

***Fellowes***

Ergonomic Solutions



Hana™ LT  
**Foot Rest**

# Hana™ LT

## Foot Rest

### Features:

- Support your feet and encourage motion to enjoy good ergonomic posture, promoting comfort throughout the day.
- Promotes motion with the active movement feature, allowing for flexible platform movements.
- Light or heavy tension settings to adjust the ease of movement.
- Two height settings for sitting and standing.
- Change height positions with effortless foot adjustment.
- Modern and simple design aesthetics available in black and white colour options.
- Made to last with an extended 5-year limited warranty.
- EN ISO 9241-5 1999 Ergonomic requirements for office work with visual display terminals (VDT's): part 5: 1999, workstation layout and postural requirements.



### Specification:

Code	100016998	100016999
Colour	Black	White
Product Dimensions (H x W x D)	17.5 x 45 x 36 cm	
Product Weight	4.5 kg	
Retail Carton Dimensions (H x W x D)	22.5 x 50 x 43.5 cm	
Retail Carton Weight	2.4 kg	
Outer Carton Dimensions (H x W x D)	44.3 x 46.6 x 50.8 cm	
Outer Carton Weight	4.80 kg	
Number of height settings	2	
Height settings	Low Setting: 12 – 17.5 cm High Setting: 17.8 – 21.8 cm	
Platform size	45 x 35 cm	
Angle	+/-5°	
Textured surface	✓	
Features	Active movement, rocking motion , hands free adjustment	
Retail Barcode (UPC)	043859796106	043859796076
Outer Carton Barcode (SCS)	10043859796103	10043859796073
Quantity per Outer Carton	2	
Country of Origin	China	
Recyclability	48%	
Warranty	5 year limited	

## Hana™ LT Foot Rest

The Hana™ range offers aesthetic sophistication with effortless ergonomic functionality to fit around any user's workstyle and environment. Developed with the premium quality and performance that you would expect from a leader in workspace health & wellbeing



### **Ergonomic foot position**

Support your feet and encourage motion to improve circulation and back comfort.



### **Active movement**

Promotes motion with the active movement feature, allowing for flexible platform movements.



### **2 Tension settings**

Light or heavy tension settings to adjust the ease of movement.



### **Hands-free height adjustment**

Change between 2 height positions with effortless foot adjustment.

## 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 to 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 knee bending. 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:** Footrests 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.



## 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)	1117	28%	-	-	-
Acetal (Polyoxymethylene, POM)	7	-	-	-	-
Natural Rubber	146	4%	-	-	-
Nylon	69	2%	-	-	-
Polyurethanes (PU)	56	1%	-	-	-
Aluminium	1145	28%	-	-	-
Steel	1478	37%	-	-	-
<b>Total</b>	<b>4018</b>	<b>100%</b>	<b>-</b>	<b>-</b>	<b>-</b>

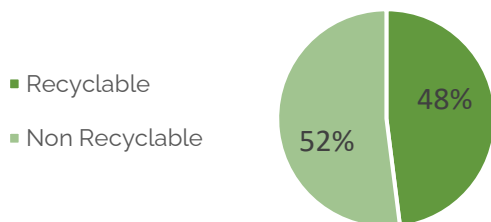
Packaging	Product Material Breakdown		Product Recycled Content		
	Weight (g)	Weight (%)	Pre-Consumer Recycled Content (g)	Post Consumer Recycled Content (g)	Total Recycled Content (%)
Pulp Tray	683	43%	-	683.0	100%
Cardboard Box	607	38%	-	486.6	80%
Manual	200	13%	-	160.0	80%
Tissue Paper	90	6%	-	-	-
<b>Total</b>	<b>1580</b>	<b>100%</b>	<b>-</b>	<b>1328.6</b>	<b>84%</b>

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

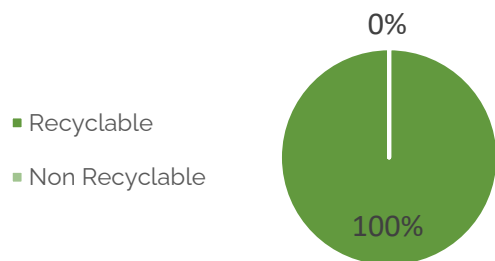
**Post-Consumer Recycled Content:** Waste material created by consumers. This material is diverted from landfills and utilized in the production of other commodities.

**Recyclability:**

Product



Packaging



Dimensional Drawings:

