



VisionAid

Restoring Independence Since 1996

Ergonomic Solutions • 3

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visionaid.co.uk



Sit Stand Desk

Motorised height adjustable desks allow the user to quickly and easily alternate between sitting and standing while working.

Research has linked sitting for long periods of time with a number of health concerns including obesity, increased blood pressure, high blood sugar etc. The sit stand desk helps reduce these risks by allowing the user to vary their posture throughout the day.

● Elevate 120 - from £399

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Elevate 120 is a modern & stylish motorised sit-stand desk available in 5 desktop finishes (oak effect, black/white wood, black/white glass) and 2 frame colours (black/white) designed to suit your office or home environment.

It is cost effective, stable at all heights (even with dual 27" monitor arms attached), includes a built-in storage drawer and accommodates users from 5ft to 6ft 8".



	Motorised height adjustment: Fast, smooth and quiet motorised height adjustment, takes just 24 seconds to travel from minimum to maximum height
	Wide height range: 69cm to 117cm (27.2" to 46") Accommodates users from 5ft without the need of a footrest when seated, up to 6ft 8" standing
	Display: Clear digital height read-out
	Top size: 1200mm x 600mm Ideal for up to 2 x 27" widescreen monitors
	Safety: Automatic collision detection stops desk instantly (and reverses direction) when raising or lowering if resistance is detected, for maximum safety. Adjustable sensitivity with 4 levels Child lock prevents unwanted adjustment
	Memory presets: 4 handy memory presets allow users to easily switch between their ideal sitting and standing heights
	High speed USB charging: Convenient phone and device charging for up to 3 devices. 18 watts maximum per port
	Assembly: Quick and easy to assemble. Takes just 15 minutes with all tools provided



Specialist Posture Seating

To help everyone stay comfortable and productive it is important to find an ergonomic chair that works for their individual needs.

We're all different, which is why our ergonomic chair offerings feature a range of adjustment options, suitable for specific conditions such as Scoliosis & MS.

● **Adapt 600 - from £650**

Ergochair

- Offers limitless customisation, supplied with high-quality features
- As standard, the chair has a memory foam seat, seat depth and backrest height adjustment and inflatable lumbar support
- 30 fabric colour options available as standard
- Range of head and neck rests, backrests, armrests, seat enhancements, lower chair enhancements and other upgrades
- Made-to-measure

↕ Backrest height:
35cm - 67cm

↔ Seat width:
41cm - 60cm



● **Tango 700 - from £1,147.09**



- Single lever braking system for complete stability, comfort and ease of use for those with limited mobility. When locked, the chair becomes completely immobile, making it safe to be used as a support aid.
- Unique 4 wheel base eliminates trip hazard when entering & exiting chair. Makes it easy to 'walk' the chair while seated, around rooms or an entire floor
- Available with manual or electric height adjustment
- The electric height adjustment provides support when moving from sitting to standing
- Available with a varied selection of seats and backrests to suit the user's specific back support requirements

↕ Backrest height:
22cm - 51cm

↔ Seat width:
40cm - 49cm



Monitor Arms

Monitor positioning is an important ergonomic factor for all computer users. Our high quality gas lift monitor arms allow screens to be positioned at the right height, angle & distance from your eyes.

● VTArm3 Gas Assist Monitor Arm - £95

VisionAid

- Fully adjustable, double pivot arm for full range movement
- Long 65cm reach, ideal for low vision users
- 75 & 100mm VESA mount compatible
- Supports monitors from 2 to 9kg (most 17" - 34" screens)
- Desk clamp, through desk & all mounts included
- Height range - +70cm to -20cm
- High weight capacity option for screens



17 to 30" screens



8 kg



● VTArm3 Dual Gas Assist Arm - £155

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All the features of the VTArm3 Gas Assist Arm with the addition of:

- Single mount, twin arm compatible system
- Each arm fully independent
- Allows easy setup of two different size monitors



17 to 34" screens



10 kg



Laptop Stands

Maximise the available desk space and improve workspace ergonomics with our range of laptop stands.

Go Mobile 10-13 Laptop Stand - £49.99



- Designed specifically for compact 10, 11, 12 and 13" laptops
- Includes a built-in copy holder
- 9 levels of height adjustment from 25 to 50 degrees
- Easy set-up
- Folds flat for easy transportation and storage
- Non-slip rubber feet



250mm x 320mm x 5mm



205g



U Top Pro Laptop Stand - £59.99



- Lightweight, thin and freestanding Includes a built-in copy holder
- 6 levels of height adjustment from 32 to 48 degrees
- 4 cable storage slots
- Folds flat for easy transportation and storage



250mm x 300mm x 5mm



250g



Box Office Pro - £59.99



- Built-in adjustable laptop and tablet stand
- 2 tablet height settings of 203mm and 258mm
- 5 laptop height settings between 170mm and 233mm
- Tablet safety lock system
- Suitable for laptops up to 15.4" and tablets up to 15.5mm thick
- Allows the user to safely store all items such as laptop, tablet, keyboard, mouse, phone, documents, books and stationery in one space-saving and lightweight box



Internal: 390mm x 283mm x 140mm

External: 423mm x 285mm x 173mm



725g



Tablet Stands

Maximise the available desk space and improve workspace ergonomics with our range of tablet stands.

● Arrow Tablet Stand - £49.99



- Suitable for all iPad models, Galaxy, Kindle Fire and other tablets up to 12.5mm thick
- Raises the screen height for use with an external keyboard, video conferencing or viewing documents
- Designed and tested to be used at a desk, on a table, on a lap or even laying down
- Adjustable to between 54 and 75 degrees
- Awarded the FIRA ergonomic excellence award



240mm x 200mm x 7mm



207g



Document Holders

● Clear Slope Pro - £99.99



- Transparent and non-reflective surface
- Built-in adjustable reading and writing slope
- Easy and quick angle adjustment across 12 levels from 8 to 55 degrees
- Weighs just 2kg
- Incorporates a padded document shelf
- Ability to store documents under the cover
- Adjustable to support A3 documents



530mm x 320mm x 110mm(min)



2 kg



Light Shields

Light shields are designed to block or limit the level of either natural or artificial light from a users field of view. Particularly beneficial for those who suffer from light sensitivity.

● SuperVisor Light Shield - £91.62



- Can benefit users with conditions such as Aspergers and Autism by reducing the exposure to movement in field of view
- Supplied with a desk mount G-Clamp
- Optional weighted base also available
- Fully adjustable in both height and visor angle
- Consists of a lightweight visor mounted on a spring balanced arm
- Arm maximum height is 1 metre from G-Clamp
- Visor dimensions of 29.7cm x 42cm
- Total weight of 1.5kg



● SuperSized SuperVisor Light Shield - £108.29



- All the benefits of the standard SuperVisor light shield but over 20% larger and with 2 mount options available (centre and side mount)
- Desk clamp fitting only, not compatible with weighted base



Common posture mistakes

Most of us are guilty of making mistakes with our posture, especially when working. Below are examples of some of these and tips to help correct these everyday practices:



Sitting upright at a 90 degree angle

We were all taught to sit up straight but it is now known this is not the best posture to adopt for longer periods of time.

Reclining slightly actually exerts less pressure on our spine. If sitting for long periods, adjust the angle of your backrest to find an angle which still allows you to work comfortably.



Adjusting your chair height based on your feet

While this may seem like a completely normal thing to do it can lead to significant shoulder and wrist discomfort.

Adjust your chair so forearms are at the same height as your desk with elbows forming a 90-100 degree angle. An adjustable desk can help with this as it will bring your entire workspace to the correct level without needing a footrest, in most cases.



Standing more than sitting

Standing is good for you however, standing for too long can have the opposite effect as your circulatory system has to work much harder, against gravity!

If you are working while standing set yourself an alarm to remind yourself when to adjust back to sitting, a good ratio is 1:1 so if you sit for 30 minutes, stand for 30 minutes.



Need help or advice?

If you have any questions or require more information about any of our solutions, please do not hesitate to contact us.

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