

ActiVita

Work refreshed

Health and Wellbeing



 **Rexel**[®]

Kensington[®]



Light

Air

Sound

Comfort

Wellness and productivity solutions play a major role in today's work environment and will become even more important in the workplace of the future. At ACCO Brands, we understand the challenges that come with modern technologies and new ways of working.

From daylight lamps to trackballs, foot rests and monitor arms, we offer a holistic range of health and wellbeing products to bring you the benefits of a healthier approach to work.

Make your workplace a healthy environment

Your desk is not just where you sit: It's the environment in which you work.

In an ergonomic, well designed workspace, adjustability is necessary so that you have the opportunity to choose from a variety of working positions, allowing freedom and flexibility to move around, and rest working muscles.

A well-designed workspace should also benefit from clean air, good lighting, and be free from distractions, such as loud noise.

Adjusting your desk space and environmental conditions will greatly increase your productivity, limit wasted time throughout your working day and increase comfort and job satisfaction.



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Daylight Lamps

There is an increasing awareness of the health and productivity benefits of good quality lighting for individuals who spend many hours working at their desk. Brighten up your working day with a sustained and constant daylight source with Rexel ActiVita Daylight Lamps. It's proven that good light conditions help improve concentration, and keep you refreshed and alert for longer. Improve your productivity with daylight lamps.



Light

Hints and tips

Daylight blue LEDs (6,500 kelvin) simulate daylight, triggering brain activity making you feel more energetic and alert. A daylight lamp will help you improve concentration levels and avoid the "afternoon dip" and winter blues, it will also prevent eye strain, headaches and tiredness.



Strip+

- Daylight mode plus cool light mode to brighten your workspace and a warm light mode for relaxing
- Four brightness settings in each mode light mode
- Adjustable head for positioning light where you need it most
- LCD panel displays calendar, clock and temperature
- USB port for charging mobile devices
- Low energy Eco-LED bulbs last over 25 years*

Pod+

- Daylight mode, plus a warm light mode for relaxing
- Five brightness settings in each light mode
- Flexible neck for positioning light where you need it most
- LCD panel displays calendar, clock and temperature
- Low energy Eco-LED bulbs last over 25 years*

Strip

- Daylight mode
- Simple slide control with six brightness settings
- Fully adjustable head for positioning light where you need it most
- Low energy Eco-LED bulbs last over 25 years*

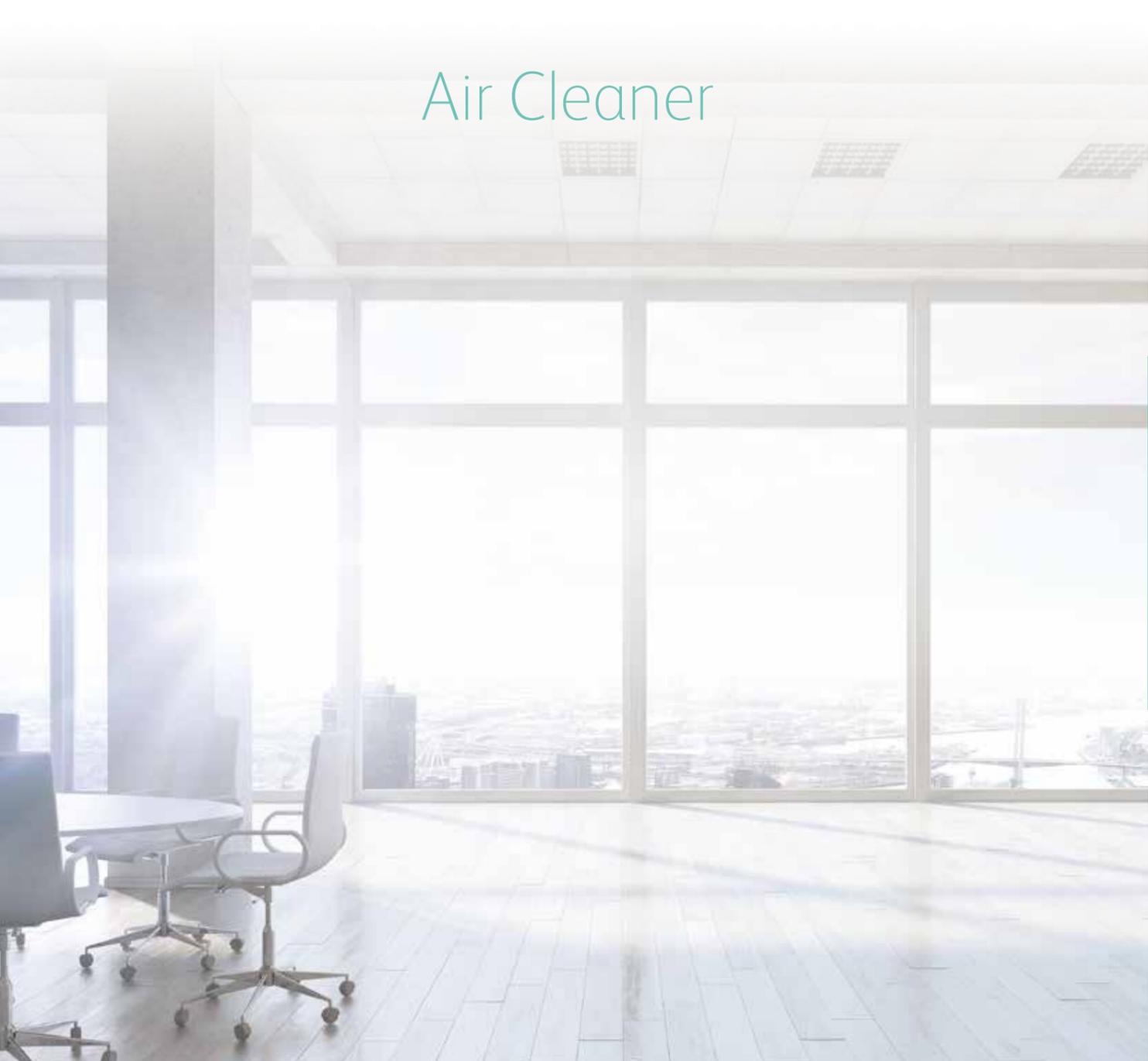


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*25+ years based on normal use 8hrs per day, 48 weeks per year.

Rexel

Air Cleaner



Air

Hints and tips

Negative ions are naturally generated by sunlight and moving water. They benefit you by increasing the flow of oxygen to the brain, resulting in higher alertness and greater mental energy. Negative ions also attract any contaminants floating in the air, forcing them to fall onto a surface from which they can be safely removed.

However, workplaces are usually sealed off from the natural benefits of negative ions.

The Rexel ActiVita Air Cleaner brings the benefits of negative ions right to your desk.



Protects and energises

The Rexel Air Cleaner produces millions of negative ions which, when combined with its filter, help to keep the air clean and fresh.

It cleans the air you breathe, effectively removing dust, germs, allergens, and boosting energy levels for a healthier more productive working environment.



Air Cleaner

- Cleans the air effectively within a radius of 8 metres
- Small, unobtrusive. Quiet operation (< 39 dB)
- Low running costs. Energy efficient at less than 2.5 watts
- Comes complete with a H10 HEPA filter

Replacement HEPA Filter

- The HEPA filter layer (H10) traps large particles
- An active carbon layer absorbs contaminants and odours

Optional Scent Pad

- An alternative to the HEPA filter
- Add just a few drops of your favourite fragrant oil
- In a few seconds the Air Cleaner will disperse this scent into the air



Noise Reduction Panels



Sound

Hints and tips

Noise reducing panels effectively absorb sound within the office and reduce the disruptive effects on concentration and productivity.

By blocking direct sound they absorb noise, providing an excellent acoustical solution for busy environments such as offices and call centres. Available as wall mounted or free standing panels in a range of colours and sizes to suit your office needs.

For a perfect tailored solution, use the simple online room planner available at www.RexelEurope.com



Black



White



Grey



Less noise, less stress... more focus

In open plan offices and large conference rooms with reflective surfaces, speech integrity suffers and conversations become more and more of a challenge as occupancy increases.

Good acoustics and a reduction in ambient noise has been proven to create a more comfortable working environment, reducing stress levels and improving concentration. This in turn, increases productivity.



- Solid wood frame and fire rated fabrics
- Wall mounted panels available in two sizes
- Lightweight, freestanding mobile option
- Available in black, white and grey
- Tested by independent, third party acoustic laboratories

SmartFit® Sit/Stand Workstation

The SmartFit® Sit/Stand Workstation lets you easily convert your traditional desk into a standing workspace, giving you ergonomic and health benefits. It installs quickly and requires minimal changes to your current setup. Our patented SmartFit® System lets you find your personal comfort colour and set the workstation to the ideal height for your monitor and keyboard/mouse platform. A pneumatic lift and articulating arm let you quickly transition from sitting to standing and adjust the unit from side to side.

Hints and tips

The top of your monitor should be at or just below eye level and arm's length away. Your keyboard and mouse should be on the same surface with straight wrists and hands at or below elbow level.

Comfort



- Height adjustable so you can set the monitor and the keyboard platform independently
- Secondary platform provides a space-saving area for additional accessories
- Pneumatic lift lets you quickly and easily transition from sitting to standing
- Four pivot points allow for full articulation of arm
- Cable management channel for a clean look and uncluttered space
- Reinforced mounting clamp attaches quickly to the desktop
- Add dual screen functionality with the Dual Monitor Arm for the Sit/Stand Workstation (sold separately)



SmartFit® Single Monitor Arm

Kensington SmartFit® monitor arms allow perfect positioning, for a safe, comfortable and ergonomic workspace. The exclusive colour coded SmartFit® system allows the monitor to be placed at the ideal ergonomic height, helping to reduce eye and neck strain allowing you to get more done, more comfortably. SmartFit® monitor arms are lightweight, require little or no assembly, and can be easily set up. The SmartFit® System lets the user adjust for their ergonomic comfort in seconds without specialist support.



Hints and tips

The optimum viewing distance between your face and the monitor is about 1 arm's length or 25-75 cm. The top of the viewable area of the display should be at your eye level and the screen should be angled upwards towards you so ensure that your monitor is able to tilt and swivel.

SmartFit® Easy Riser™ Laptop Cooling Stand

This portable laptop cooling stand helps keep your laptop running cooler, longer. The stand lifts the laptop off its surface, promoting air circulation and reducing heat buildup. Its adjustable tilt and height let you position the screen to reduce neck and eye strain. Being a lightweight and collapsible stand it fits neatly into computer carrying cases.



Hints and tips

Having your screen at eye level is a much better way to work. The Easy Riser™ raises the screen to increase your comfort by helping you to avoid hunching over while you work at your desk. It also lifts your laptop to promote airflow, reducing strain on the laptop battery and circuitry.



- Maximises your desk space and positions monitor at correct height
- Pre-assembled for quick and easy installation
- SmartFit® System lets the user adjust for their ergonomic comfort in seconds without specialist support
- Cable management system reduces desktop clutter



- SmartFit® system provides a customised screen height adjustment in two easy steps
- Up to 50 degree tilt angle
- Padded inserts provide a secure, stable fit and keeps your laptop in place
- Increases air circulation to keep your laptop cooler
- Folds flat to travel easily
- This product should be used with an external keyboard and mouse (sold separately)
- Fits laptops 12" to 17"



Insight Plus Easel Copyholder

A computer display isn't the only thing that needs to be properly positioned, written materials need to be in the proper line of sight too. Kensington copyholders attach to the monitor, keyboard or desk to position written material at the height and angle to reduce fatiguing head and eye movement which helps increase employee comfort and productivity. Kensington copyholders set up in seconds allowing multiple users to adjust for the perfect fit.

Comfort

Hints and tips

They should allow the user to place documents at or about the same height and distance as the monitor, or be directly beneath the monitor. Document holders should be height adjustable and should be stable when loaded.



- Professional solution for referencing documents with vertical sliding rule
- Suitable for larger reports holding up to 50 sheets
- Collapsible for easy storage



SmartFit[®] Mouse Pad

Resting your wrist on a soft, cushioned surface while you click and scroll with your mouse may seem comfortable, but improper positioning can cause discomfort over time.

The SmartFit[®] Mouse Pad not only provides a comfortable gel support, it also allows you to customize and adjust the height of the rest so your wrist is at a neutral angle.

Hints and tips

Bending your hands backwards can lead to nerve and blood vessel compression. Investing in a mouse pad will prevent suffering from MSD's such as Carpal Tunnel Syndrome or Repetitive Strain Injuries (RSI).



- Cool, soft and comfortable gel wrist pad
- Height adjustable with SmartFit[®] system to achieve correct ergonomic angle
- Anti-microbial surface resists stains and odours
- Non-skid base

Conform Wrist Rest

The innovative SmartFit® Conform Wrist Rest naturally supports your wrist by placing your arm at the proper ergonomic angle after you measure and find your personal comfort colour. Unlike other wrist rests, this wrist rest features nonstick pads on the base so that it glides along the desktop when you move the mouse. This promotes you to use both your elbow and shoulder while navigating, helping reduce the risk of repetitive-stress injuries like carpal tunnel syndrome.

Hints and tips

Bending your hands backwards can lead to nerve and blood vessel compression. Investing in a wrist rest will prevent suffering from MSD's such as Carpal Tunnel Syndrome or Repetitive Strain Injuries (RSI).



- Provides a safe and intuitive way to support the wrist while working
- Reduces repetitive strain injuries
- Reduces carpal tunnel injuries
- Ambidextrous design which can be used with all mice and trackballs

Expert Mouse®

The Expert Mouse Wired Trackball makes working at the desk quicker, more accurate and extremely comfortable for your hand and wrist. Featuring DiamondEye technology, the trackball uses optical tracking to precisely follow small flecks embedded in the large 55mm ball to provide smooth, accurate cursor control. The four buttons are customizable using our highly intuitive TrackballWorks™ software, while our award-winning Scroll Ring lets you quickly scan up and down pages and documents.

Comfort

Hints and tips

Wrists should be straight when using a keyboard, with elbows vertical under the shoulder. Move the keyboard out of the way if it is not being used. The mouse should be placed as close to the wrist as possible.



- Large 55mm trackball for maximum precision, control and comfort
- Four customizable buttons with Kensington TrackballWorks™ software
- Scroll Ring lets you scan up and down pages with ease
- Detachable wrist rest cradles the wrist in comfort
- Wired 180cm USB cable provides reliability and avoids need for batteries



Conform Back Rest with SmartFit® System

Kensington back rests help to reduce back strain while you work at a desk, providing comfort and support for your spine whilst helping to improve posture. Easily adjustable to fit almost any chair, these are perfect for either your personal office workspace, or for those hot desking.

SoleMate Plus Footrest

Optimise your comfort with the SoleMate Plus Footrest, height adjustable up to 20 degrees for individual comfort.

Comfort

Hints and tips

Ensure that the backrest supports your lower back. The backrest of your chair should not give and lean back separately from the seat of the chair. If you do wish to lean back, the seat and backrest should lean back together from a joint beneath your seat.



Hints and tips

Kensington foot rests keep legs elevated for improved posture and circulation while working at a desk, helping to reduce pressure on the lower back. They are easily adjustable for extra comfort, while there is a range of specifications available to suit individual requirements. Kensington foot rests are lightweight, require little or no assembly, and are perfect for either your personal workspace, or can be easily adjusted to fit those working in a hot desking environment.



- SmartFit® System lets you measure, adjust and fit the back rest to your ideal comfort colour setting
- Height adjustable for customised lumbar support
- Independent springs conform to fit your body shape and articulate with your posture
- Ventilated supports keep the back cool and dry
- Easily remove fabric cover to machine wash when needed



- Tilts up to 20 degrees for additional comfort with convenient lockable tilt control
- Textured foot grip panel helps prevent slipping
- Sturdy durable construction 450cm x 350cm (WxD)
- Height adjusts from 3.5" to 5", angle adjusts up to 20 degrees for individual comfort.
- Large, non-skid foot surface provides added control

Feel the benefits of a healthier and more productive workplace

Our innovative health and wellbeing products will not only help you to achieve maximum comfort within your workplace, they will also increase your efficiency and productivity. Embracing the range will allow you to take full control and improve your working environment.



What is your SmartFit® comfort colour?

With every SmartFit® product, you will receive a hand chart in the box. This hand chart will assist you in finding your specific SmartFit® colour to customise your fit. With your right wrist on the baseline of the hand chart, lay your entire hand over the diagram. The tip of your middle finger will point to your SmartFit® colour, and achieve the perfect fit in seconds!

www.kensington.com/ergonomics

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