

***Fellowes***

Ergonomic Solutions



Breyta™  
**Foot Rest**

## Foot Rest

### Features:

- Support your feet and encourage motion to enjoy good ergonomic posture, promoting comfort throughout the day.
- Large, stable platform for comfortable feet positioning.
- Three height adjustments, including a rocking option to increase movement and improve circulation.
- Portable design that is easy to carry, set up, adjust and store away – ideal for hybrid working environments.
- Modern and simple design aesthetics available in black and white colour options.
- Made from 98% post-consumer recycled content and 100% recyclable.
- Made to last with an extended 5-year limited warranty.
- Tested by FIRA International Ltd to comply with the ergonomic requirements set out in the European Health and Safety Legislation: EN ISO 9241-5.



### Specification:

<b>Code</b>	100016562	100016563
<b>Colour</b>	Black	White
<b>Product Dimensions (H x W x D)</b>	9.8 x 49.0 x 36.0 cm	
<b>Product Weight</b>	2.16 kg	
<b>Retail Carton Dimensions (H x W x D)</b>	39.4 x 51.5 x 11.2 cm	
<b>Retail Carton Weight</b>	2.71 kg	
<b>Outer Carton Dimensions (H x W x D)</b>	42.2 x 53.3 x 24.2 cm	
<b>Outer Carton Weight</b>	6.13 kg	
<b>Number of height settings</b>	3	
<b>Height settings</b>	7.9, 11.6, 12.6 cm	
<b>Platform size</b>	49 x 36 cm	
<b>Angle</b>	9° static 0° - 18° rocking	
<b>Rocking motion</b>	✓	
<b>Textured surface</b>	✓	
<b>Features</b>	Built in carry handle and adjustable leg storage for portability and storage	
<b>Retail Barcode (UPC)</b>	043859794898	043859794850
<b>Outer Carton Barcode (SCS)</b>	10043859794895	10043859794857
<b>Quantity per Outer Carton</b>	2	
<b>Country of Origin</b>	China	
<b>Recycled Content</b>	98% post - consumer	
<b>Recyclability</b>	100%	
<b>Warranty</b>	5 year limited	

## RELIEVE BACK PAIN

Provides support and promotes correct ergonomic posture



## ROCKING PLATFORM ENCOURAGES MOVEMENT



STIMULATE CIRCULATION & REDUCE FATIGUE



### 3 HEIGHT POSITIONS

To ensure an ergonomic and comfortable seating position.



## REJUVENATE TIRED FEET

Textured surface massages the soles to help relieve stress

Fellowes

## Ergonomic Working:



# ZONE 1

PREVENT BACK TENSION

### Check your posture.

A foot and back support will help provide the most comfortable working position.

### How to use a foot rest

- 1. Set your seat height:** Ensure your seat height is set so your arms are parallel with your desk and your elbows are roughly at a 90° angle.
- 2. Check your seat pan:** Adjust your seat pan to ensure your legs are properly supported but there is enough space to avoid the chair interfering with the bending of the knee. Typically 3/4cms.
- 3. Support your feet:** Place your foot support in front of your chair and adjust the height until you can firmly place your feet flat on the top.
- 4. Movement:** Foot rests with rocking movement or foot textures encourage movement throughout the day helping to improve circulation and reduce fatigue



## Certifications:

EN ISO 9241-5 1999 Ergonomic requirements for office work with visual display terminals (VDT's): part 5: 1999, workstation layout and postural requirements.

SCS Global Services Indoor Advantage™ Gold: Indoor Air Quality Certified to SCS-105 v4.2



## 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.

**Environmental:**

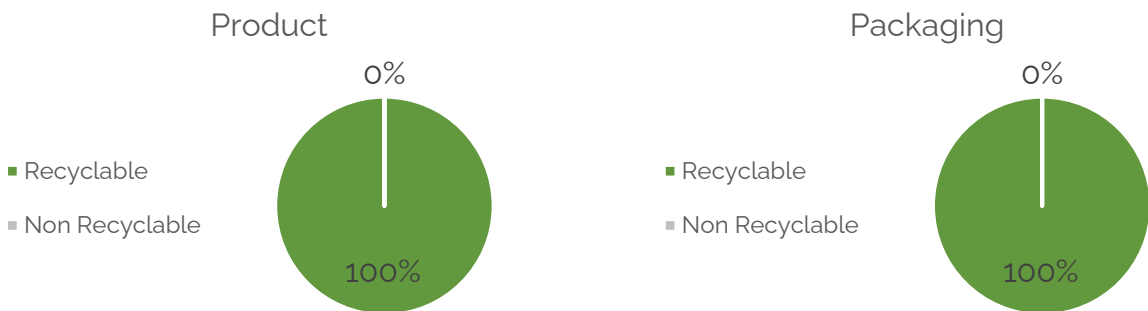
Product	Product Material Breakdown		Product Recycled Content		
	Weight (g)	Weight (%)	Pre-Consumer Recycled Content (g)	Post Consumer Recycled Content (g)	Total Recycled Content (%)
Acrylonitrile Butadiene Styrene (ABS)	2066.10	98%	-	2066.10	100%
Thermoplastics Elastomer (TPE)	48.00	2%	-	-	0%
<b>Total</b>	<b>2114.1</b>	<b>100%</b>	<b>-</b>	<b>2066.10</b>	<b>98%</b>

Packaging	Product Material Breakdown		Product Recycled Content		
	Weight (g)	Weight (%)	Pre-Consumer Recycled Content (g)	Post Consumer Recycled Content (g)	Total Recycled Content (%)
Corrugated Box	306.00	61%	244.80	61.20	100%
Corrugated Support	158.20	32%	126.56	31.64	100%
Paper Tissue	29.60	6%	-	-	0%
Manual	5.60	1%	4.48	1.12	100%
<b>Total</b>	<b>499.40</b>	<b>100%</b>	<b>375.84</b>	<b>93.96</b>	<b>94%</b>

**Pre-Consumer Recycled Content:** Waste material that was created during the process of manufacturing or delivering goods prior to their delivery to consumers.

**Post-Consumer Recycled Content:** Waste material created by consumers. This material is diverted from landfills and utilised in the production of other commodities.

**Recyclability:**



Dimensional Drawings:

