



BACK CARE
solutions



HOME & HYBRID WORKING GUIDE

WE ARE THE UK'S LEADING SUPPLIER OF ERGONOMIC OFFICE EQUIPMENT FOR USE IN THE WORKPLACE AND AT HOME

WORKING FROM HOME & HYBRID WORKING

We have recently seen a considerable shift in how people interface with their place of work and where they carry out their duties. This has resulted in a vast amount of people working from home, or in a hybrid fashion which means choosing a work location that best suits a specific task.

In any case, we can help you and your colleagues work at your best, because the principle of promoting good posture to ensure comfortable working applies wherever the location.

YOUR HOME OFFICE

Do you know what the risks of home working are? Is your home office set up so you can work in comfort? Our expert team can help you with these questions.



4 TIPS FOR HAPPY HOME WORKING

1 SET A ROUTINE & BE CONSISTENT

Setting consistent routines is key to being effective and happy while home working. You should set time, space and people boundaries, like you would if you were in the office. Plan your work, take breaks and take lunch. Be sure to keep yourself moving regularly throughout the day as this will keep you energised and focused.

2 CREATE A DESIGNATED WORK AREA

Defining a designated work area may not be easy, but even a tiny space that is utilised during work hours only would be beneficial. Be sure to get everything you need for work located in that place so you can progress without distraction.

3 KEEP CONNECTED WITH OTHER PEOPLE


Working from home could easily be an isolated experience, which may affect your morale and mental health. Ensure you are connected digitally to your work colleagues and peers and even take time out to meet people physically. Digital coffee break anyone?

4 WORK SAFELY AND COMFORTABLY


Some basic considerations can make a big difference and they do not have to be expensive or elaborate.

- A dining table could be your office desk and this could be upgraded with a standing desk converter. Our Desklift and Freelift models are a sensibly priced option to convert your table into a sit stand desk. A folding desk is also a good option as this would allow your workspace to be set up only when needed.
- Laptops should be positioned so the top of your screen is positioned at eye height, with normal sitting posture, to avoid aches and pains. Our Foldinex laptop stand is a bargain and can help with this, plus it is great for mobile working.
- An ergonomic chair may be a larger investment, but it will provide years of comfort and help you work at your best. Our Best Home Working Office Chair offers considerable ergonomic features and amazing value.


PERSONALISED SET-UP AND TRAINING

 For chairs and desks, there is an option for personal delivery by one of our technicians who will set up the equipment and train you how to use it. This empowers anyone to adjust the equipment.


ASSESSMENTS

 Our team of highly trained DSE assessors are available to conduct assessments on workstations, offices and vehicles on a nationwide basis.


HIGH STOCK LEVELS

 We know that equipment is often needed to ease discomfort, assist rehabilitation and facilitate a meaningful return to work. Our vast range of stock enables us to deliver the products you need promptly, so you can enjoy a return to wellbeing in a timely fashion.

SUITABILITY TRIALS

 We offer a FREE two-week trial, both pre and post ordering, to help establish suitability. Products that are not appropriate can be swapped out continually until we find the best solution, or simply returned.

PRODUCT ADVICE

 Our ergonomic specialists are ready to advise you about our products and how they may be of benefit. If there are particular products you are interested in, but cannot see, please get in touch to discuss.

HOME OFFICE CHAIRS

Our wide range of ergonomic home office chairs provides greater comfort and support for any individual

OFFICE CHAIRS



Ergonomic office chairs provide support and comfort so you can work happily and productively, protected from fatigue and strain.

SADDLE CHAIRS



Saddle chairs encourage greater movement which is ideal in a home environment where you may otherwise become more sedentary.

MOBILITY CHAIRS



Mobility chairs provide more independence and are available in both electric and manual versions. These can be adapted for use in any environment.

MESH CHAIRS



Our mesh chairs have a foam seat for all day comfort and a mesh back rest for increased airflow. Mesh chairs combine aesthetics and comfort for an ideal home working chair.

BESPOKE CHAIRS

Sometimes when a user's needs are more acute, a standard chair is simply not satisfactory. For these situations we can source or construct bespoke chairs.



Scan to see our full range of ergonomic chairs.

HEIGHT ADJUSTABLE DESKS

Height adjustable desks enable users to quickly adjust their work position which helps promote an active and healthy work environment

ELECTRIC DESKS



Various models are available including beamless frames for under-desk space and single column frames for maximum space saving.

DESK CONVERTERS



Desk Converters quickly convert your existing desk into a sit stand desk. Simply unbox, place on your desktop and you are ready to get to work.

MANUAL DESKS



Manually adjustable desks offer the same functionality as electric desks but with manual operation. Includes our gas lift Freedom frames which adjust in height at the touch of a lever.

FOLDING DESKS



Folding desks are the perfect home working tool. Simply unfold them to work and fold them flat when not needed. They provide a temporary workstation during the working day.



Scan to see our full range of standing desks.

Standing desks are the perfect antidote to modern-day, sedentary lifestyles. They allow you to easily alternate your work position, leaving you feeling invigorated and protected from strain.

ERGONOMIC ACCESSORIES

Ergonomic accessories create workstations that you can work at productively without the risk of discomfort or injury



Scan to see our full range of ergonomic accessories.

MICE



We spend a vast amount of time using computer mice which makes an ergonomic mouse essential for comfort and protection against conditions like Repetitive Strain Injury (RSI).

KEYBOARDS



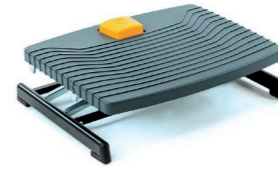
Prolonged typing can be strenuous and eventually lead to injury unless an ergonomic keyboard is used. A correctly specified keyboard promotes better posture, allowing you to work in comfort.

DOCUMENT HOLDERS



Referencing paperwork flat on your desk forces you into working with poor posture. Document holders position paperwork in an upright position so you can reference comfortably and efficiently.

FOOT RESTS & LEG RESTS



Foot and leg rests allow you to sit with your feet and legs fully supported, irrespective of your chair height. They are perfect if you need to elevate your legs to relieve pressure and promote circulation.

OFFICE ACCESSORIES



We have a wide range of office accessories available to ensure admin and computer tasks can be completed comfortably. Our range includes staplers, pens, screen filters and overlays.

WRIST & ARM SUPPORTS



Wrist and forearm supports alleviate pressure on your wrists, forearms and shoulders whilst typing, using your mouse and when resting between tasks.

MONITOR ARMS & STANDS



Monitor arms and stands position your screen at eye level and arms length so you can work with good posture, comfortably and efficiently whilst avoiding eye strain.

LAPTOP STANDS



Laptop stands are designed to raise the viewing angle of your laptop, promoting good posture. This enables you to work efficiently and comfortably without putting strain on your neck or back.

TABLET SOLUTIONS



The way we typically use a tablet can lead to postural problems. Tablet holders and stands promote an upright position while a separate keyboard allows for a greater viewing distance.

ASSISTIVE TECHNOLOGY



Assistive software and hardware is inclusive and enables efficient computer use for all. Options include speech recognition software and both physical and software magnifiers.

BACK & SEAT SUPPORTS



Back and seat supports provide greater levels of comfort and support for use with existing furniture. They are highly portable, ensuring you have comfort at work, at home and when travelling.

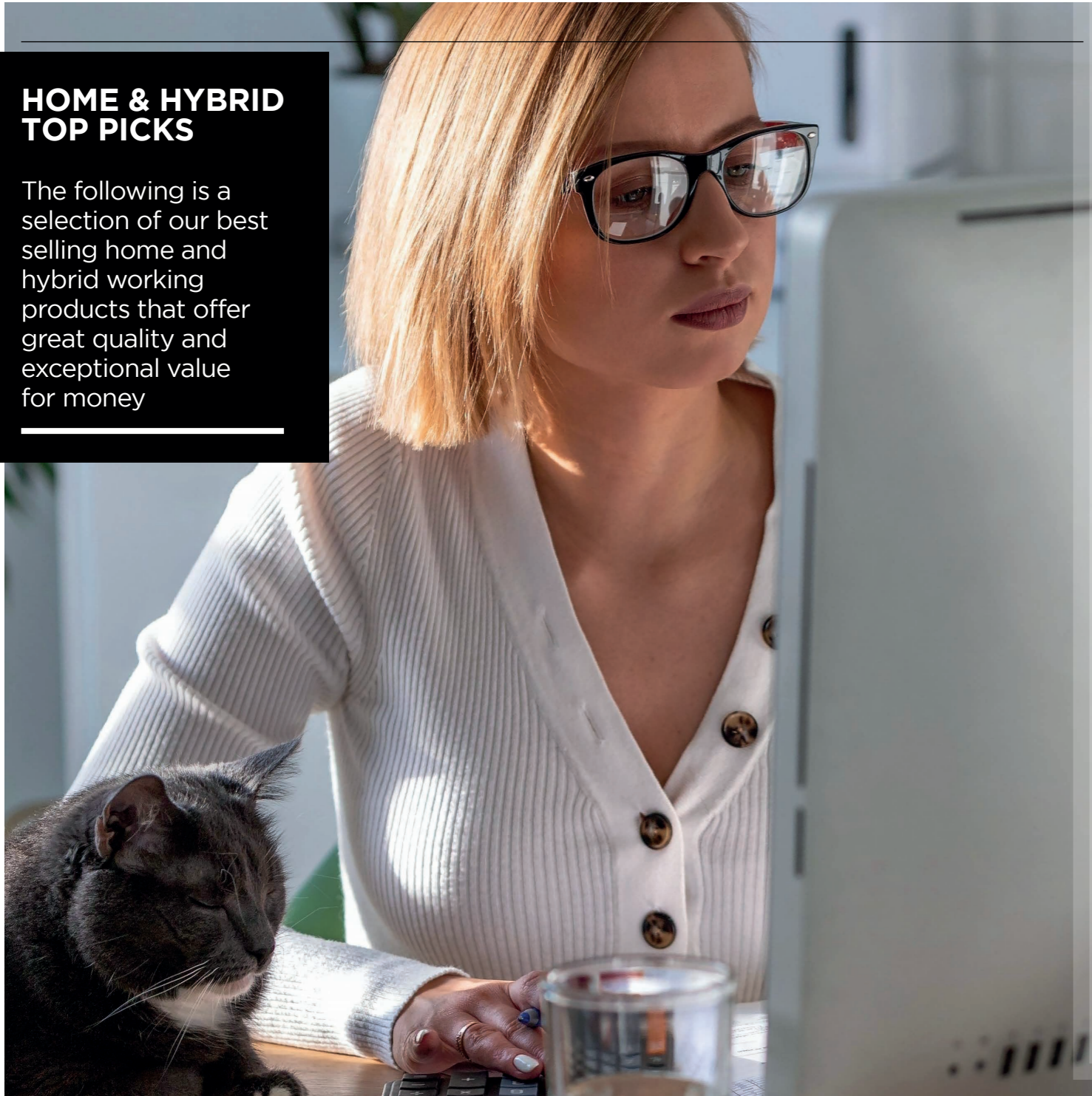
TELEPHONE HEADSETS



Cradling a phone against your shoulder whilst working can cause neck and shoulder complaints. A headset frees up your hands and arms so you can work comfortably with good posture.

HOME & HYBRID TOP PICKS

The following is a selection of our best selling home and hybrid working products that offer great quality and exceptional value for money



CHAIRS

Ergonomic chairs provide the comfort and support your body needs to work productively, without pain



BEST HOME WORKING OFFICE CHAIR

Our Best Home Working Office Chairs have been designed and created to offer high levels of comfort and support at a price point usually associated with lower level chairs.

Standard features include an inflatable lumbar support, seat slide, back angle and back height adjustment alongside an independent seat tilt. There are also multiple optional extras including arm rests and neck supports for an individually customised chair.

The combination of adjustments along with the two seat and back rest sizes ensure the chair fits the majority of people. It can also be upholstered in a range of colours to ensure it matches the home and workplace aesthetics.



MESH HOME WORKING OFFICE CHAIR

Our Mesh Home Working Office Chair follows the same principles as the Best Home Working Office Chair, but includes a moulded mesh back rest for effective back support and increased cooling airflow.

These also include an adjustable lumbar support, seat slide, back angle and back height adjustment alongside an independent seat tilt. Multiple optional extras are available including a memory foam seat and various arm rests for tailored comfort.

The chair is available with two different seat sizes which can be upholstered in any colour to suit any environment and ensure the perfect fit for any user.



DESKS

All of our desks are available with multiple desk top shapes, sizes and colours or can be supplied as frame only to utilise an existing desk top

FREEDOM PLUS ELECTRIC STANDING DESK



Freedom Plus desks are a premium, dual motor electric desk frame available in either a silver or white finish. With 100kg weight capacity, a height range of 60-125cm and less than 50db sound when adjusting, they are a great choice for any user.



FREEDOM ELECTRIC STANDING DESK



Freedom electric desk is a premium, single motor electric desk available in a silver finish that adjusts from 70-120cm and has a 70kg lifting capacity. This quality of desk is usually associated with a much higher price point, making Freedom our best selling desk.



FREEDOM GAS LIFT STANDING DESK



Freedom Gas Lift Standing Desk is a manually, gas operated standing desk. Adjustment is effortless with the simple lift of a handle and the height range available is from 74-115cm. The desk is ideal for positioning in areas where power sockets are unavailable.



FOLDING DESK



Folding Desk is available in 3 different sizes and both black and white colour. The folding desk solves the problem of limited space in the home by providing a temporary workstation when required. Simply unfold it when needed and fold away to store when no longer required.



DESK CONVERTERS

Desk converters transform your standard desk into a standing desk in seconds and work right out of the box



FREELIFT ELECTRIC STANDING DESK CONVERTER



Freelift Electric Standing Desk Converter adapts your standard desk at the touch of a button. Adjustment is effortless with a height range of up to 50.5cm. The removable keyboard tray ensures correct posture and space for using your mouse and keyboard. Available in black or white.



FREELIFT STANDING DESK CONVERTER



Freelift Standing Desk Converter is manually operated with an easy reach handle that activates the gas assisted mechanism. Adjustment is effortless with a height range of up to 50.5cm. The removable keyboard tray ensures correct posture and space for using your mouse and keyboard. Available in black or white.



DESKLIFT LAPTOP STANDING DESK CONVERTER



DeskLift Laptop Standing Desk Converter is slimline, raising between 3.8-40cm from your worksurface. With its budget price, this is a great option for changing any table into a standing desk. The lightweight design makes them ideal for home-use and agile working with quick and easy removal at the end of each day.



ERGONOMIC ACCESSORIES

Ergonomic accessories help to create healthy workstations wherever your working location may be, so you can work comfortably at all times



FOLDINEX PORTABLE LAPTOP STAND



Fodinex Laptop Stand is a cost-effective and portable laptop stand that is ideal for home and agile use. It weighs just 236g and folds flat for easy transport. The design has 6 height settings for optimum viewing and keeps your laptop cool all day long.



BOX OFFICE PRO



Box Office Pro provides an effective solution for home working where a permanent workstation is not possible. Simply unpack your kit from the box for use as an ergonomic laptop stand and then once you are done, pack everything away. Box Office Pro is also great for transporting your office essentials when on the go.



ULTRABOARD 950 KEYBOARD



Ultraboard 950 Keyboard is available in both wired and wireless models to suit both fixed and agile workers. The compact design prevents overstretching and encourages a neutral typing posture to deliver your ergonomic requirements. At only 1.9cm thick, the keyboard is lightweight and easy to transport.



EASYVIEW GAS MONITOR ARM



Easyview Gas Monitor Arm is gas assisted which makes movements easy. You can always ensure the correct position thanks to its 360° rotation, 85° tilt and 360° pan adjustability. The arm is available as dual and single and features two USB ports. Perfect for use with our Freelift desk converters.



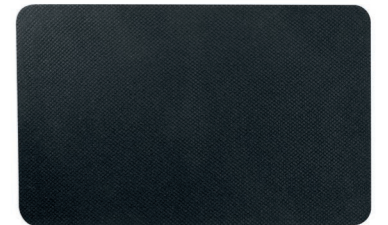
SCREEN LIFT MONITOR ARM



Screen Lift Monitor Arm is a budget friendly monitor arm available in single and double versions. The robust design fits monitors between 17-30" and offers 360° rotation, 85° tilt and 360° pan for the perfect position. Lifting monitors off the desk is ideal for when space is limited.



PHLOR ANTI-FATIGUE MAT



Phlor Anti-Fatigue Mat is perfect for using with standing desks and desk converters as it relieves pressure and discomfort when standing for longer periods. Anti-fatigue mats encourage greater movement which increases blood flow to keep you energised and focussed all day long.



ERGONOMIC ACCESSORIES

Ergonomic accessories help to create healthy workstations wherever your working location may be, so you can work comfortably at all times

PORTABLE INFLATABLE LUMBAR SUPPORT



Portable Inflatable Lumbar Support is ideal for agile workers and home workers as it can be fitted to any chair for use at workstations or when travelling. You simply inflate and deflate as required for a significantly improved level of comfort and support regardless of the chair being used.



HEIGHT ADJUSTABLE FOOTREST



Height Adjustable Footrest ensures good foot and leg posture. If a desk is non-adjustable and requires a higher seated position, this can cause users to either not have their feet flat on the floor or to sit too low for the desk. The footrest provides a platform for the feet whilst sat at the correct height.



ROLLING BACKPACK



Rolling Backpack is perfect for when you are on the go, with ample space for laptops up to 15.4" as well as any other essentials you may carry. The dual function design ensures carrying convenience coupled with the versatility of a rolling case to ensure pressure relief from your shoulders and back as required.



ROLLERMOUSE MOBILE



Rollermouse Mobile has been designed for agile workers, promoting an inline working posture and neutral hand position which cannot be achieved with standard mice. This helps prevent repetitive strain and relief for conditions such as arthritis for all workers, wherever they choose to work.



DESK RISERS



Our Desk Risers are the perfect aid for home workers to improve their desk height. If the work surface is too low, this will encourage a hunched posture which will lead to fatigue and could cause musculoskeletal issues. Desk Risers simply raise the desk to the required height for a healthy, upright posture.



PORTABLE DESK



Home working could lead to people working from varying areas of the house, including the sofa. In these instances, our Portable Desk provides a platform for improved posture by raising a laptop or documents to a more eye-level position. Height and angle adjustability ensure versatility for any user.



“WE’VE BEEN IMPROVING THE QUALITY OF PEOPLE’S LIVES FOR MORE THAN 15 YEARS AND IT MAKES US VERY HAPPY TO KNOW WE ARE MAKING A DIFFERENCE.”

John Kirkham M.D.

SUPPORT WHERE YOU NEED IT

 01772 330333
 office@backcs.co.uk
 backcs.co.uk
 backcare2

The Old Bakery, Club Street,
Bamber Bridge, PR5 6FN

