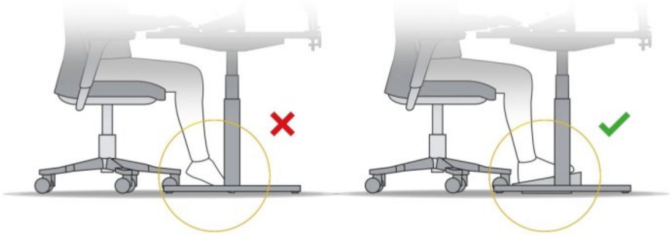
FootRest No.4

Bakker
Elkhuizen

Footrest made from durable plastic (PE) containing 50% post-consumer recycled material. Encourages subtle movement and supports an active working posture.

A healthy working posture doesn't have to be complicated. The FootRest No.4 supports your feet, and the flexible material encourages subtle movements so you can maintain an ergonomic sitting posture without compromising your concentration. The clever design can be used in countless ways and encourages small postural adjustments that keep your blood circulation active.



Ergonomic background

An ergonomic workstation is tailored to the user. When the feet cannot rest comfortably on the floor, a footrest helps to ensure a stable and relaxed sitting posture.
In addition, movement plays an important role in healthy computer use. Sitting still for long periods reduces muscle activity in the legs and slows down blood circulation (World Health Organisation [WHO], 2020). Small movements of the feet and legs keep the calf muscles active; these act as a natural pump that supports blood circulation. By regularly changing position and continuing to move subtly, muscles remain more active and stiffness and fatigue in the legs and feet can be reduced (European Agency for Safety and Health at Work [EU-OSHA], n.d.). The FootRest No.4 supports this natural dynamic and encourages a more active sitting posture.

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Article code
BNEFRN4

Barcode/ EAN-code on product package
8719274678212

Guarantee period [years]
Lifelong (after registration)

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Available documents

Manual available	Yes
Manual in package	Yes
Manual language	German, English, French, Dutch, Universal
Technical drawing available	No

Product dimensions

Product weight [g]	1600
Product dimension length [mm]	475
Product dimension width [mm]	375
Product dimension height [mm]	205

Product design

Product colour(s)	Dark Grey, Yellow
Anti-slip feet	No
Maximum permitted weight [kg]	150
Package content	Manual, Footrest
Product complies to norm (s)	Size of footplateau complies DIN4556

Battery & accu information

Battery needed?	No

Height settings

Height adjustment	No
Number of height adjustments	2
Height of lowest position [mm]	70
Height of highest position [mm]	205

Tiltable settings

Tiltable (up or down)	No
Tiltable degrees	15

Footrests

Type of adjustment footrest	Both
Width of footplate [mm]	450
Depth of footplate [mm]	370
Massage ribs/ anti slip rubber	Yes

Material product

Product material(s)	Plastic (PE)
Product recycled	Yes
Product Recycled %	50
Product recyclable	Yes
Product recyclable %	100
Product biodegradable	No

Package material

Package material (s)	Paper/Carton
Package recycled	Yes
Package recycled %	100
Package recyclable	Yes
Package recyclable %	100
Package biodegradable	Yes
Package biodegradable %	100

Package

Package weight including product [g]	2000
Package dimension length [mm]	485
Package dimension width [mm]	385
Package dimension height [mm]	220

Ergonomics, environment & quality

Declaration of Sustainability	declaration-of-sustainability-frn4-1784029497.pdf