

CHRYSALIS

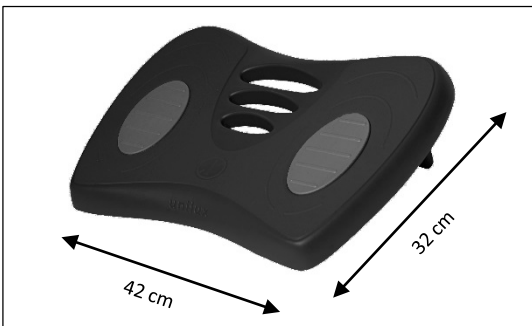


- **Comfort and well-being:** adapting to all body types, the daily use of this footrest will make you dynamic and productive at work while reducing fatigue and stress.
- **Adjustable:** in height from 10 to 13,5 cm or in inclination of 10°, 15°, 20°, this footrest allows to adopt a good posture and promotes the circulation of blood.
- **At work or at home:** this ergonomic footrest is the ideal accessory that will be your ally in your daily work.
- **Anti-slip:** rubber pads, anti-slip prevents the footrest from slipping on all types of floors.

- Recommended by Occupational Medicine
- Tilt: 10°, 15°, 20°
- Height: front 3 cm / rear min. 10 cm max. 13.5 cm
- Weight: 0,63 Kg
- Dimensions of the area to lay feet: 42 cm x 32 cm
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- Materials: ABS plastic structure / non-slip PVC glides



Technical features

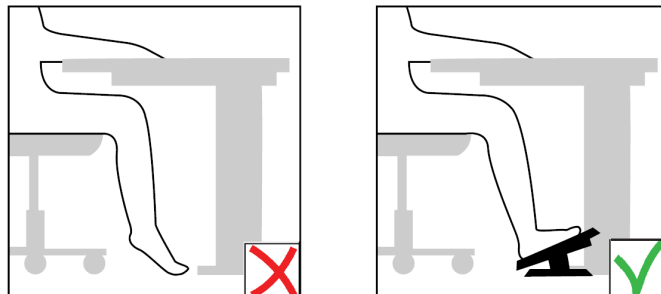


SAP no.	Colour	Inclinaisons	Dimensions cm	Non-skid	Net weight	Warranty	EAN code	EA by box
100340820	Black/Dark grey	10°, 15°, 20°	42 cm x 32 cm	Yes	0,63 kg	10 years	3595560009817	1

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