

**BACK CARE**  
solutions

Ergonomic Office & Mobility Solutions for You...

# Introduction to **BACK CARE** Solutions

*What will you get by working with us?*



At Back Care Solutions, we have been supplying high quality ergonomic office and mobility solutions to individuals and organisations for over 11 years having grown into one of the nation's leading providers of comfort and support.

## Promoting Posture, Preventing Pain

Having the correct Display Screen Equipment (DSE) in place for each user improves posture and general working comfort which in turn increases productivity and reduces absenteeism. We have gained a reputation for a customer-focused approach - ensuring that each individual is left with the correct equipment and know exactly how to use it.

## Ergonomic Office and Mobility Solutions for you...

It is vital that users know how to adjust and understand how to use their equipment, this is why everyone will receive our handy sitting tips booklet which acts as a great reminder of the training they received whilst being set up.



*Why should you use us?*

## Nationwide Service

We have highly trained engineers and assessors who provide support to our customers throughout the UK. Based in large premises just off the M6, we provide quick personal delivery and support to most UK mainland locations.



## Personal Delivery, Setup & Training

To ensure each and every user is getting the most from their purchase we personally deliver and set up all chairs and desks via our highly trained DSE engineers.

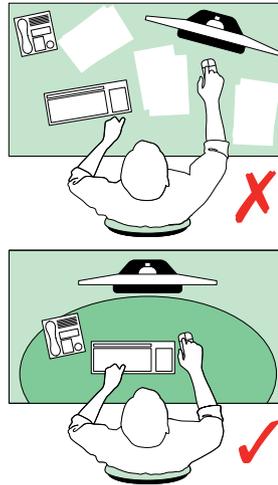
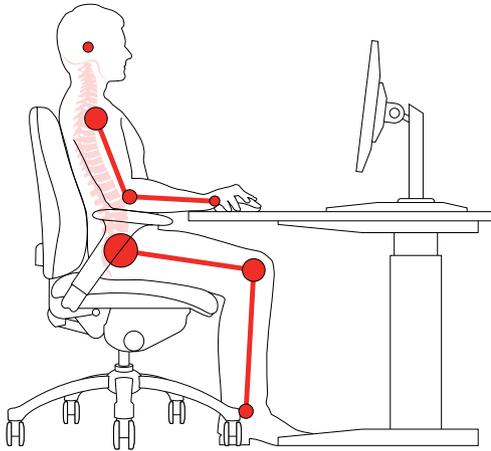


## Assessments

We have a team of DSE trained assessors that will visit individual workstations or whole offices to conduct assessments on a nationwide basis.

### BCS Assessments with a difference:

During our assessments we can bring equipment with us for the user to try. This is optional but it gives an opportunity for trial and error, leading to a better success rate on suitability. We can leave the equipment on trial to avoid a gap between the assessment and equipment being on-site.



### High Stock Levels

The majority of products we supply are held in stock at our large warehouse in Lancashire. We know how important it is that equipment is in place quickly, it is often the case that people are waiting for the equipment to return to work or are in a lot of discomfort. By holding a large and vast range of stock we can ensure we deliver the equipment promptly.



## Pre-Purchase Suitability Trials

We offer FREE 2 week product trials to ensure that the items will be suitable for the individual. If the product is deemed unsuitable we will try another product until we find the right solution.

## Access to Work & Disabled Student Support

If you are an assessor for AtW or assess for an access centre, then please get in touch. We are more than happy to provide any support you may need such as product training. If you would simply like to find out more about the AtW and DSA schemes then please get in touch.



### Product Advice

We are product specialists so if you need any advice or help sourcing a product you can't see on our website then let us know.



### Chair Hire

Sometimes chairs are only needed for a short time. In these instances we have loan chairs which we can supply for as long as required.

# Our Chair Range

*Something for Every Body...*

We supply a vast range of chairs for different people and environments to provide greater support and more comfort for anybody and everybody.



## Ergonomic Chairs

We have a wide range of ergonomic chairs to meet any requirement. For the full range visit our website.



## 24/7 Chairs

If you need a chair for a 24 hour environment i.e control room then we have a range of chairs designed for 24 hour use.



## Heavy Duty Chairs

If you have a requirement for a chair for a larger user then we have various heavy duty chairs which can hold up to 43 stone in weight.



## Petite Chairs

We also supply chairs for the smaller user including both adults and children. These are available in both task and mobility chairs.



## Sit-Stand Chairs

For high and sit-stand workstations we can supply high task chairs and perching stools which are perfect for this use.



## Alternative Chairs

We have a range of chairs which have an alternative design, not like a standard office chair. These chairs look great and feel great too.



## Mobility Chairs

Our range of mobility chairs offer great functions which enable users to have an extra level of independence.



## Bespoke Chairs

This is what we are good at, if the standard doesn't fit we are the best at finding or even making something that is more bespoke to you.

# Height Adjustable Desks

## Electrically Height Adjustable Desks

There is a range of electrically height adjustable desks for any environment. Electric desks offer quick adjustments to the working position via an easy reach hand control.



### Conset 501-25, 501-27 & 501-29 Height ranges for everybody

These desks offer an electrically height adjustable desk for any user height. The 501-27 are ideal for the smaller user, the 501-29 are great for taller users and the 501-25 are for the mass user. The 501-25 is a great low-cost option with a weight limit of 80kg while the 501-27 and 501-29 have a 125kg weight limit.



### Conset 501-49 - Beamless

Conset 501-49 desks are electrically height adjustable and do not have a crossbeam, meaning space under the desk does not become an issue.



### Conset 501-11 - Heavy Duty

If you require a heavy duty height adjustable desk then the 501-11 ticks all of the boxes with a weight capacity of 150kg.



### Single Colum Desks

Single column frames offer a great space-saving option for individual workstations or grouped together for cluster workstations.



### Wall Mounted

Wall mounted desks enable greater space saving.

## Benefits of Sit-Stand Desks

Sit-stand desks offer a varied working position which reduces fatigue, increases productivity and enhances user comfort by increasing blood flow and encouraging movement. They are also ideal for hot-desking by offering varied working heights for a range of users.

- Increase Productivity
- Reduce Absenteeism
- Increased Comfort
- Significantly Reduce Spinal Shrinkage
- Ideal for Hot-desking

## Case Study

In Denmark, where our Conset desks are made, they have made it compulsory for all organisations to offer employees the option of a sit-stand electric desk due to the health and wellbeing benefits which they provide.



We can also supply manually height adjustable desks - please ask for details.

# Accessories



## Tablet Solutions

Tablets can cause musculoskeletal problems due to their size and proximity to the body when in use. Our tablet solutions enable an ergonomic posture by creating a more user-friendly viewing angle with the use of tablet stands / arms, while our tablet keyboards create a further distance between the user and the tablet and avoid issues such as carpal tunnel by enabling a more natural forearm position.



## Mice & Keyboards

Our wide range of keyboards and mice enable us to find one to suit all users. Our mice are designed to alleviate injuries such as carpal tunnel syndrome and tennis elbow which can be caused by the un-natural forearm position which traditional mice cause. Our mini keyboards reduce repetitive strain by bringing the mouse closer in to the body while our more specialist keyboards have very specific functions i.e. large print.



## Copyholders

The majority of people reference from paperwork flat on their desk which causes a hunched posture and strain to the user. Our copyholders lift the paperwork to a better viewing angle to enable an upright posture when referencing. We have a variety to suit all workstations and requirements.



## Monitor Arms/Stands

A monitor should be positioned at arm's length and with the top of the screen at eye-level. Our monitor arms and stands ensure the right screen position for all users. The adjustability of monitor arms also makes them ideal for hot-desking.

## Laptop Solutions

Most people use a laptop either flat on their desk or on their knees. This causes a hunched posture due to downward viewing angles and can lead to musculoskeletal injuries. Our laptop stands are designed to raise the viewing angle of the laptop to enable a more upright posture when in use, preventing strain on the neck and back. Our laptop bags make transporting and using laptops on the go far easier.





### Footrests & Leg Rests

Our footrests ensure that all users have their feet supported no matter what height their workstation and chair is. We have various footrests such as the HAG Quickstep which promotes ankle movement and stimulates blood flow. Our leg rests are perfect for those needing to elevate their leg position.



### Office Accessories

Our office accessories are designed to ensure every task, whether big or small is as comfortable as possible, be it a lack of light or to help when holding a pen.



### Wrist & Forearm Supports

Our range of supports are designed to alleviate pressure on the wrists and forearm, helping to provide greater comfort, especially when using a mouse and keyboard. There is a wide range for individual preference.



### Assistive Technology

We also supply software and hardware to enable comfortable computer use for a range of disabilities. Whatever the need, our assistive technology can help.



### Back/Seat Supports

Our back and seat supports are designed to provide better levels of comfort and more support when a whole new chair isn't required. They are also perfect for people to transport around to ensure they are always supported, whether at a desk, at home, or when travelling.



### Telephone Headsets

Cradling a phone against your shoulder whilst typing and writing can be one of the main causes of neck and shoulder complaints. Our headsets enable comfortable use, freeing the hands to write/type comfortably and in an upright posture. We also have ones compatible with Dragon software.



# BACK CARE

Unit 6 Centurion Industrial Estate  
Centurion Way, Leyland, Lancs PR25 4GU  
Tel: **01772 330 333**  
[www.backcs.co.uk](http://www.backcs.co.uk)



@backcare2



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