

Fellowes

Ergonomic Solutions



Everyday
Sit-Stand Mat

Everyday

Sit-Stand Mat

Features:

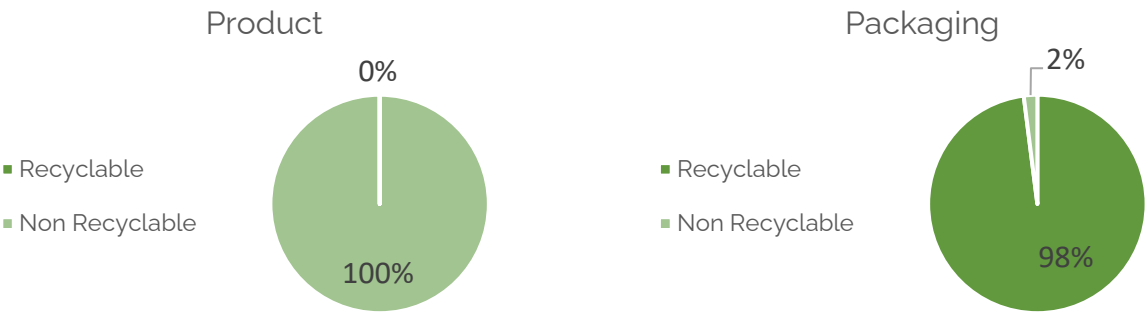
- Stand for longer and in comfort with this durable sit-stand mat.
- Encourages subtle movement to help prevent fatigue throughout the day.
- Use with any height adjustable desk or workstation for extra support while standing.
- Bevelled edges help avoid trip hazards.
- Ergonomically assessed for fitness for purpose by FIRA International.



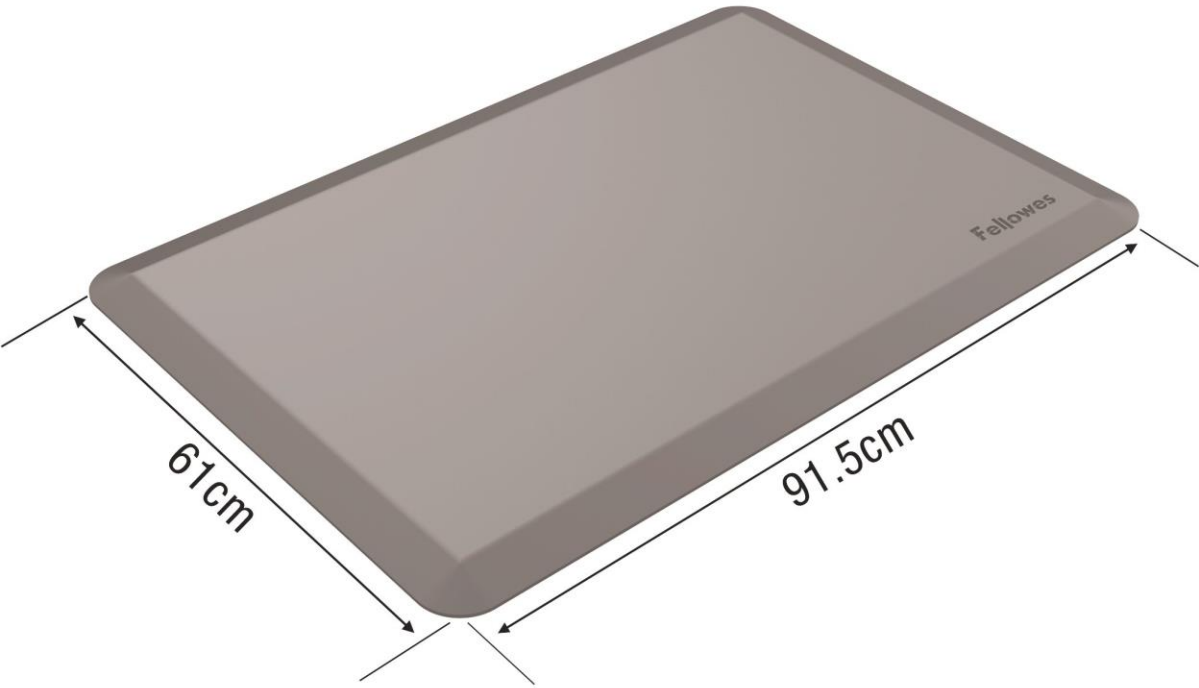
Specification:

Code	8707001
Colour	Black
Product Dimensions (H x W x D)	1.91 x 91.44 x 60.96 cm
Product Weight	2.04 kg
Retail Packaging Dimensions (H x W x D)	20.96 x 20.96 x 63.19 cm
Retail Packaging Weight	2.09 kg
Outer Carton Dimensions (H x W x D)	44.45 x 44.45 x 65.41 cm
Outer Carton Weight	10.93 kg
Retail Barcode (UPC)	043859728046
Outer Carton Barcode (SCS)	50043859728041
Quantity per Outer Carton	4
Country of Origin	China
Warranty	5 Year Limited

Recyclability:



Dimensional Drawings:



Ergonomic Working:



ZONE 4

REDUCE INACTIVITY

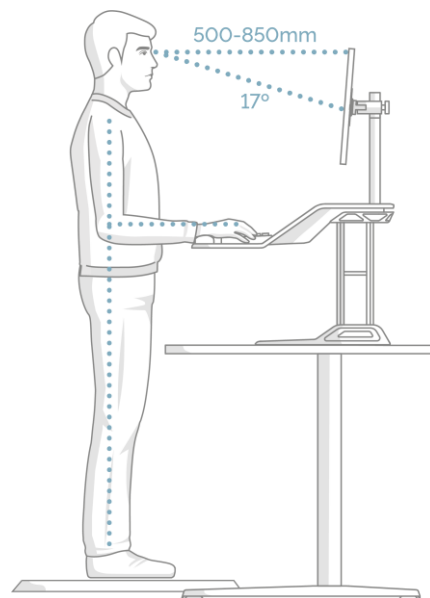
Introduce movement.

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

Fellowes

How to use a Sit-Stand Mat

- 1. Placement:** Simply place on the floor near the edge of your desk directly in front of your screen.
- 2. Stand in a neutral posture:** Stand up straight, with your feet roughly shoulder-width apart, and avoid locking out your knees. Forearms should be in a neutral posture, running parallel to your desk. Ensure the top of your screen is positioned in line with your eyes. Be careful not to slouch or lean.
- 3. Sit, stand, move:** Don't forget to alternate between sitting, standing and taking a break regularly throughout the day.



Certifications:

Ergonomically assessed for fitness for purpose by FIRA International.



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.