



**BACK CARE**  
solutions



SUPPORT WHERE YOU NEED IT

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## BACK CARE SOLUTIONS ARE A LEADING SUPPLIER OF HIGH-QUALITY ERGONOMIC OFFICE AND MOBILITY EQUIPMENT

### PROMOTING POSTURE, PREVENTING PAIN

Workforces are happier when they are comfortable at their workstations, supported by good quality Display Screen Equipment (DSE) that is appropriate for their needs. This helps create a positive work culture, because staff feel valued and the business can see benefits from this due to improved productivity and reduced absenteeism.

Our experienced ergonomic advisors appreciate this and are here to help you create your positive work environment.

### NATIONWIDE SERVICE


We deliver nationwide and our highly trained DSE technicians and assessors provide an extensive support network throughout the UK.




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

John Kirkham M.D.


### PERSONALISED SETUP 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 you to adjust the equipment once we have gone.


### 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 aren't appropriate can be swapped out continually until we find the best solution, or simply returned.

### ACCESS TO WORK

We provide advice and support to a large network of Access to Work (AtW) assessors. If you are an assessor and would like to know how we can help, please get in touch to discuss.

### PRODUCT ADVICE

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

### CHAIR HIRE

We have options available if you require chair hire for short periods of time. Please get in touch to discuss your requirements.



## ERGONOMIC CHAIRS

Our extensive range of ergonomic chairs enable us to provide seating solutions to suit everybody and every environment

## 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.



### OFFICE CHAIRS



Ergonomic office chairs provide support and comfort so you can work happily and productively.

### 24/7 CHAIRS



24/7 chairs offer superior padding and support for comfortable use in 24-hour environments.

### PETITE CHAIRS



Petite chairs are suitable for smaller users and are available as both task and mobility chairs.

### MOBILITY CHAIRS



Mobility chairs give users more independence and are available with electric or manual functionality.

### SIT STAND CHAIRS



Sit stand chairs are great for high worksurfaces, active work environments and sit stand workstations.

### HEAVY DUTY CHAIRS



Heavy duty chairs are designed for larger users, offering support for weight limits up to 43 stones.

### SADDLE CHAIRS



Saddle chairs are beneficial in active environments as they promote movement and improve core strength.

### MEETING CHAIRS



Meeting chairs provide superior comfort for meeting rooms, conference venues and waiting areas.

## 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



Electrically adjustable desks enable effortless adjustment. Freedom is a great all-round desk, with Conset 501-27 being ideal for smaller users, Conset 501-29 good for taller users and Conset 501-11 provides a heavy-duty option.

### BEAMLESS DESKS



Beamless desks come without a crossbeam, which presents an airier style, while providing more room for storage and leg space underneath.

### WALL MOUNT DESKS



Wall mounted desks are designed around a single column. This makes them a great space saving option as no base is needed.

### MANUAL DESKS



Manually adjustable desks offer the same functionality as electric desks but require manual operation. Mod-C desks operate via a crank and Mod-V desks need to be assembled at the required height.

### SINGLE COLUMN DESKS



Single column desks are a great space-saving option, being designed around a single central column. Cluster work areas can be formed by grouping a number together.

### WORKSTATIONS



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

Sit Stand 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

### 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



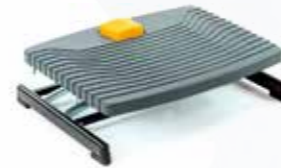
Prolonged typing can be strenuous and eventually lead to injury unless an ergonomic keyboard is used. A correctly specified keyboard promotes better posture, allowing you to work in comfort.

### DOCUMENT HOLDERS



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

### FOOTRESTS & 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, ensuring you can fulfil your administrative duties in as comfortable a manner as possible, from stapling to holding a pen.

### WRIST & ARM SUPPORTS



Wrist and forearm supports promote good posture and alleviate pressure on your wrists and forearms, when typing, using your mouse and when resting between tasks.

### MONITOR ARMS & STANDS



Monitor arms and stands position your screen ergonomically so you can work with good posture, comfortably and efficiently. They are also great for hot-desking due to their quick adjustability.

### 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 the keyboards allow a greater distance so you can work comfortably.

### ASSISTIVE TECHNOLOGY



Assistive software and hardware technologies are inclusive and facilitate comfortable and efficient computer use for as broad a range of society as possible, no matter what the users' requirements are.

### 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.



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