

***Fellowes***

Ergonomic solutions



Cambio™

**Height Adjustable Bench**

## Height Adjustable Bench

### Features:

- Economically incorporate sit-stand working into the office with the Cambio bench desk system.
- Incorporate movement into your working day to stay active and healthy.
- Easily go from sitting to standing with a control paddle with three programmable memory settings.
- Increase activity with an optional alert to remind you to alternate between sitting and standing.
- Generous height adjustment range of 645mm – 1305mm when using a standard 25mm desktop.
- Work safely and confidently with the built-in collision detection feature.
- Base and desktop sold and shipped separately.



### Specification:

Code	Silver: RAL 9022
Colour	9696001
Product Dimensions (H x W x D)	620 x 1000 x 147 mm
Product Weight	63.60 kg
Outer Carton Dimensions (H x W x D)	44.13 x 29.05 x 110.49 cm
Outer Carton Weight	70.38 kg
Weight Capacity (kg)	100 kg
Width Adjustment Range	1001 – 1699 mm
Height Adjustment Range	620 – 1280 mm
Adjustment Speed	38mm / second
Memory Features	3 memory settings
Timer	Set a timed reminder to change positions (half hour intervals – maximum 2 hour)
Motors	4
Power Consumption	220-240v / 3A
Desktop Compatibility	Accommodates tops: 1100 - 1900mm wide
Material	Steel
Features	Collision Detection Safety Feature
Retail Barcode (UPC)	043859752683
Outer Carton Barcode (SCS)	50043859752688
Quantity per Outer Carton	1
Country of Origin	China
Recyclability	98%
Warranty	15 years structural, 7 years electrical

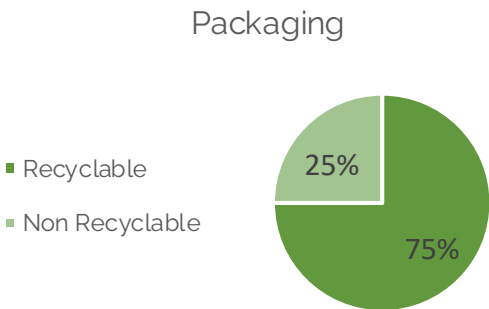
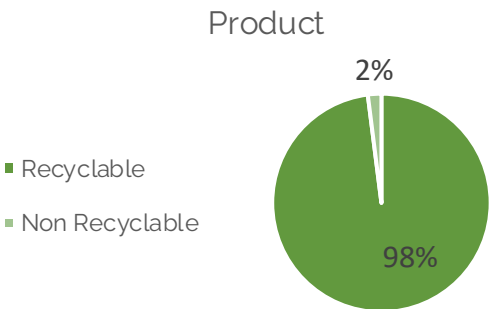


**Ergonomic Working**  
Economically incorporate sit-stand working into the office with the Cambio bench desk system.



**Control Panel**  
Easily go from sitting to standing with a control paddle with three programmable memory settings.

Recyclability:



## Ergonomic Working:



### ZONE 4 REDUCE INACTIVITY

#### Introduce movement.

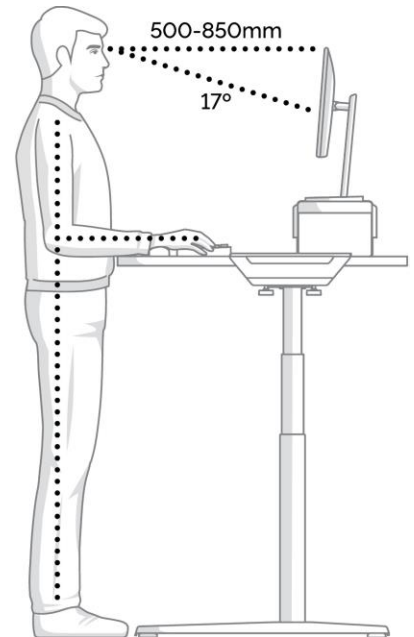
Regular changes to your working position will help you work and feel better.

**Fellowes**

#### How to use a Height Adjustable Desk

1. **Set your table height:** Whether sitting or standing ensure your table is set so your forearms are horizontal, your elbows are roughly at a 90° angle and your wrists are in a neutral position.
2. **Screen positioning:** Adjust your monitor so the top of your screen/s are roughly level with your eyes and is positioned so you can touch the screen with your fingertips.
3. **Sit, Stand and Move:** Change your position regularly, at least every hour to increase circulation, reduce fatigue and promote productivity.

**TIP:** Use the built-in memory settings to ensure you get the correct height every time.



## Certifications:

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:

