

MEDesign® Deskfriend

Product Reference: DF



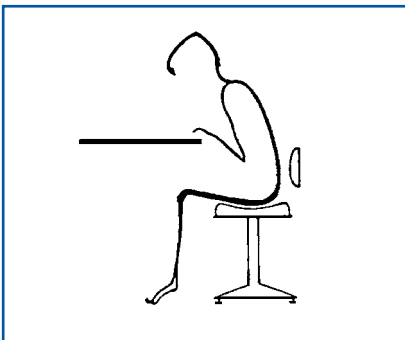
- The portable reading/work desk with built in choice of four working angles.

When work at your desk becomes a bit of a pain its time to take a closer look.

Aches and pains at work are commonly associated with manual labour but that is only half the truth.

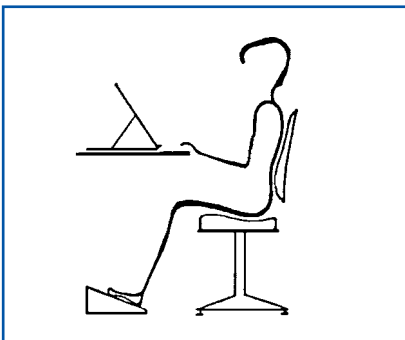
At least as much pain is caused by postural stress in sedentary work. The hidden costs of reduced efficiency, mistakes and low morale are unquantifiable.

No one is immune.



- Postural stress is inevitable whenever your paperwork or books are at the wrong angle to your line of vision (chair and lighting play a part as well).
- Poring over work on your desk means that your back is unsupported, your neck is bent and you are leaning forward. Your spinal muscles are under tension from your lower back to your neck. It is impossible to relax. Tiredness and aches and pains are inevitable.

THE SOLUTION IS SIMPLE - THE MEDESIGN DESKFRIEND



- Use the Deskfriend to hold your papers at the angle where you can work with them in comfort. You can choose from 36" to 54".
- The Deskfriend is solidly constructed from wood (not plastic) and is sturdy enough to write and lean on.
- It is light to carry - the integral handle makes that easy - so it can be used anywhere even when travelling.
- DIMENSIONS: Height: 30cm (11¾") Width: 45cm (17¾")
Thickness: 3cm (1¼")
Weight: 3.0kg (6½lb)

Available From

**MEDesign® Ltd, Clock Tower Works,
Railway Street, Southport, Merseyside PR8 5BB.
Telephone: (01704) 542373 Fax: (01704) 545214
Website: www.medesign.co.uk
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MEDesign supply more than 100+ products to relieve backpain in every area of daily life. A few of these products include:



Backfriends



Bedglasses



Dustpans



Pillows



Leg Rests

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Full details on all MEDesign products are available at www.medesign.co.uk

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MEDesign® Office Products

Product Reference: See Below

Copy Holders (Product Code COH1 or COH2)

- Today's office worker is at risk from a variety of physical stresses, many of which arise from the use of VDU displays and computer keyboards. Two of the most common problems are neck and/or eye strain linked to entering data into a computer by copy typing.
- The cause is an awkward head position and tiring head movements because the original document is not ideally placed in relation to the VDU screen.
- We have two copy holders available which lift and tilt the copy to the most comfortable and user friendly viewing positions.



Desk Model (Product Code COH1)

- Our desk model lifts the copy, tilts up to 45° and can hold sheets of paper or a hardback book.
- Height: 38cm (15")
- Width: 18cm (7")
- Depth: 22cm (8¾")

Monitor Model (Product Code COH2)

- Our monitor model holds one sheet of paper and fixes to your monitor with a self adhesive pad.
- Height: 7cm (2¾")
- Width: 32cm (12½")



Wrist Support Rest (Product Code WSR)

- Another possible disorder is RSI syndrome (Repetitive Strain Injury) which has been linked to the wrists and hands being unsupported during copy typing. In addition to the symptoms of RSI itself, this can lead to aches and pains in the arms, neck and shoulders.
- This device helps by supporting your wrists in a neutral position whilst you type.
- The Gel Pad Technology and sleek, ergonomic design accommodates any standard keyboard and is covered in a smooth material which lets the wrists glide easily.

- Length: 52cm (20½") • Width: 5.5cm (2½")
- Height: 2.5cm (1")



Foot Rest (Product Code FR)

- Another element in producing the ergonomically "ideal" typing position is a foot rest.
- A footrest is essential in allowing you to adjust your height to the correct typing position i.e. so that your forearms are parallel to the floor. At the same time it supports your feet and legs with good knee flexion to reduce the load on your hips, knees and ankle joints.
- It makes a positive contribution to increased comfort and efficiency.
- This footrest has a variable angle of tilt (10°-15°) and the textured profile helps massage tired feet. Non slips pads on the base prevent it slipping around.

- Length: 45cm (17¾") • Width: 35cm (13¾") • Maximum Height: 15cm (6")



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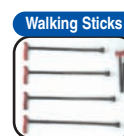
Overbed Tables



Wheat Hot Bags



Bathboards



Walking Sticks



Backfriends

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