

Your Ergonomic Office



Our body friendly office solutions take into account mechanisms designed to not only break our sedentary work environments but offer stable ergonomic support when seated.

Research has shown that varying your work posture throughout the day leads to greater productivity, less pain and a reduction in fatigue.

The human body wasn't made to sit, and the average office worker now spends more time sitting than sleeping, a constant act that our bodies simply aren't designed for.

Good seating, height adjustable work environments and good posture are key to surviving a sedentary working life.

We can help with seating and workstation - your posture is up to you.



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Filing & Furniture Essentials Pty Ltd



**Filing &
Furniture
Essentials**

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The Rapid Riser Manual desk based height adjustable workstations sit on your existing desk allowing full sit / stand range.

- Large keyboard tray & work surface
- Gas spring for easy height adjustment
- Control levers on both side
- Height range 150 – 500mm
- 15 Height adjustment levels

Manual Height Adjustable



The Rapid Surge is a standalone gas lift self-based height adjustable workstation with a desk height of 750mm to 1100mm and a 590mm work surface depth.



Manual height adjustable workstations are available in widths of 1200mm, 1500mm and 1800mm in a white frame with white top (custom coloured top may be available on request).

- Handle can be used on right or left and folds under desk when not in use
- Desk height from 715mm to 1015mm
- White powder coated frame
- Maximum load 100kg
- Integrated cable dump tray



Electronic Height Adjustable



Rapid Span desks are available in straight and corner configurations , multiple widths, with optional preset height control.



Selectric executive height adjustable sit/stand desk range



The Selectric is an electric height adjustable sit /stand desk, for commercial office workstation installations. It offers the user greater flexibility to accommodate both standing and sitting work positions with the ease of a simple switch. Available in over 20 top colours.



Rapid Paramount comes in single or back to back configurations with in built cable management, 630mm - 1252mm height adjustment, with or without privacy screen in white or beech tops as standard.



Boost electric stand alone, height adjustable workstations feature dual motors with a memory controller with 3 presets & sedentary alert for ease of use and a built in anti collision mechanism for safety. With 3 standard top sizes and 2 frame colours to choose from, and the ability to fit any custom top ranging from 1200mm to 2000mm Wide x 600mm to 800mm Depth. The Boost is our most versatile height adjustable frame.

Ergonomic Chairs



AM100



PO500



Fully ergonomic Operator Chairs with gas lift, back tilt seat tilt ratchet back heavy duty mechanism to suit up to 150kg



Luminous Mesh



Fully ergonomic high back mesh executive chair with Synchro Mechanism



PU300



KAL Task



Fully ergonomic Operator Chairs with gas lift, back tilt seat tilt , seat slide and ratchet back



ERGO Mesh

