to its two silent motors



**MOOVE**

- Height-adjustable ergonomic stool
- Avoid muscle, lumbar and dorsal pains



**UPDOWN**

- First dynamic foot rest usable sitting and standing
- Promotes muscle tone
- Improves blood return

### Benefits

- Improves blood circulation**
- Increase concentration**
- Reduces the feeling of fatigue**
- Limits stress and weight gain**