



Inspiring productivity for every
room in your workplace

TECHNOLOGY & FURNITURE SOLUTIONS

2025 EDITION



Technology & Furniture

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My MOS Account Details

Always quote your Account Code and Department / Cost Centre when placing an order with MOS.

My Account Code is:

My Department / Cost Centre is:

My MOS Account Manager is:

Specialist Services

Take advantage of our specialist services, which provide expert consultancy and innovative solutions in a number of areas.



Facilities Management

Our specialist team audit your facilities so you can provide a safe, compliant and productive environment across a wide range of services for your business.



Working Spaces

Specialising in business and school project fit-outs, we bring your vision to life from design and planning to delivery and installation.

Reference Symbols



New

New products recently introduced to our range



Best Seller

Most popular and top selling products at MOS®



Ergonomic

Indicates products designed with flexibility to suit each user



Assembly Required

Products that require some assembly



Warranty

Indicates length of warranty covered for the product



Wireless

Product operates without the need for connecting cables



Australian Made

Indicates products that are manufactured or made in Australia

Sustainability Symbols



Planet Friendly

A product earns the Planet Friendly symbol if it meets one of the following criteria: recyclable, reusable, biodegradable, compostable, comprises at least 20% recycled materials, certified for environmental responsibility, or made from sustainable resources



Recycled Content

Products that contain at least 20% recycled materials - % of recycled content is indicated



Reusable

Designed to be reusable for multiple uses or reuse cycles within a designed system



Compostable & Biodegradable

Products made of organic matter biodegrades naturally in specific composting environments



Recyclable

Products that are recyclable after use in regular kerbside or via recycling programs



Biodegradable

Products that breakdown through natural processes, leaving no harmful residues



Environmentally Accredited

Products with Environmental Certifications associated with responsible and sustainable sourcing, manufacture, material, or end of life





Welcome to the MOS Technology & Furniture Solutions Catalogue

At MOS, we believe that real productivity starts with a workspace designed for comfort, efficiency, and innovation. As the modern workplace continues to evolve, building environments that balance functionality with adaptability has never been more important.

Today's workplaces demand more than traditional setups. Ergonomic furniture, smart storage, and cutting-edge technology are no longer optional; they're essential for fostering creativity, boosting performance, and driving business success.

With a name meaning 'Pathway' in the language of the Bidjigal people, Muru has remained true to its commitment to paving the way for future generations. As a testament to this dedication, over the last decade, Muru Office Supplies has evolved into purpose-driven and community-focused organisation that is majority First Nations owned and operated.

With over 80% of our dedicated team of First Nations descent, we bring a unique perspectives and expertise to our collective mission. As a 100% Australian-owned company certified by Supply Nation, we prioritise both commercial success and social impact.

Since 2014, Muru Office Supplies and Muru Group have contributed more than \$974,000 to First Nations communities by donating 20% of MOS profits and 15% of Muru Group profits. These contributions support key areas including Education, Employment, and Health & Wellbeing, demonstrating the impact of choosing suppliers that value diversity and inclusivity.

Thank you for choosing MOS as your partner in creating functional and inspiring workspaces.

Mitchell Ross

Mitchell Ross
CEO



Why MOS?

Australia's Largest First Nations Majority Owned Office Products Supplier with the Best range.



FIRST NATIONS OWNED

In 2012, Mitchell Ross, a proud Bidjigal man, founded Muru Group to make a lasting difference for First Nations peoples and became a catalyst for positive change and a pathway to a brighter future. In 2014, Muru Group partnered with COS® to form Muru Office Supplies a majority First Nations owned and operated workplace products supplier.

Muru, meaning 'Pathway,' has become one of Australia's largest First Nations majority-owned and operated workplace supplies companies, offering a wide range of products for every room in the office.

Over 80 percent of employees are of First Nations descent, empowering their collective mission through their unique perspectives and expertise. Certified by Supply Nation, Muru dedicates a percentage of profits to support First Nations communities in education, employment, health, and wellbeing.

EXPANSIVE PRODUCT RANGE

Muru Group, a strong advocate for First Nations businesses, launched a stationery product line in 2014 featuring unique designs by a First Nations artist. This initiative not only contributes to the development of sustainable First Nations communities but also promotes cultural representation in the workplace.

The success of the range is evident in the strong sales performance, with millions of Muru Group products sold to date and revenue continuing to grow year on year across office supplies, copy paper, and everyday kitchen and bathroom essentials. Popular items are the Muru Notebooks and Muru 100% Recycled Paper, showcasing their appeal and commitment to sustainability. By incorporating First Nations aesthetics, Muru promotes cultural understanding, diversity, and sustainable development in First Nations communities.

COMMUNITY MINDED

Each purchase from Muru, supports First Nations communities with over \$974,000 contributed since 2014. In North Queensland, Muru supports an Early Childhood Education Program, giving over 30 children free access to structured play-based learning and new equipment each year. Through Her Futures Foundation, Muru supports First Nations women in NSW and WA via tailored programs in education, employment, and mentoring.

Muru also partners with DeadlyScience to employ a First Nations team member, delivering culturally relevant STEM programs to over 800 schools, nationwide, with a focus on expanding access in regional and remote communities. In Sydney, Muru contributed \$14,000 to Mudgin-Gal 'Women's Place,' creating a safe, empowering space with vital resources and skills programs. Since 2019, Muru has also supported IndigiGrow by funding two trainee roles, helping First Nations youth gain horticultural training and cultural knowledge.

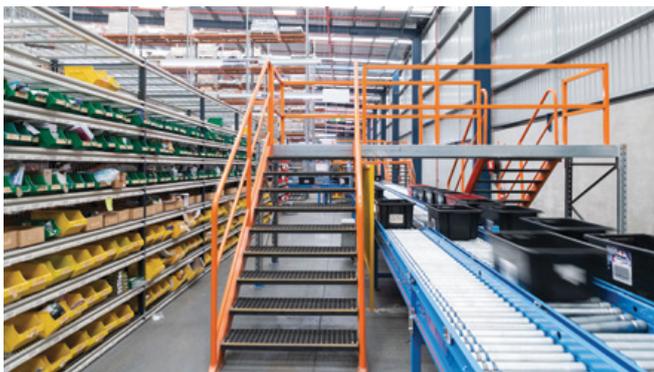




LOCAL WAREHOUSE & DELIVERY

Muru is powered by COS®, who have invested heavily in creating a nation-wide presence, with an extensive network of sales offices, warehouses and distribution centres across Australia. Each branch is tailored to local requirements and delivers a local service experience.

Our warehouses are quality assured, state-of-the-art facilities with advanced technology to ensure industry leading order accuracy. We maintain all our logistical services in-house with the flexibility to provide a range of additional services.



COMPLETE ORDERING SOLUTION

We thrive on creating innovative solutions for the workplace of the future. Our online ordering system, MOSnet, has been designed with our customers in mind and with intuitive time saving features.

Fast Ordering

- Create unlimited favourites lists
- Build an order over time
- Your login will retrieve all your personal preferences
- Easy repeat ordering
- Online returns
- Set and forget your regular orders using Scheduled Orders

Advanced Searching

- Narrow your search by brand or eco-conscious
- Easy to use toner & ink finder
- Speak to a MOSnet specialist on Live Chat
- Real-time local warehouse stock availability
- Compare feature
- Prediction searching
- Barcode scanning

Increased Control

- Password and security access
- Easy order tracking with order delivery updates
- Savings alternatives offered for better value
- Apply your procurement business rules including authorisation process
- Instant itemised monthly and year-to-date expenditure reporting
- Nominate a delivery date that suits you

Specialist Range

Explore our specialist range, designed to showcase the best we offer in each category, with a focus on boosting your team's health, productivity, and safety.



KITCHEN & HYGIENE

A clean and hygienic workplace is essential for staff wellbeing, reducing the spread of illness, and enhancing overall productivity and performance. Beyond safety and health, a well-stocked kitchen is the key to keeping your team properly hydrated and nourished throughout the day. Discover our range designed to support wellness and efficiency, ensuring your team's health, happiness, and safety.

- Beverages & Snacks
- Kitchen Appliances
- Hygiene Essentials
- Cleaning Liquids & Chemicals

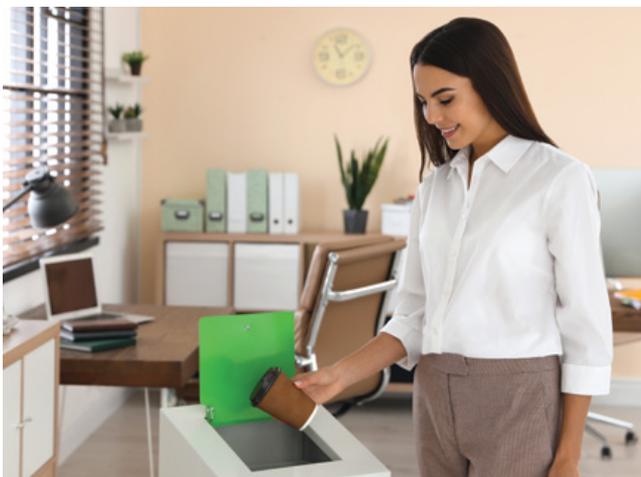


FIRST NATIONS

Our First Nations product range is carefully curated from businesses that are owned and operated by First Nations peoples. At MOS, we are committed to supporting suppliers who not only create meaningful impact within their communities by offering ethically produced products to Australian workplaces, but also foster community growth and sustainability. A portion of our profits is dedicated to enhancing education, employment, and health initiatives that benefit First Nations communities.

Our diverse range of First Nations products includes:

- Office & Education Products
- Kitchen & Catering
- Cleaning & Hygiene



ECO-CONSCIOUS RANGE

As organisations prioritise social, economic, and environmental sustainability, opting for eco-friendly products is key to corporate responsibility. By partnering with MOS, you gain access to our eco-conscious expertise and solutions. We offer a range of sustainable options, including recycled paper, FSC-certified stationery, eco-friendly office furniture, and supplies designed to minimise your carbon footprint while supporting a healthier planet.

- Kitchen & Cleaning Supplies
- Recycled Copy Paper
- Writing Instruments & Education Supplies
- Office Furniture



EXCLUSIVE RANGE

Explore MOS Exclusive Brands for premium products that offer great value without sacrificing quality. Our carefully selected range provides smart, cost-effective choices across various categories, designed to meet and exceed your needs. Leveraging our decades of expertise to deliver specialised solutions to enhance the productivity, health, and safety of your team.

- Office Furniture & Technology Accessories
- Bathroom & Cleaning Supplies
- Binding, Mailroom, & Packaging
- Education, Writing & Paper



MAILROOM & PACKAGING

Whether you're managing a bustling office or a busy warehouse, our comprehensive product range is designed to meet your specific needs and exceed your expectations. Discover a world of efficient and innovative solutions designed to streamline your operations. From high-quality mailing supplies to durable & sustainable packaging options, we've got everything you need to ensure your items are packed securely and delivered on time.

- Sustainable Packaging Solutions
- String, Lashing & Printed Packaging Tape
- Mailers, Tubes, & Mailroom Accessories
- Labelling Machines & Rolls



WORKPLACE SAFETY & FIRST AID

From everyday essentials PPE to specialised safety solutions, our product range is tailored to meet the diverse needs of various industries, helping businesses safeguard their employees and minimise workplace risks. Whether you're refreshing first aid supplies or enhancing safety protocols, MOS offers the right products to ensure your workplace remains safe, compliant, and prepared for any emergency situation.

- Clothing & Footwear
- Safety Cap & Hat Accessories
- Eye, Ear, Respiratory & Hand Protection
- First Aid Kits, Fire Extinguishers, Safety Signs & PPE

Tech Trends Shaping Australian Businesses

At around \$1.48 billion annually, Australia is the highest-generating laptop sales market globally.



31%

of laptop owners use a MacBook



23%

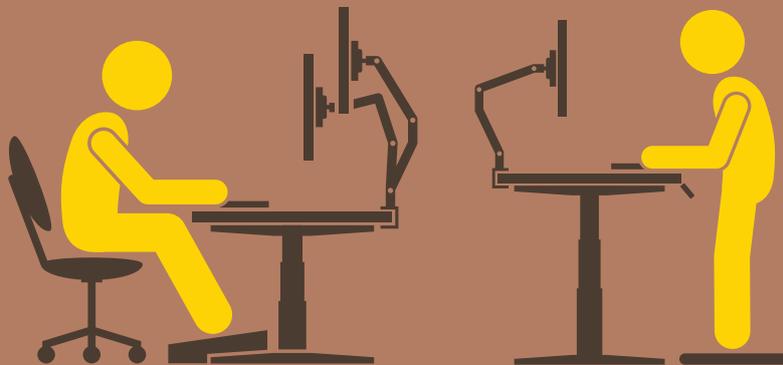
believe companies should upgrade equipment every 1 to 3 years



15%

By 2034 technology is expected to augment 4.5 million jobs leading to a 15% capacity uplift to Australian businesses

Growing Popularity of Sit-Stand Desks



6.8%

The sit-stand desk market is growing 6.8% annually, with growth expected to accelerate as businesses invest in ergonomics.

20%

Around 20% of desk workers in Australia are estimated to use sit-stand desks

\$99.24m

The Australian sit-stand desk market is valued at \$99.24 million in 2025

The Power of Sitting and Standing

46%

Boosts productivity up to 46%

45%

Increases task efficiency by 45%

23%

Raises productivity 23% when switching

30%

Reduces breaks by 30%

33%

Improves focus by 33%

The Impact of Poor Ergonomics

86.7%

Over 86.7% of workers experience work-related musculoskeletal issues, with 73% experiencing three or more types.

The most common work-related musculoskeletal disorders:



62%

Low back pain



55%

Neck pain



53%

Mid back pain



52%

Tension/cervicogenic headaches

Evolving Workspace Trends

62%

of Australians regularly work from home as of August 2024

68%

of Australian workers expect or seek ergonomic furniture for home or office

34%

Ergonomic chairs accounted for 34% of Australia's office furniture market in 2024

\$380 Million

In 2024, the Australian ergonomic chair market was \$380M and is projected to reach \$650M by 2030



Sources:

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2. Australian Computer Society (2020). Technology impacts on the Australian workforce.
3. Cognitive Market Research (2025). Standing desk market report.
4. Gao, W., Sanna, M., Chen, Y.-H., et al. (2023). Occupational sitting time and all-cause and cardiovascular disease mortality. JAMA Network
5. Australian Institute of Health & Safety (2024). Work-related musculoskeletal disorders on the rise
6. Australian Flexible Office Market Report (2024). Flexible office trends in Australia.
7. IMARC Group (2025). Australia home office furniture market forecast 2025–2033.
8. Mordor Intelligence. (2025). Australia office furniture market share analysis, industry trends & statistics, growth forecasts (2025–2030).
9. Verified Market Reports (2025). Adjustable Ergonomic Office Chair Market Insights
10. Deakin University (2018). Cost-effective strategies to reduce office sitting time.



Furniture & Tech Trends

In 2025, advances in technology and changing workplace design philosophies are driving change. The convergence of tech trends and innovative furniture is reshaping workplaces to be more dynamic, flexible, and focused on employee wellbeing. We've found six key trends shaping this evolution:

1. Hybrid Workspaces & Flexible Office Designs

With the widespread adoption of hybrid work models, Australian businesses are moving away from traditional office setups. Companies are embracing flexible workspace designs that can accommodate both in-office and remote workers. Modular furniture such as rearrangeable desks, partition systems for privacy, and adaptable seating is becoming the norm.

Multi-functional pieces like sit-stand desks, mobile workstations, and collapsible meeting tables allow easy transitions between solo work, collaboration, and socialising.

Open-plan offices are also incorporating acoustic solutions, such as soundproof booths and privacy screens, to manage noise and foster a balance between collaboration and focus.

2. Championing Sustainability & Eco-Friendly Design

Sustainability is a core principle for Australian businesses. To meet environmental goals that align with consumer expectations and government legislation, companies are increasingly opting for eco-friendly office designs and materials. Reclaimed wood, recycled metals, and biodegradable plastics are common choices, with a focus on durable and modular furniture that can be repaired or repurposed instead of discarded.

Biophilic design, which integrates natural elements like living walls, greenery, and organic shapes is gaining popularity in modern workspaces. This approach has been proven to lower stress levels, enhance employee wellbeing, and boost productivity. Businesses are increasingly adopting biophilic design as part of their strategy to foster a healthier, more sustainable, and inspiring workspace.

3. Smart Furniture & IoT Integration

Smart technology and the Internet of Things (IoT) are revolutionising how Australian businesses interact with their environments. Integrated smart furniture can create smart offices that adapt in real-time to employee needs. For example, smart desks can automatically adjust to a user's height, track sitting and standing time, and offer ergonomic recommendations. These desks may also come with built-in power outlets and wireless charging stations for improved connectivity.

IoT sensors embedded in furniture and ceilings can also help businesses optimise space usage, check air quality, and manage energy consumption.

4. Ergonomics & Employee Wellness

Employee wellbeing is always a top priority, encouraging a focus on ergonomic office designs that promote health and comfort. Ergonomically designed chairs with adjustable lumbar support and sit-stand desks are standard in many modern offices, reducing the risks associated with poor posture and prolonged sitting. Other ergonomic tools like footrests, monitor stands, and anti-fatigue mats are being adopted to support long-term employee health.

In addition to physical wellness, businesses and schools are paying greater attention to mental health by incorporating wellness zones and quiet areas into the workplace. These spaces, furnished with comfortable seating and calming décor, offer employees a place to recharge, helping to mitigate stress and improve overall mental wellbeing. This approach fosters a healthier, more balanced and supportive work environment for employees.

5. Collaborative & Social Spaces

As rigid, cubicle-based offices fade, businesses are investing more in collaborative and social spaces designed to foster interaction and creativity. Soft seating options like couches, lounge chairs, and ottomans can be added to informal meeting spaces, creating relaxed environments where employees can collaborate.

Technology can play a significant role in enhancing collaborative spaces, with interactive whiteboards, touchscreen tables, and digital collaboration tools, serving as powerful enablers of real-time teamwork. Whether employees are in the office or working remotely, these solutions make it easier for teams to brainstorm and share ideas across different locations.

6. Technology-Driven Customisation

AI-powered platforms are also revolutionising the way businesses create personalised experiences for their employees. Customisability is a growing trend in Australian workplaces, with businesses seeking personalised solutions to meet specific needs. From customisable desk setups to smart lighting systems that adjust based on natural light levels and individual preferences, technology is allowing employees to create more comfortable, tailored work environments.

AI-powered platforms are also enabling businesses to offer personalised experiences. Apps that allow employees to book desks, adjust climate controls, or reserve meeting rooms with a few taps are increasingly common, ensuring that each worker has access to the tools they need for optimal productivity and comfort. These systems also improve space and energy efficiency, making workplaces more sustainable, adaptable, intuitive, and future-ready.





Technology & Furniture Solutions

Elevate your workplace environment with our cutting-edge technology, innovative collaborative furniture, and ergonomic solutions, thoughtfully designed to boost productivity, streamline organisation, and enhance comfort. By investing in these integrated solutions, you can create a workspace that empowers modern work dynamics, fosters efficiency, and drives your organisation's success.



DELL™ IPS 24" P2425H MONITOR

Experience stunning visuals and smarter design with the **Dell™ 24" P2425H IPS Monitor**. Its vibrant Full HD display, ultra-thin bezels give you more screen, less distraction, while ComfortView Plus helps reduce eye strain all-day.

- 1920 x 1080 IPS screen for sharp, consistent visuals
- Adjustable tilt, height, swivel, and pivot
- 16:9 widescreen resolution
- Edge LED backlighting technology
- Certified by TÜV for 4-star eye comfort
- 100Hz refresh rate

MONI1127 Dell IPS 24" P2425H Monitor Ea



HP 27" PRO 327PH MONITOR

Work smarter and in greater comfort with the **HP Series 3 Pro 27" FHD Monitor**. Designed with a spacious, crystal-clear 27-inch display and a sleek, functional build, it delivers clarity and flexibility to stay focused, with a tilt- and height-adjustable stand for personalised comfort.

- 27 Full HD (1920 x 1080) display
- Flat IPS panel with edge-lit design for seamless view
- Connectivity: HDMI 1.4 & DisplayPort™ 1.2
- 100 x 100mm VESA mountable
- Low blue light mode and anti-glare
- 3-sided micro-edge bezel for maximum viewing

MONI1138 HP 27" Pro 327PH Monitor Ea



MICROSOFT SURFACE PRO 11 TABLET 13"

The **Surface Pro 11th Edition** is the ultimate 2-in-1 for work with up to 14 hours battery and Snapdragon® X Elite performance. Its 13 OLED touchscreen delivers stunning visuals, while Copilot+ AI boosts productivity with 45 trillion operations/sec.

- 16GB RAM / 512GB SSD for demanding workflows
- Compact and ultra-light, under 900g
- Flexible kickstand and Surface Pro Flex Keyboard
- Wi-Fi 7 & optional 5G for fast connectivity
- Two USB-C ports for charging and data transfer
- Front and rear high-quality cameras

LAPT0072 Surface Pro 11 Ea



COS® NOTEBOOK RISER

The **ErgoFit Elevated Laptop Stand** combines precision design with functionality, offering adjustable height and tilt for optimal ergonomic support while maximising desk space. Silicone protective pads ensure scratch resistance and non-slip stability.

- 180° dual-axis for multi-angle adjustability
- Weighted base for wobble-free stability
- Lightweight load capacity: 4 kg
- Suitable for laptops and tablets from 10" to 17.3"
- Aluminium stand with brushed accents for durability
- Unique airflow system

A DEST0000 Elevated Laptop Stand Silver Ea
B DEST0009 Elevated Laptop Stand Black Ea



ERGOFIT DUAL MONITOR ARM - XXL

This **ErgoFit Dual Monitor** spring-assisted arm keeps your monitors secure and off your desk, freeing up space and decluttering your workspace. Quick-release VESA makes setup effortless, and built-in cable management keeps wires neatly hidden.

- Fully adjustable 360° VESA plate for optimal viewing
- Holds 1-9 kg (2.2lbs-19.8lbs) per screen
- Fits 17"-32" screens, including curved monitors
- Durable Steel & Aluminium with powder-coated finish
- Space-saving design with built-in cable
- Sturdy construction and effortless adjustment

DEST0008 ErgoFit Dual Monitor Arm Matte Black Ea



DELL ECOLOOP™ PRO SLEEVE

Carry your laptop sustainably with the **Dell EcoLoop™ Laptop Bag**. Made from 100% recycled ocean-bound plastic, it combines eco-friendly design with reliable protection, ideal for professionals on the move.

- Durable Nylex lining made from recycled materials
- Measures: 350W × 30D × 245Hmm and weighs 370g
- Fits most Dell screens up to 14 inches
- Smart front zip pocket for keeping essentials
- Padded handles and detachable strap
- Weather-resistant design for lasting durability

CASE9420 Dell EcoLoop™ Pro Sleeve Black Ea



HP PRELUDE PRO BACKPACK

The **HP Prelude Pro Backpack**, made from 95% recycled water-resistant fabric, protects laptops up to 15.6", keeps essentials organised and features reflective accents plus a cable pass-through for easy connectivity.

- Measures: 425.4W × 127D × 317.5Hmm
- Padded compartment shields against bumps and scratches
- Zippered pockets for easy access to essentials
- Adjustable, padded shoulder straps for all-day comfort
- Enhanced low-light visibility with reflective design
- Designed with sustainability in mind

CASE9417 HP Prelude Pro Recycle Backpack Black Ea



KENSINGTON® LS240 LAPTOP CARRY CASE

Keep your devices secure on-the-go with the **Kensington® LS240 Laptop Carry Case**. Designed to hold laptops up to 14.4" and tablets up to 10", keeping your devices secure, snug, and protected from shifting.

- Measures: 81W × 63.5D × 279Hmm and weighs 490g
- Quick-access pockets to grab essentials
- Zippered organiser section for storing accessories
- Padded air-mesh handle and removable shoulder strap
- Slides easily onto wheeled luggage
- Highly durable and wear-resistant construction

CASE9487 Kensington® LS240 Laptop Case Black Ea



HP RENEW BUSINESS LAPTOP BAG

Keep your laptop protected and essentials organised with the **HP Renew Business Laptop Bag**, made from 100% ocean-bound plastics and fully recycled, biodegradable materials.

- Measures: 50W × 450D × 335Hmm and weighs 590g
- RFID and lockable pockets to protect your valuables
- Slip and zip pockets for organised storage
- Bluetooth® tracker pocket for tracking device
- Cable pass-through for easy charging
- Easy to clean and designed for comfort

CASE9414 HP Renew Business Laptop Bag Black Ea



POLY STUDIO R30 VIDEO BAR

Enhance your virtual meetings with the **Poly Studio R30**, designed to ensure every participant is clearly seen and heard. Poly DirectorAI intelligently and automatically frames all attendees, providing a natural, inclusive view that keeps everyone fully engaged. The advanced Acoustic Echo Cancellation (AEC) filters out background noise, delivering crisp, clear audio that makes every conversation effortless and professional.

- Dimensions: 445W x 81D x 86Hmm and weighs 822g
- Unparalleled 4K video quality with a 120° field of view
- Powerful speaker for crystal-clear audio
- Included cable USB-C to USB-A for easy connectivity

WEBC1025	Poly Studio R30	Ea
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COMSOL USB-C UNIVERSAL LAPTOP CHARGER

Power up at lightning speed with the **Comsol 30W USB-C Fast Charger**. Compatible with most USB-C devices, this compact yet highly reliable charger delivers fast and efficient charging for smartphones, tablets, laptops, and other USB-C gadgets. Designed with advanced safety features, it provides protection against overcharging, overheating, and short circuits, giving you peace of mind.

- Built-in 2-meter USB-C cable for added convenience
- Sleek, compact design for effortless portability
- 100W output to charge high-power devices with ease
- Ideal for Windows laptops and Chromebooks

DATA5830	USB-C Universal Laptop Charger	2m	Ea
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DELL™ 65W LAPTOP AC ADAPTER

The **Dell™ 65W AC Adapter** delivers reliable, efficient power in a sleek, compact design, perfect for on-the-go use. It allows you to run your system while simultaneously charging the battery from any electrical outlet, ensuring uninterrupted productivity. Designed for versatility and convenience, this adapter is lightweight and easy to carry, keeping you powered up whether you're at the office, at home, or travelling.

- 65W power output for fast charging
- Incorporates a rubber strap for easy cable management
- LED light ring on DC connector indicates power status
- Includes 1-metre detachable power cord for easy storage

DATA1614	AC Adapter USB Type-C	1m	Ea
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HDMI CABLE

Enjoy smooth HD experience with the High-Speed Male-to-Male **HDMI Cable**. Built with 24k gold-plated, corrosion-resistant connectors and high-grade oxygen-free 30AWG copper wire, it delivers maximum conductivity with minimal signal loss. Supporting both HDMI 2.0 and HDMI 1.4, as well as 3D video formats and up to 18Gbps bandwidth, this cable ensures a superior viewing and audio experience every time.

- Supports 4K Ultra HD up to 3840 x 2160 @ 60Hz
- Triple shielding reduces interference, noise, and distortion
- High-grade oxygen-free 30AWG copper wire
- Delivers up to 1536kHz audio sample frequency

DATA5742	High Speed with Ethernet M-M	2m	Ea
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DELL™ PRO SMART DOCK

This **Dell™ Pro Smart Dock** offers the flexibility and power to stay productive. With 6 versatile USB ports, connecting your essential devices is effortless. Built sustainably from post-consumer recycled materials and designed to reduce power consumption.

- Supports 4 displays and up to 100W power delivery
- Maximum power supply: 130W
- High-speed 2.5Gb Ethernet for stable, fast networking
- Silent firmware updates during dock disconnection
- Ambidextrous USB-C cable
- Universal docking with MAC Pass-Through & Power Sync

DOCK0024 Dell™ Pro Smart Dock Black Ea



MICROSOFT SURFACE USB4 DOCK

Keep your Surface device and accessories charged all day with this **Microsoft Surface USB4 Dock**, offering up to 65W power passthrough. Transfer data up to 4x faster and extend or mirror your display to two 4K monitors at 60Hz or one 8K monitor at 30Hz.

- USB4 speeds up to 40 Gbps
- Connect all your essentials via USB-C, USB-A, HDMI, and Ethernet
- Compatible with USB-C and USB4/Thunderbolt 4 devices
- Security lock keeps dock and devices secure
- Tactile, front-positioned ports for easy access
- Automatic firmware updates

DOCK0015 Surface USB4 Dock Black Ea



HP USB-C® G5 DOCK

Turn your desk into an organised productivity hub with the **HP USB-C® Dock G5**. Effortlessly connect your USB-C-enabled laptop to multiple displays, accessories, and a wired network. Keeps your devices secure and easily manageable with advanced network features.

- Supports up to 100W power delivery
- Connect up to 3 external monitors
- Multiple ports, including USB-C, USB-A, HDMI, & DisplayPort™
- One-cord setup that plugs in multiple devices
- Compatible with HP laptops, MacBook® computers, and other laptops
- Space-saving design

DOCK0001 USB-C G5 Dock Black Ea

CYGNETT



CYGNETT 20K USB-C POWERBANK

Keep your devices charged with this high-capacity **USB-C Power Bank**. Featuring multiple USB ports, it can power up to three devices at once. Ideal for heavy users, this power bank keeps you connected and powered throughout even the busiest days.

- Charge your phone up to 5.2 times*
- 20,000 mAh capacity for convenient charging
- Includes USB-C connectors for versatile compatibility
- Digital display indicates battery level and charging status
- Compact and portable design
- Up to 15W of charging output
- 3 x USB ports for fast, efficient charging

POWR7000 USB-C Powerbank Black Ea



VERBATIM® 2.5 USB 3.0 PORTABLE HARD DRIVE

Store, carry, and access your important files using the **Verbatim® Hard Drive**. Sleek and portable, it's designed for both everyday use and on-the-go environments. Its smooth, modern design complements any workspace, while offering a reliable storage solution.

- 1TB storage capacity
- Nero BackItUp & Burn Essentials software for easy backup
- Verbatim Green Button software for energy-efficient operation
- USB 3.0 interface for up to 10x faster data transfer
- Sleek grid design to complement any workspace
- Pre-formatted in FAT32

DRIV1240 Verbatim® Portable HDD USB 3.0 1TB Black Ea



VERBATIM® PINSTRIPE USB 2.0 16GB

Keep your data handy and your workspace organised with this compact **Verbatim® USB Drive**. Features a stylish pinstriped design with a push-pull sliding mechanism that protects the connector without a cap. Perfect for storing, transferring, and accessing files efficiently.

- Reliable, high-performance storage
- Slim, retractable design for convenience
- Plug-and-play setup
- USB device compatible
- Read speeds up to 20MB/s and write speeds up to 10MB/s
- Built-in Microban® inhibits bacteria growth

DRIV1516 Verbatim® USB 2.0 Drive 16GB Black Ea

Jabra



EVOLVE2 30 MS STEREO

The **Jabra Evolve2 30 MS Stereo** is a professional headset built for comfort, clarity, and productivity. 27% lighter with a reinforced steel headband, it offers gentle, all-day wear. Its advanced dual-microphone system captures your voice while reducing background noise by 12%, and professional 28mm speakers with a powerful digital chipset deliver exceptional sound for calls and music.

- Plug & Play connectivity via USB-C/A
- Automatic integrated busylight to help maintain focus
- 2 Microphone technology for great call performance
- Angled earcups with noise-isolating memory foam
- Intuitive touch controls for easy management
- MS Teams certified for seamless collaboration

HEAD0119 Evolve2 30 MS Stereo Black Ea

Jabra



EVOLVE2 55 MS W. ANC WIRELESS STEREO

Packed with the latest hybrid working technology, the **Evolve2 55** delivers premium sound quality, all-day comfort, and versatile performance. Experience exceptional ease with Jabra Air Comfort technology, designed to keep the headset lightweight and comfortable during long hours of wear. Stay fully focused with advanced Active Noise Cancellation (ANC), which effectively blocks out distractions.

- Easy plug-and-play setup
- Up to 30m/100ft wireless range
- 360° integrated busylight visible from every angle
- Boom-arm microphone for handling calls
- MS Teams or Microsoft-certified headsets
- Connectivity via USB-A, wireless, and Bluetooth
- Soft earcups and padded headband for comfort

HEAD4624 Evolve2 55 MS Stereo Black Ea



POLY VOYAGER 4320 MS WIRELESS HEADSET

The **Poly Voyager 4320** is a Bluetooth® wireless headset that keeps teams seamlessly connected. Roam up to 50 m/164 ft with Acoustic Fence™ reducing background noise, while enjoying all-day comfort, multi-device connectivity, and up to 24 hours of uninterrupted talk time.

- Lightweight and easily portable
- Acoustic Fence™ noise cancellation technology
- Extended battery life with corded USB mode
- On-call indicator to prevent interruptions
- Microsoft Teams certified
- Plush ear cushions for lasting comfort

HEAD4447 4320 MS Wireless Headset Black Ea



YEALINK BH70 USB-C WIRELESS HEADSET

This AI-powered **Yealink BH70 Wireless Headset** is designed to block background noise for crystal-clear calls, while its ergonomic design ensures all-day comfort. Enjoy up to 50 m wireless range, with 43 hours of music, 22 days standby, and a full charge in just 90 minutes.

- Advanced 3-mic beamforming noise cancellation
- Lightweight design
- Superior audio with crisp highs, deep bass, and clear sound
- 35-hour battery life with visible busy light
- Certified for MS Teams
- Compatible with major UC platforms

HEAD0132 BH70 USB-C/A Wireless Headset Black Ea



APPLE AIRPODS PRO (GEN2) MAGSAFE USB-C

The **AirPods Pro (Gen2)** deliver enhanced Active Noise Cancellation with Transparency mode to keep you aware of your surroundings. Adaptive Audio adjusts noise control automatically, while Conversation Awareness lowers media volume and highlights voices during conversations.

- Personalised Spatial Audio with dynamic head tracking
- Silicone ear tips for a comfortable fit
- Enjoy up to 6 hour listening with Active Noise Cancellation
- Dust, sweat, and water-resistant
- MagSafe Charging Case with U1 chip and Precision Finding
- Stem touch controls for volume and playback

HEAD4524 Apple AirPods Pro (Gen2) White Ea



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WIRELESS ERGONOMIC DESKTOP COMBO

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- Easy plug-and-play setup
- Mouse auto-sleeps after 10-15 mins of inactivity
- 1200 dpi laser sensor mouse with scroll wheel
- 2.4 GHz wireless connection for full mobility
- Batteries Included for immediate use
- Compact & lightweight

DATA6065 Wireless Ergonomic Desktop Combo Black Ea



HP 235 WIRELESS COMBO

The **HP 235 Wireless Combo** features a full-sized, quiet keyboard and an ergonomically designed mouse, delivering reliable wireless connectivity for a clutter-free workspace. Its comfortable design supports extended use, while the responsive keys and smooth mouse tracking enhance productivity.

- Lag-Free 2.4 GHz wireless for a clutter-free workspace
- Space-saving design
- Chiclet keyboard design for quieter typing and clicking
- Contoured shape mouse for comfort
- Long-lasting battery life for uninterrupted use
- Up to 10m connectivity

DATA6035 Wireless Keyboard and Mouse Black Ea



EVOLUENT VERTICAL MOUSE WIRELESS

The **Evoluent Vertical Wireless Mouse** is designed to keep your hand, wrist, and forearm in a natural, strain-free position. Its innovative vertical design keeps your hand in a natural handshake position, while precision tracking and customisable buttons boost productivity.

- Comfortable design for effortless use
- Extended bottom lip keeps fingers off the desk
- High-precision optical sensor for smooth tracking
- Four lights display pointer speed from slow to fast
- Six programmable buttons with intuitive controls
- Bottom thumb button enhances functionality

DATA5247 Vertical Mouse Wireless Black Ea



COS® MOUSE PAD WITH GEL WRIST SUPPORT

The **COS® Mouse Pad** is designed with a soft gel wrist rest that conforms to your wrists and palms, evenly distributing pressure to reduce strain during long work sessions. Its smooth surface provides precise mouse control, making it an essential companion for any workspace.

- Non-slip base to keep the pad securely in place
- Easy-to-clean surface for convenience
- Lightweight and portable for on-the-go use
- Durable construction for long-lasting performance
- Covered in fabric material for smooth movement
- Designed for both optical and laser mice

DATA6164 Mouse Pad With Gel Wrist Support Black Ea



COS® KEYBOARD GEL WRIST REST

The **COS® Compact Keyboard Gel Wrist Rest** offers soft, gel cushioning that conforms to your wrists and palms, reducing strain and fatigue. Designed for office use, it supports ergonomic alignment, keeping you comfortable and productive throughout the day.

- Non-slip base keeps the wrist rest in place
- Covered in a fabric material
- Lightweight & easily portable
- Supports productivity with all-day typing comfort
- Compact design fits most keyboards

DATA6131 Keyboard Gel Wrist Rest Black Ea



FELLOWES® KEYBOARD GEL PALM SUPPORT

The **Fellowes® Keyboard Support**, equipped with patented Health-V™ technology, provides superior cushioning for your wrists, easing pressure and helping to prevent carpal tunnel syndrome. Its thick, ergonomic gel conforms to any wrist shape, promoting a natural, neutral hand posture.

- Non-slip base prevents movement
- Built-in Microban® protection
- Self-adjusting memory foam
- Smooth gel cushion with clear cover
- Lightweight and portable for flexible setup

DATA6171 Keyboard Gel Palm Support Black Ea

How to Choose the Right Keyboard



Choosing the right keyboard is essential for comfort, productivity, and overall typing efficiency. With various types and features available, selecting the best keyboard depends on your work style, usage frequency, and personal preferences. Keyboards generally fall into two main types: mechanical and membrane, and understanding their differences can help you make an informed choice.

Mechanical Keyboards

- **Typing-Intensive Tasks:** Mechanical keyboards are ideal for professionals who engage in extensive typing, such as writers, editors, programmers, and data entry specialists. The tactile feedback from mechanical switches makes typing more comfortable, reducing fatigue, and enhancing accuracy over time. This is especially beneficial for long work sessions.
- **Durability for Heavy Usage:** Mechanical keyboards are known for their durability, which makes them perfect for roles requiring prolonged typing, like customer support or programming. The individual key switches are rated for millions of presses, ensuring longevity and consistent performance, even with frequent use.
- **Customisation and Specialty Keys:** Mechanical keyboards offer extensive customisation options. Many models come with programmable macro keys that can streamline workflows for professionals who frequently use shortcuts or command sequences, such as video/audio editors, graphic designers, or coders.
- **Audio and Video Editing:** For professionals in audio or video editing, mechanical keyboards offer tactile and audible feedback, which aids in precise control during editing tasks. This feedback ensures that keypresses register accurately, helping editors fine-tune their projects with confidence.



Membrane Keyboards

- **Quiet Office Environments:** Membrane keyboards are quieter due to their rubber dome mechanism, making them suitable for shared office spaces where noise could be distracting. Roles like receptionists or administrative assistants, who work close to others, may benefit from the low noise level of these keyboards.
- **Budget-Friendly:** Membrane keyboards are more affordable than mechanical keyboards, making them an attractive choice for individuals or businesses on a tight budget. Despite their lower cost, they perform well for general office tasks.
- **General Office Work:** For everyday tasks like emailing, browsing the internet, and occasional document creation, membrane keyboards provide simplicity and reliability. Their cost-effectiveness makes them practical for a wide range of office roles.
- **Low Maintenance and Dust Resistance:** Membrane keyboards have a sealed design that resists dust and debris, making them suitable for environments like warehouses or construction sites, where dust might be a concern.
- **Water Resistance:** Many membrane keyboards are spill-resistant. This makes them ideal for workplace environments like break rooms or desks where drinks might be present, reducing the risk of damage and downtime caused by spills.





ERGOFIT DESK MAT

Transform your desk into a hub of comfort, style, and efficiency with the **ErgoFit Desk Mat**. Designed to enhance your daily workflow, this mat provides a smooth, stable surface that's perfect for all your tasks, whether typing, writing, or navigating your devices. Made from high-quality multipandex fabric and backed by a non-slip rubber base, it ensures precise mouse control, steady writing, and effortless handling of your gadgets.

- Provides smooth, low-friction surface
- Cushioned comfort reduces wrist and arm strain
- Works with any sit-stand workstation or table top unit
- Soft, skin-friendly texture for long-lasting comfort
- Shields desk surface from scratches and spills
- Generous space to accommodate accessories

DATA5020	Desk Mat	Cool Grey	800 x 400mm	Ea
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FELLOWES® EVERYDAY ANTI-FATIGUE MAT

The **Fellowes® Everyday Anti-Fatigue Mat** is designed to reduce foot and leg fatigue, offering all-day comfort wherever you stand. Ideal for standing desks, kitchens, workshops, or any workspace, this mat helps you stay comfortable and focused. Its non-slip surface ensures safety and convenience, while the ergonomic design encourages subtle movements to improve circulation, reduce strain, and keep you productive throughout the day.

- Designed to promote subtle movement and ease fatigue
- Bevelled edges minimise trip hazards
- High density polyurethane construction
- Suitable for dry surfaces and indoor use only
- Compatible with any sit-stand workstation or work platform
- Reduces fatigue throughout the day

MATS1516	Anti-Fatigue Mat	Black	910W x 610Dmm	Ea
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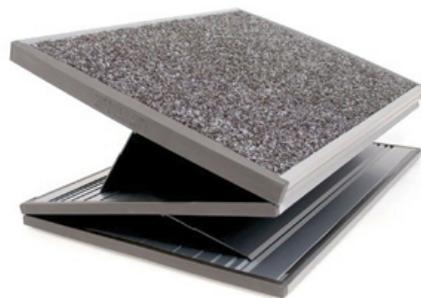


ERGOFIT ADJUSTABLE FOOTREST

The **ErgoFit Adjustable Footrest** is designed to support your feet, improve posture, and keep you comfortable throughout the day. Perfect for desks, workstations, or home offices, it helps reduce strain on your legs, lower back, and hips, so you can stay focused and energised. With its ergonomic, adjustable design, the footrest brings the floor to the ideal level for you, promoting better posture, enhanced comfort, and a healthier sitting experience.

- Ergonomic design supports proper posture
- Non-skid rubber platform keeps feet secure and stable
- Gliding design allows smooth 0 - 30° angle adjustments
- Lightweight design for easy repositioning
- Sturdy, long-lasting design
- Adjustable height from 95 - 123 mm with secure locking for added comfort

DEST1075	Adjustable Footrest		450 x 357mm	Ea
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Z-REST STANDARD ADJUSTABLE FOOTREST

Experience all-day comfort and enhanced productivity with the **Z-REST Standard Adjustable Footrest**. Designed to support correct posture and minimise leg fatigue, it allows you to easily adjust height and angle to suit your needs. Its ergonomic design encourages better circulation, relieves pressure on your lower back, and keeps you feeling energised throughout long workdays. Built from strong, durable materials, it delivers lasting support you can rely on.

- Sturdy aluminium construction
- Highly durable anodised finish
- 28 unique adjustment combinations
- Adjustable height and angle in 6-degree increments
- Height ranges from 50mm to 230mm from the floor
- Lightweight design for easy repositioning
- Suitable for both office and home use

DEST1011	Adjustable Footrest	Grey	465W x 325Dm	Ea
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Fellowes



FELLOWES® FOAM BACK SUPPORT

Experience next-level comfort at your desk with the **Fellowes® Professional Back Support**. Made from low-density foam, it adapts to your body's shape, providing precise support exactly where you need it. The innovative Tri-Tachment™ design keeps it firmly in place, while adjustable lumbar and contoured thoracic support help maintain perfect posture all day long. FIRA International-accredited, this back support combines ergonomic science with a sleek, professional design, so you can work more comfortably and efficiently.

- 3-section lumbar design for comprehensive support
- Supports mid and lower spine for improved ergonomics
- Fully adjustable design, easily attaches to any chair
- Microban® antimicrobial protection for a cleaner surface
- Easy, quick installation for optimal support
- Crafted from soft, breathable fabric for all-day comfort

CHA10040 Professional Back Support Black 381W x 50D x 368Hmm Ea

Fellowes



FELLOWES® MESH BACK SUPPORT

Enjoy all-day comfort and support with the **Fellowes® Mesh Back Support**. Designed to follow the natural curve of your lumbar spine, it helps improve posture while relieving back tension. The durable steel frame provides strong, reliable support, ensuring stability and long-lasting use. The breathable mesh fabric gently conforms to your body's contours, allowing air to circulate freely to keep you cool and comfortable throughout the day. Ideal for office chairs and home workstations, this backrest ensures optimal ergonomic support.

- Lightweight and easily portable for flexible use
- Made from durable, high-quality materials for daily use
- Ergonomically designed to improve posture and ease fatigue
- Easy to clean and maintain for long-lasting hygiene
- Easy attachment to any office chair
- Sleek, modern design fits any workspace décor

CHA10030 Mesh Back Support Black 450W x 127D x 381Hmm Ea

Fellowes



FELLOWES® I-SPIRE LUMBAR BACK SUPPORT

The **Fellowes® I-Spire Series™ Back Support** is designed to provide targeted support and plush cushioning that keeps your lower back comfortable and well-supported throughout the workday. Its ergonomic design promotes healthy posture, helping reduce strain and fatigue, even during long hours at your desk. The adjustable strap and secure buckle ensure a perfect fit for most chairs, staying exactly where you need it. Whether you're working from home or in an office setting, this lumbar cushion transforms your chair into a supportive, posture-friendly seat.

- Weight: 0.29kg
- Fully adjustable design fits most office chairs
- Enhanced lumbar support and extra cushioning
- Memory foam self-adjusts for custom support
- Modern design compatible with any workspace
- Breathable mesh fabric

CHA10060 I-Spire Lumbar Back Support Grey 339.7W x 154D x 65.1Hmm Ea

Fellowes



FELLOWES® PORTABLE BACK SUPPORT

The **Fellowes® Lumbar Back Support** is the perfect companion for long hours of sitting, whether at your home office, workplace, or study area. Made with premium, supportive foam, it cradles the natural curve of your lower back, helping to reduce strain, promote better posture, and keep discomfort at bay throughout the day. Its modern, sleek design seamlessly complements any setting while adding a stylish touch to your chair. Designed to stay firmly in place, this lumbar support helps you stay focused, comfortable, and relaxed without distraction.

- Compact and portable
- Soft brushed cover for easy cleaning
- High density foam promotes neutral posture
- Adjustable straps hold cushion in place
- Memory foam delivers lasting comfort and support
- Easy to attach and remove

CHA10045 Portable Back Support Black 305W x 80D x 132Hmm Ea



How to Choose the Right Chair

Most of us spend a lot of time sitting, and not just lounging on the couch. The average Aussie worker spends 76% of their workday parked in a chair, and some clock in at over eight hours a day, according to SafeWork Australia. All that sitting can wreak havoc on your body, leading to everything from cardiovascular issues to Type II diabetes, and even some cancers. Choosing the right chair can help prevent the aches, pains, and long-term health risks that come with being sedentary.

Task Chairs vs. Office Chairs

Task chairs and office chairs aren't quite the same. Task chairs are the versatile little workhorses of the chair world. They're lightweight, easy to move around, and great for short bursts of sitting or shared workspaces. They typically have fewer bells and whistles, which makes them affordable but not always the best for all-day comfort.

Office chairs are designed for sitting at your desk for extended periods. These chairs come packed with features like adjustable lumbar support and multiple angles of adjustment. They're designed to promote proper posture, reduce strain, and provide comfort for long periods, helping your body recover and stay energised throughout the workday.

Choosing the right chair can improve your focus, boost productivity, and is an investment in your long-term health and wellbeing.

Coverings

Your chair's covering can determine how comfortable (or sweaty) you'll feel during the workday.

- **Leather:** Fancy, sleek, and super easy to clean, but if you're working in a stuffy office or don't have great air conditioning, prepare to feel like you're sticking to it by midday.
- **Fabric:** Breathable and durable, fabric is ideal for warmer climates but can stain easily and may require more upkeep.
- **Mesh:** Mesh chairs are designed to keep you cool, but some models might skimp on the cushioning or back support.

Seat Dimensions

- **Height:** To sit properly, you want your hips and knees at a comfy 90-degree angle, with your feet flat on the floor. If your chair is too high or too low, it's not going to do you any favours. Adjustable height is a must for any office chair
- **Depth:** The seat should be deep enough to support your legs while your back is also being supported.
- **Width:** If your chair is too narrow it'll feel like you're squeezing into a tiny airplane seat. Too wide and you may end up slouching or struggling to sit comfortably.

Weight Capacity

Every chair has a limit. The weight capacity of a chair refers to how much it can handle before the structural integrity takes a hit. A common issue with exceeding the limit is the dreaded sinking seat, when the pneumatic lift gives out and leaves you perpetually lowering yourself. Chairs with higher weight capacities tend to offer better cushioning and support, especially for heavier users.

Armrests

Armrests can give your arms a place to rest, reducing strain, but if they aren't adjustable, they could end up being a hassle. Non-adjustable armrests can limit your mobility and force you into awkward positions and may not fit under your desk.

Lumbar Support

Your lower back has a natural curve, and without proper support, you'll be slouching by midday. Good lumbar support is like a hug for your spine, keeping your posture in check and reducing back pain. Adjustable lumbar support is great as being able to tweak the support to match your spine's S-curve is a game-changer.

Price and Warranty

You don't have to break the bank to get a good chair, but don't skimp on essentials like lumbar support. If you're trying to save money, consider opting for fabric or mesh materials, which tend to be cheaper than leather.

Don't forget to check the warranty. A good one lasts at least two years and covers things like structural defects. Some warranties even cover normal wear and tear, but that's typically for high-end chairs with 10-year guarantees.





EUCALYPT ADVANCED ERGONOMIC CHAIR

Inspired by the graceful bridge pose of yoga, the **Eucalypt Chair** combines innovation with wellness. Its 3D dynamic dual-back design and AIR mesh backrest ensure optimal airflow, while the pressure-relieving cushion seat reduces lumbar strain and promotes proper posture. Crafted with durable polymer mesh fabric, the chair passes 120,000 stress tests, comfortably supporting a variety of body shapes. For added comfort, it comes with a removable 3D headrest, letting you customise your seating experience.

- Weight user weight: 136kg
- Personalisable 10 gear adjustments
- 55mm seat depth adapts to individuals of all shapes
- 133° 4-gear tilt for personalised seating
- 30° synchronous tilt for side-to-side movement
- Highly adjustable 4D armrests

CHAI3180BK Black 500W x 510D x 440-540Hmm Ea



MEDIUM BACK CLERICAL CHAIR (V2)

The **COS® Medium Back Clerical Chair (V2)** offers exceptional comfort and support for daily use. Easy-to-use adjustment controls allow personalised posture, while its heavy-duty 2-lever multi-function design ensures durability. Ergonomically crafted, it promotes better posture, reduces back strain, and encourages healthy, productive sitting habits.

- Maximum user weight: 110kg
- Injection moulded foam
- Lockable back tilt
- Recommended usage up to 8 hours
- AFRDI Level 6 Approved
- Nylon 5 star base

CHAI0195BK Black 510W x 480D x 440-560Hmm Ea



ERGO 100 HIGH CHAIR (V2)

The **COS® Ergo High Back Chair** is a premium workspace addition, designed to deliver ergonomic support and superior comfort. Its high backrest promotes proper posture, reducing strain and fatigue during long working hours. Durable and sleek, with adjustable features, it provides all-day support for a healthier, more productive work experience.

- Maximum user weight: 110kg
- Lockable back tilt & adjustable seat tilt
- 3-lever mechanism
- for easy seat and back adjustment
- Nylon 5 star base
- AFRDI Level 6 Approved

CHAI1875BKV2 Black 500W x 485D x 430-550Hmm Ea

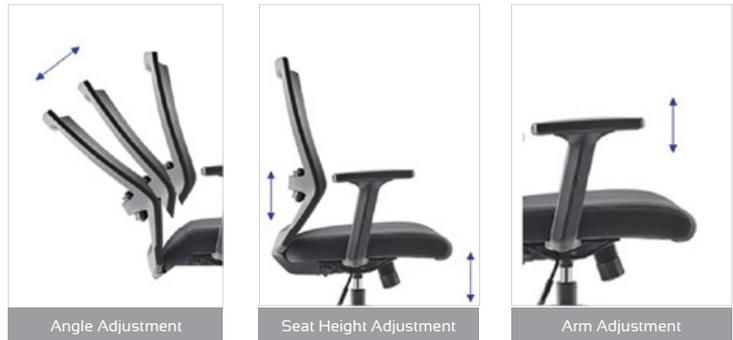


BARONIA FABRIC VISITOR CHAIR

Make every space welcoming with the **Baronia Fabric Visitor Chair**, combining comfort, durability, and practicality. Ideal for offices, meeting rooms, and waiting areas, its generously sized and softly padded design ensures all-day comfort. Adaptable, economical, and stylish, the chair offers a durable, efficient seating solution for everyday use.

- Maximum user weight: 136kg
- High density moulded foam in both back and seat
- Stacks effortlessly up to 4 chairs high
- Powder coated steel tube frame
- BIFMA certified

CHAI9216BK Black 480W x 500Dmm Ea



ACACIA PROFESSIONAL MESH CHAIR

Enhance your workspace with the **Acacia Mesh Chair**, a durable seating solution crafted for all-day comfort. The breathable, wear-resistant mesh ensures you stay cool, while the moulded lumbar support helps maintain proper posture and minimise fatigue. Featuring a synchronised tilting mechanism with 3-locking positions, the chair moves with you to encourage natural alignment and improve focus, and its robust, long-lasting frame provides dependable support.

- Maximum user weight: 136kg
- Seat size: 500W x 500Dmm
- Black 5 star nylon base with PA castors
- High-quality gas lift height adjustment
- Suitable for use for over 8 hours
- ANSI/BIFMA & Green Guard Certified

CHAI9714BK

Mesh Back

500W x 500D x 90Hmm

Ea

ERGONOMIC CHAIR



HAKEA H SHAPED TASK CHAIR

The **Hakea H-Shaped Task Chair** offers excellent spinal support with its H-shaped backrest and breathable Wintex mesh, reducing strain for all-day comfort. Italian Donati mechanisms provide automatic tension control, four-position locking, and sliding adjustments for a customised seating experience.

- Maximum user weight: 136kg
- Crafted from aluminium alloy and nylon
- 20° synchronised tilting mechanism
- Adjustable armrests slide 30mm and raise up to 100mm
- Polished alloy five-star base
- Superior lumbar support

CHAI9751GR Grey 490W x 480D x 450-535Hmm Ea



ERGOFORM 160 SQUARE BACK CHAIR

Elevate your workspace with the **ErgoForm 160 Back Chair**, designed for ergonomic support and productivity. Its high-density foam seat offers long-lasting comfort, while the height-adjustable backrest promotes proper posture, reducing spinal strain and encouraging healthy sitting habits during long workdays.

- Maximum user weight: 160kg
- Tilt & slide adjustable backrest
- Enhanced lumbar support for all-day comfort
- Nylon 5 star base
- Suitable for usage up to 8 hours
- AFRDI 142 Load Rated
- 4-lever adjustable mechanism

CHAI9704BK Black 520W x 510D x 500-600Hmm Ea



BARONIA TRAININ CHAIR

Designed for modern workspaces, the **Baronia Chair** combines superior comfort, flexibility, and efficiency. Its breathable mesh back, padded seat, flip-up armrests, and smooth-rolling wheels ensure ease of use, while its nestable, stackable design (up to 3 high) keeps spaces neatly organised and functional.

- Maximum user weight: 136kg
- Space-saving, minimal storage footprint
- Smooth, flexible non-locking wheels
- Durable frame designed to withstand daily use
- Tilted backrest for relaxed posture
- Durable frame for long-lasting use

CHAI9206BK Black 590W x 550D x 820Hmm Ea

How to Set Up the Perfect Ergonomic Workstation



Creating a comfortable, safe, and productive workspace is about more than just aesthetics. Ergonomic design directly affects health, focus, and overall wellbeing. Whether in an office, classroom, or home environment, a well-designed ergonomic workstation helps prevent fatigue, reduce injury risk, and enhance performance throughout the day.

According to Safe Work Australia's "Work-related musculoskeletal disorders statistics" (2023), work-related musculoskeletal disorders (WMSDs) account for approximately 55% of all serious workers' compensation claims. Many of these injuries are caused by poor posture, repetitive strain, or sitting in static positions for long periods. An ergonomic setup helps address these risks, creating a healthier and more efficient work environment for staff and students alike.

Start with the Chair

The chair is the foundation of every ergonomic workstation. An effective ergonomic chair should:

- Provide proper lumbar support to maintain the natural curve of the spine
- Allow for seat height adjustment so feet rest flat on the floor and knees bend at 90 degrees
- Offer tilt and swivel functions to enable small posture changes and reduce stiffness

Research conducted by the University of Sydney titled "The impact of ergonomic seating on workplace comfort and performance" (Cagle et al., 2020) found that workers using ergonomic chairs with adjustable lumbar and seat support reported fewer instances of lower back discomfort and higher productivity compared to those with standard office seating.



Choose the Right Desk Setup

Sit-stand desks and adjustable risers are increasingly popular across Australian schools and workplaces because they promote movement and reduce sedentary time. A 2022 Commonwealth Department of Health report titled "Reducing sedentary behaviour in workplaces", highlights that alternating between sitting and standing can reduce musculoskeletal strain and improve energy levels throughout the day.

When arranging a desk:

- Ensure clear legroom beneath the surface
- Keep frequently used items within reach to avoid unnecessary twisting
- Alternate between sitting and standing every 30 to 60 minutes
- Maintain enough space for ergonomic accessories like keyboard trays or monitor arms
- Position the monitor correctly
- Improper monitor height and distance are among the most common causes of neck and eye strain. To set up correctly:
 - The top of the screen should be at or just below eye level
 - The screen should sit about an arm's length away
 - If using multiple monitors, align them side-by-side to reduce twisting

The 2019 study, "Posture, ergonomics, and productivity in digital work environments" by Monash University found that adjusting monitor height and distance can reduce neck discomfort by up to 50%, improving posture and focus during extended computer use. Adjustable monitor arms are particularly effective, as they let users reposition screens easily while freeing up valuable desk space.



Keyboard and Mouse Placement

The positioning of your keyboard and mouse is crucial for long-term comfort. Aim for:

- Forearms parallel to the floor with elbows close to the body
- The keyboard placed directly in front of the user
- The mouse positioned close to the keyboard to prevent overreaching

Accessories such as wrist supports, ergonomic keyboards, and vertical mice can help maintain a neutral wrist position. A 2021 study from Safe Work Australia titled "Repetitive strain injury prevention in office-based settings" showed that correct wrist and arm alignment can decrease repetitive strain injuries by nearly 40% over a six-month period.



Supportive Accessories for Added Comfort

- To increase the level of comfort and support you should consider incorporating any or all of the following:
- Footrests for users who need more leg support
- Anti-fatigue mats for staff who alternate between sitting and standing
- Cable management systems to prevent clutter and tripping hazards
- Monitor risers and task lighting to enhance focus and visibility

These accessories are low-cost additions that can prevent strain and promote movement throughout the day.

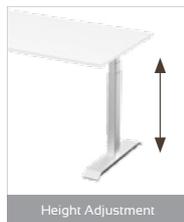


Long-Term Benefits

Investing in an ergonomic setup is an investment in wellbeing and performance, by:

- Reducing absenteeism due to fewer musculoskeletal injuries
- Increasing job satisfaction and concentration among staff

An ergonomic workstation is not one-size-fits-all. Every individual has different needs depending on their body type, work habits, and tasks. The key is adjustability and flexibility, allowing each person to tailor their setup to fit comfortably and safely.



Electrics Frame



ALTEA PRO ELECTRIC SIT STAND DESKS

The **Altea Pro Sit Stand Desk** range is crafted to bring ergonomic efficiency and flexibility to today's evolving workplaces. Built for performance and adaptability, it combines a stable, durable frame with smooth, motorised height adjustment for quiet, seamless transitions, helping you stay focused and productive. Its modular design makes it easy to customise and expand, including effortless back-to-back configurations that grow with your workplace needs. Equipped with an intuitive control panel featuring an LED display, memory function, and three programmable height presets, the Altea Pro empowers effortless switching between sitting and standing, promoting natural movement, healthier posture, and all-day comfort.

- Maximum user weight: 140kgs
- Smooth & quiet operation
- Scratch-resistant melamine desktop surface
- Durable, corrosion-resistant powder-coated steel frame
- Built-in anti-collision protection
- CE, RoHS, cTUVus certified

DESK2604WE	Sit Stand Desk	White	1800W x 750D x 637-1280Hmm	Ea
DESK2603WE	Corner Desk	White	1500W x 750D x 637-1280Hmm	Ea
DESK2614NO	Sit Stand Desk	Natural Oak	1800W x 750D x 637-1280Hmm	Ea

How to Choose the Right Sit Stand Desk



Sit-stand desks have become increasingly popular in modern workspaces, offering a practical solution to combat the negative effects of prolonged sitting. By allowing users to alternate between sitting and standing, these desks can enhance comfort, posture, productivity, and overall wellbeing.

Who Benefits Most from Standing Desks?

- **Office Workers:** Ideal for those who sit for long hours, standing desks can alleviate physical strain and boost energy levels.
- **Remote Workers:** For home setups, these desks encourage movement and promote a healthier work-life balance.
- **Students:** Prolonged hours of studying or using computers can lead to discomfort. Sit stand desks, paired with ergonomic accessories can enhance learning by promoting better posture and encouraging movement.
- **Educators:** In classrooms, standing desks can increase engagement and reduce fatigue during lengthy lessons.

Choosing the Right Sit-Stand Desk

1 Stability and Build Quality

Look for desks with solid construction. A stable desk prevents wobbling, especially at standing height. Steel frames and high-quality wood or laminated tops provide better durability and support.

2 Height Adjustability

Ensure the desk accommodates different user heights, ideally between 22.6 and 48.7 for optimal comfort.

3 Weight Capacity

Each adjustable desk has a weight capacity, typically sufficient for standard desktop items. However, if you plan to place heavy items on the desk, be sure to check its weight limit.

4 Size and Space Considerations

Start by measuring your available floor space to ensure the desk fits comfortably. Consider the surface area needed for your setup. Look for storage options and cable management features.

5 Manual or Electric

Height-adjustable standing desks come in two main types: manual and electric, with electric models using motors for quick and convenient adjustments.

6 Noise Considerations

In homes or private settings, electric desk motor noise is typically negligible but in open workspaces, the sounds may affect coworkers or customers.



PROFESSIONAL ELECTRIC SIT STAND DESK RISER

Experience the freedom of movement with the **900W Electric Sit Stand Desk Riser**. Its flexible design allows you to effortlessly transform your existing desktop into a fully ergonomic sit-stand workstation. With smooth, quiet height adjustments at the touch of a button, you can switch between sitting and standing with ease, boosting comfort, productivity, and overall wellbeing throughout your workday.

- Generous surface for multiple devices
- Waterproof, easy-to-clean surface
- Quiet motor mechanism
- Built-in keyboard tray and tablet slot for convenience
- One-touch electric height adjustment
- USB 2.0 port for convenient charging
- Durable MDF table top and keyboard tray

DESK0803BK Black 900W x 590D x 160-490Hmm Ea



PROFESSIONAL SIT STAND DESK RISER

Transform the way you work with the **900W Professional Sit Stand Desk Riser**, built to deliver comfort, flexibility, and lasting support. Featuring a smooth gas lift mechanism, it allows effortless height adjustment so you can shift seamlessly between sitting and standing. By encouraging natural movement and improved posture, this desk reduces strain, relieves stress, and keeps you comfortable during long hours.

- Sturdy steel frame columns
- MDF table top and keyboard tray
- Built-in accessory slot for phone or tablet
- Waterproof, impact-resistant surface
- Generous workspace for writing, typing, and mouse use
- Quick installation, no tools required
- Effortless two-handle ergonomic adjustment

DESK0519WE White 900W x 590D x 150-490Hmm Ea



PROFESSIONAL SIT STAND DESK RISER

This **900W Professional Sit Stand Desk Riser** is designed to keep you comfortable, energised, and productive all day long. Effortlessly switch between sitting and standing with the smooth gas lift mechanism, promoting better posture, reducing strain, and supporting a healthier work routine. Perfect for anyone who spends long hours at a desk, it transforms your workspace into a dynamic, ergonomic environment.

- Support 2 monitors up to 24"
- Robust steel frame construction
- Tough, impact-resistant tabletop
- Easy to clean, waterproof surface
- Integrated accessory slot for convenience
- Effortless two-handle height adjustment

DESK0519BK Black 900W x 590D x 150-490Hmm Ea



STRAIGHT DESK

Bring style and practicality together with this versatile **Straight Desk**, featuring elegant powder-coated silver frames that blend seamlessly into any contemporary workspace. Thoughtfully designed with flexibility in mind, it fits effortlessly into a variety of office layouts, whether for individual workstations, collaborative areas, or home offices, creating a professional and inspiring environment for every task.

- Sleek, modern design with clean lines
- Integrated cable management
- Stylish perforated modesty panel
- Height adjustable feet
- 25mm thick tabletop for added sturdiness
- Smooth, easy-to-clean surface

DESK4812WE White 1500W x 700D x 730Hmm Ea



CREDENZA 1800MM

Maximise your office storage with this stylish sliding door **Credenza**. Featuring smooth metal runners, a lockable sliding door, and an adjustable internal shelf, it keeps your essentials organised and secure. Made from durable E1 Enviroboard, it's a practical, eco-friendly solution that blends seamlessly into any modern workspace.

- 25mm melamine top with 18mm sides
- Durable, scratch-resistant particleboard
- Height-adjustable shelves beside central partition
- Easy to assemble with included hardware

DESK5808WE Sliding Door Cupboard White 1800W x 450D x 730Hmm Ea



STATIONERY CUPBOARD 4 SHELVES

Keep your workspace organised with spacious storage **Stationery Cupboard**. Perfect for a variety of low-security storage needs, these cupboards help maintain a neat and professional environment. Integrates seamlessly into any office layout, making them a versatile addition to workstations, meeting rooms, or shared spaces.

- Australian-made barrel cam lock for secure storage
- All-steel construction built for heavy use
- 40kg evenly distributed shelf capacity
- Durable, oven-baked powder-coat finish

CABI3286SG 4 Shelves Cupboard Silver Grey 914W x 463D x 2000Hmm Ea



TAMBOUR CUPBOARD 2 SHELVES

Experience the convenience of open shelving with the added security of a hinged-door with **Tambour Cupboard**. Featuring smooth sliding doors that retract neatly to the sides, this unit gives you full, unobstructed access to all your files and folders. Perfect for busy offices, it combines easy accessibility with a professional, organised appearance.

- Durable construction built to withstand heavy use
- Adjustable shelves in 25mm increments for flexible storage
- Smooth, quiet, fully retractable doors
- Long-lasting oven-baked powder-coat finish

CABI4170WS 2 Shelves Cupboard White 900W x 473D x 1016Hmm Ea



BOOKCASE

Create a clutter-free, organised workspace with this fully adjustable open **Bookcase**. Its versatile design offers easy access to books, files, and office supplies, keeping everything within reach. Adjustable shelves let you customise the layout to fit tall binders, decorative items, or frequently used materials. Combining practicality with a sleek design, this bookcase enhances workspace efficiency and visual appeal.

- Durable, scratch-resistant melamine surface
- 25mm melamine top with 18mm sides
- 4 x adjustable shelves for flexible storage
- Assembly required
- Sturdy construction

DESK9170WE Bookcase White 900W x 315D x 1800Hmm Ea



ACOUSTIC MOBILE ROOM DIVIDERS

Transform your workspace with **Visionchart Room Dividers**, providing versatile and functional solutions for any environment. Multiple units can be easily linked together to create a variety of layouts, allowing you to define zones, enhance privacy, and foster collaboration in offices, classrooms, or shared workspaces. Their flexible design adapts to changing needs, helping you organise space efficiently.

- Magnetic whiteboard one side, pinnable fabric the other
- Sound-absorbing fabric helps reduce noise
- 4 large lockable 90mm castors for mobility
- Includes 150mm magnetic pen tray and two flipchart hooks

SCRN2236 Whiteboard Room Dividers Charcoal 900W x 1800Hmm Ea



LATERAL FILING CABINET

Enhance storage efficiency with this versatile **Lateral Filing Cabinet**, designed to accommodate documents front-to-back or left-to-right, making it perfect for any workplace setup. Built for durability and security, it features an Australian-made barrel cam lock and heavy-duty double-extension ball-bearing runners for smooth, reliable operation, making it the ideal solution for organised and secure document storage.

- Built-in anti-tilt safety mechanism
- 35kg drawer capacity with evenly distributed load
- 3 lockable drawers for secure storage
- Durable oven-baked powder-coat finish
- AFRDI Certified [10854/1]
- Accommodates letter and legal-size files

CABI4035WS Filing Cabinet - 3 Drawer White 915W x 463D x 1015Hmm Ea



VERTICAL FILING CABINET 2 DRAWER

Optimise your workspace with this practical **Vertical Filing Cabinet**, designed to maximise storage efficiency while safeguarding important documents. Perfect for busy offices, home workspaces, or shared environments, it offers a sleek, professional design that keeps your space tidy and organised. Ideal for keeping materials accessible, boosting productivity, and maintaining a clutter-free workspace.

- Australian barrel cam locking mechanism
- Anti-tilt mechanism
- Double ball-bearing runners for smooth, full-extension drawers
- Powder coating resists scratches, rust, and daily wear
- AFRDI Certified [9632/1]
- Full-length label holder for easy identification

CABI2010GR Filing Cabinet - 2 Drawer Graphite 470W x 620D x 710Hmm Ea



MOBILE PEDESTAL 2 + 1 DRAWERS STEEL

Upgrade your workspace with these sleek and sturdy **Mobile Pedestals**. Ideal for dynamic work environments, they provide convenient storage for documents, office supplies, and personal items, keeping your desk organised and clutter-free. Featuring four smooth-rolling castors for effortless mobility and a fifth anti-tilt wheel for added stability and safety, these pedestals are easy to move into position while remaining secure in use.

- Durable construction with powder-coated finish
- Gang lock system with 2 folding keys
- Drawer fits Foolscap and A4 hanging files
- Supplied fully assembled for convenience

A CABI3535WE Pedestal 2+1 Drawers Steel White 390W x 520D x 600Hmm Ea
B CABI3535PS Pedestal 2+1 Drawers Steel Steel Silver 390W x 520D x 600Hmm Ea
C CABI3535BK Pedestal 2+1 Drawers Steel Black 390W x 520D x 600Hmm Ea



SLIMLINE PEDESTAL 2 + 1 DRAWER

Perfect for small workstations, the **Slimline Mobile Pedestal** combines a sleek, flush-front design. Its compact size allows it to fit effortlessly into any office layout, making it an ideal storage solution for tight spaces. Designed with a fifth wheel for added stability, it glides smoothly for easy repositioning. This pedestal provides dependable storage for documents, supplies, and personal items, keeping your workspace tidy and well-organised.

- Sleek black satin finish
- Keyed-alike locks optional
- Master-key locking system for enhanced safety
- 1 file + 2 personal drawers for tidy storage
- Supplied fully assembled
- Space-saving design

CABI2013BK Pedestal 2+1 Drawers Black 300W x 475D x 610Hmm Ea

Certifications

As the number of certifications in the market increase it can get confusing. Use this reference guide to decide which certification best meets your business needs.



AFRDI

Provides standards, testing, product certification and research for buyers and sellers of furniture. AFRDI certified products show what level of AFRDI approval was achieved in three key areas: Toughness, Durability and Safety.



Australian Certified Organic

Australia's largest certifier for biodynamic and organic produce, ACO provides certification to suppliers from all sectors. If a product sports the ACO logo, it is compliant with national production standards, and that product can be traced all the way back to its origin.



B Corp

B Corp certification recognises companies that meet high standards of social responsibility and environmental sustainability. B Corps prioritise creating a positive impact on employees, communities, and the environment, fostering a more sustainable and equitable global economy.



Carbon Reduction Institute (CRI)

The Carbon Reduction Institute encourages businesses to lower their carbon emissions. Their carbon neutral certification guarantees that the company in question has minimised and offset the carbon emissions involved in the production and distribution of the product.



CO2 Neutral

CO2 neutral products are made possible by calculating the CO2 emissions produced in the products life cycle.



Energy Star

ENERGY STAR reduces the amount of energy consumed by a product by either automatically switching it into a 'sleep' mode when it's not being used and/or reducing the amount of power used when in 'standby' mode. ENERGY STAR helps save money on electricity bills and the environment by reducing greenhouse gas emissions.



EU Ecolabel

The EU Ecolabel helps consumers to choose – and encourages business to market – sustainable, eco-conscious, high quality products. The aim is to minimise the environmental impact of products from production to consumption.



Fairtrade

Fairtrade represents better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. Fairtrade unique product offering allows you to support Fairtrade products which provides hope for tomorrow.



Forest Stewardship Council (FSC)

An international network which accredits independent 3rd party organisations who can certify forest managers and forest product producers to FSC Standards. FSC partnership among businesses, the public sector and civil society provides a unique tool for dealing with the issues surrounding forestry. FSC promotes environmentally appropriate, socially beneficial, and economically viable management of the world's forests.



Good Environmental Choice Australia (GECA)

GECA sets the standard of environmental measures for a product's performance against relevant and primary environmental loads associated with a product's life cycle.



Programme for Endorsement of Forest Certification (PEFC)

PEFC works throughout the entire forest supply chain to promote good practice in the forest and ensures products are produced to the highest ecological, social and ethical standards. PEFC certification identifies for buyers the wood and paper products that support the sustainable management of forests.



Rainforest Alliance

An independent seal of approval which ensures that goods and services were produced in compliance with strict guidelines protecting the environment, wildlife, workers and local communities. Rainforest Alliance links businesses to conscientious consumers who identify their goods and services through the Rainforest Alliance Certification.



Supply Nation

Supply Nation connects First Nations businesses with corporate and government buyers in Australia, creating opportunities for First Nations businesses to compete for business. Supply Nation creates these opportunities by providing an essential link between purchasers and sellers.



UTZ Certified

UTZ Certification sets the standards for responsible coffee sourcing and production. UTZ gives an independent assurance of sustainable production and sourcing, and offers a real-time trace-ability of agricultural products back to their origin.



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