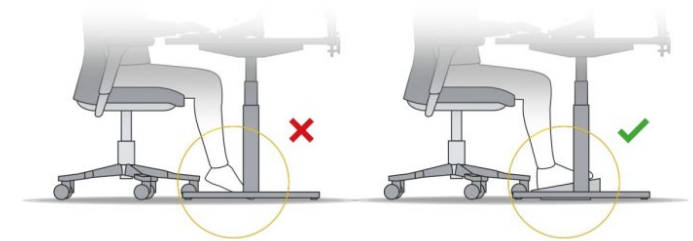


FootRest No.1

Footrest with patented stepless height adjustment and a comfortable working posture.

A good working posture starts with your feet

An ergonomic workplace is all about balance. When feet do not receive sufficient support, this affects the rest of the body. FootRest No.1 and FootRest No.2 have been developed to give users more control over their sitting posture whilst encouraging movement throughout the working day.



Ergonomic background

An ergonomic workstation is tailored to the user. Both the adjustment of the office chair and the height of the desk play an important role in this. When these cannot be optimally coordinated, a footrest helps to support the correct sitting posture. By positioning the feet stably, better support is provided for the legs and pelvis, which contributes to a balanced sitting posture and an ergonomically designed workplace. This reduces pressure under the thighs, thereby helping to minimise the constriction of blood vessels and improving blood circulation in the legs. Furthermore, prolonged uninterrupted sitting is associated with an increased risk of venous thromboembolism, including thrombosis (World Health Organisation [WHO], 2020). Good foot support therefore contributes to a healthy and ergonomic working posture (ISO 9241-5, 1998).



FootRest No.1

Article code

BNEFRN1

Barcode/ EAN-code on product package

8719274678045

Guarantee period [years]

Lifelong (after registration)

Click or scan for more
information >



Available documents

Manual available	Yes
Manual in package	Yes
Manual language	German, English, French, Dutch, Universal
Technical drawing available	Yes

Product dimensions

Product weight [g]	7200
Product dimension length [mm]	445
Product dimension width [mm]	325
Product dimension height [mm]	80

Product design

Product colour(s)	Black, Dark Grey, Yellow
Anti-slip feet	Yes
Maximum permitted weight [kg]	80
Package content	Footrest, Manual
Product complies to norm (s)	DIN4556, NPR 1813

Battery & accu information

Battery needed?	No
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Height settings

Height adjustment	Yes
Number of height adjustments	Stepless
Height of lowest position [mm]	70
Height of highest position [mm]	360

Tiltable settings

Tiltable (up or down)	Yes
Tiltable degrees	0-90

Footrests

Type of adjustment footrest	Both
Width of footplate [mm]	445
Depth of footplate [mm]	325
Massage ribs/ anti slip rubber	Yes

Material product

Product material(s)	Steel, Plastic (ABS), Rubber (Natuur)
Product recycled	Yes
Product Recycled %	46
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]	7700
Package dimension length [mm]	537
Package dimension width [mm]	362
Package dimension height [mm]	91

Ergonomics, environment & quality

Declaration of Sustainability	declaration-of-sustainability-footrest-no1no2-1761826632.pdf
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