

SEATING

Please note: prices may change slightly and vary by detailed make



AERON \$1099
HERMAN MILLER
AER1B21HWAJG1G1G1C7BK23103

- Suspension to eliminate circulation-restricting pressure points
- Pellicle fabric to feel cool and comfortable
- Height adjustable arms
- Available in three sizes
- Standard tilt



EMBODY \$1249
HERMAN MILLER
CN122AWAAG1G1C73014

- Backfit with spinal back and flexible ribs to align with your back's natural curve
- Dynamic structural matrix that adapts to your movements to provide constant support
- Layered build to keep you cool and comfortable



LINO \$499
HERMAN MILLER
M11B325HFAJBKC74RM06

- PostureFit
- Adjustable sacral lumbar support
- Semi synchronous with tilt limiter
- Height adjustable arms
- Breathable suspension
- Fixed seat depth
- Upholstered seat



IBEX \$399
OFFICES TO GO
MVL2803F-3-JN02

- Midback
- Multi-tilter mechanism
- Air-flow mesh back
- Infinite position tilt lock and tilt tension adjustment
- Lumbar support with height adjustment
- Height adjustable arms
- Pneumatic seat height adjustment
- Seat depth adjustment



NOVO \$499
SIT ON IT
NOVO1033BK

- Midback
- Adjustable lumbar support
- Standard synchro tilt
- Height adjustable arms
- Waterfall seat



AMPLIFY \$499
SIT ON IT
AMPLIFYBLACKWITHARMS

- Midback
- Aerodynamic design
- Adjustable lumbar support
- Swivel tilt
- Waterfall seat
- Multi-adjustable arms
- Optional seat depth adjustment



FULL-TIME MEDIUM BACK MULTI TILTER \$419
GLOBAL
MVL2900-QL10

- Midback
- Multi-tilter mechanism
- Extra thick cushions
- Infinite position tilt-lock & tilt-tension adjustment
- Infinite position back and seat angle adjustment, including forward tilt
- Back height adjustment
- Height & width adjustable arms
- Seat depth adjustment



JUPITER DUNE CHAIR \$339/PAIR
HEARTWOOD
DUN-GUPU-01

- Comfortable seat cushion—high density formed foam padded seat
- Mesh back includes a pretensioned spring adjustment to conform to each user's posture
- Polyurethane seat

SOLD IN PAIRS

Monk Office

Go! Ergo

Ergonomic solutions for your workspace

- Knowledgeable advice
- Excellent delivery service
- Shop online and in stores



CALYPSO SIT-STAND DESK HEARTWOOD
INV3060TOPHM
CALE12LEGLS **2 LEG SILVER BASE \$179**
CAL-E1-3LEG-SL **3 LEG SILVER BASE \$1159**

- Expandable base to fit all size of tops
- Available in two-leg and L-shaped models
- Base legs available in silver and black
- Easy and quick to build

HEARTWOOD BASES & TOPS ARE SOLD SEPARATELY

Shop with us online
commercial.monk.ca

For more options, suggestions, and advice, please ask your Account Representative.

Visit one of our nine stores across the Island to see office furniture and to speak to our Seating Specialists.



MOTIA SIT-STAND DESK HERMAN MILLER \$1039
DV6ATS.3060LEST5ITHM

- Height adjustable
- Durable surfaces
- White or maple top
- Sound, stable structural build

MOUSE GEAR



**IMOUSE E10 2.4GHZ RF
WIRELESS VERTICAL
ERGONOMIC MOUSE**
ADESSO
ADEIMOUSEE10

- Vertical orientation and a contoured shape for a handshake position



**ARC TOUCH MOUSE
MICROSOFT**
MSFRVF00053

- Use to scroll and click from any location and on any surface



WIRELESS ERGONOMIC MOUSE
3M | EM550GPL
MMM550GPL

- Keeps your hand and wrist at a neutral angle, while the mouse works as a regular optical mouse
- Soft-touch painted surface for added comfort
- For right-handed use only



**PRO FIT WIRELESS MOUSE
KENSINGTON**
KMW72354

- Lasting comfort with plug and play design, featuring dedicated forward and back buttons

KEYBOARD WRIST RESTS



**GEL
ANTI-MICROBIAL
WRIST REST
KEYBOARD**
3M
MMMWR310LE



**GEL
STRAIGHT EDGE
KEYBOARD WRIST
REST**
DAC
DCC02124

MOUSE PALM RESTS



**GEL ANTI-MICROBIAL
MOUSE PAD WITH
WRIST REST**
3M
MMMWW310LE
• 8.8" wide



**GEL ANTI-MICROBIAL
MOUSE PAD WITH
WRIST REST**
3M
MMMWW309LE
• 6.8" wide



**MOUSE PAD WITH
PALM PILLOW**
KENSIN
KMW57822
• 8"x10" wide

FOOT RESTS

Foot rests elevate feet and legs to reduce pressure on your lower back and alleviate discomfort. As well, they can help to improve posture and circulation.



**ULTIMATE FOOT SUPPORT
FELLOWES**
FEL8067001
• Free-floating platform allows for rocking motion to improve circulation
• 3 height settings
• 25 degree tilt for custom comfort



**SOLESAYER FOOTREST
KENSINGTON | 56152**
KMW56152
• 3 comfort tilt options: 10, 15 and 20 degrees
• Contoured foot grip panel helps prevent slipping



**MICROPORT ADJUSTABLE
FOOTREST
EXPONENT**
EXM51102
• 6 height settings help keep feet comfortably elevated
• Special textured surface helps relieve fatigue
• Heavy-duty plastic for lasting use
• Nonskid rubber feet prevent sliding on smooth surfaces

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KEYBOARD TRAYS

Working everyday on keyboard trays at the right heights and with wrist supports can help to prevent upper limb pain, carpal tunnel, and tennis elbow.



**ADJUSTABLE KEYBOARD TRAY
WITH SITSTAND EASY ADJUST ARM**
3M | AKT180LE
MMMAKT180LE

- Lever-free lift and lock adjustment for height
- Lateral adjustment of platform for optimal positioning
- Highly adjustable mouse platform
- Features 3M Precise Mousing Surface™



ADJUSTABLE KEYBOARD TRAY
3M | AKT60LE
MMMAKT60LE

- Star-knob adjustment controls height and tilt simultaneously
- Sit/stand capable rises to 10" above the mounting surface
- Includes antimicrobial product protected leatherette gel wrist rest and mouse pad



**SMARTFIT KEYBOARD TRAY
KENSINGTON**
KMW60004

- 4 height positions
- Ball bearings for smooth operation
- Extra wide for mouse pad
- Suitable for left-handed users



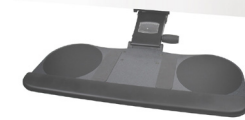
**UNDERDESK KEYBOARD TRAY
FELLOWS**
FEL9140301

- 3 height positions
- Ball bearings for smooth operation
- Gel wrist rest and pull-out mouse pad



**KEYBOARD SUPPORT TRAY
HERMAN MILLER**
Y7737.2A0H

- Range of height and tilt adjustments
- Swivel mouse pad for left and right handed users



**KEYBOARD COMBO SOLUTION
RICHELIEU**
5007438C3

- Dial knob technology for easy tilt adjustment from -20 degrees to 10 degrees
- Lift-n-lock technology for effortless height adjustment from 2.38" to -6.5"
- Easy-to-read height and tilt indicator

KEYBOARD & MOUSE



**SCULPT COMFORT DESKTOP
KEYBOARD & MOUSE**
MICROSOFT
MSFL3V00002
• Contoured for comfort with detachable palm rest



**WAVE WIRELESS
KEYBOARD & MOUSE**
LOGITECH | MK550
LOG920002555
• Curved for comfort with palm rest



**SCULPT ERGONOMIC DESKTOP
KEYBOARD & MOUSE**
MICROSOFT
MSFL5V00002
• Split keyboard and dome shape for relaxed wrists and forearms
• Cushioned palm rest
• Gentle tilt design
• Mouse shaped for wrist comfort

1.800.735.3433
250.384.0565
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www.monk.ca



Monk
Office

MONITOR ARMS

Monitor arms enable you to adjust your computer screen's vertical, horizontal, and tilt position to reduce neck, back, and eye strain. They also help to encourage a healthy posture while working.



FLO MONITOR ARM MOUNT
HERMAN MILLER
Y91171.CMOI

FLO MONITOR ARM GROMMET
HERMAN MILLER
Y91171.T2OI

- Works with any desk or tabletop from 3/4" to 1-1/8" thick
- For monitors up to 20 lbs



EASY ADJUST DUAL MONITOR ARM
3M | MA265S
MMMMMA265S

- 10-3/5" height adjustment range
- Rotate switch for portrait and landscape
- For monitors up to 20 lbs and 30"



EASY ADJUST DUAL MONITOR ARM
DAC | MP-200
DCCMP200

- 16-1/4" height adjustment range
- Rotate switch of 15 degrees each direction
- Fits desks up to 2" thick
- For monitors 13-27" and up to 22 lbs



MONITOR ARM DUAL SWIVEL
3M | MA140MB
MMMMMA140MB

- 7-1/2" height adjustment range
- Rotate switch for portrait and landscape
- Clamp mount hardware fits desks up to 4-1/4" thick
- Grommet mount hardware fits desks up to 2-1/4" thick
- For monitors up to 30"

LOTUS DUAL MONITOR ARM KIT
FELLOWES
FEL8042901

- Height adjusts up to 16" above the top surface of workstation with a reach of 12-1/2"
- Each arm holds a monitor up to 27" and 13 lbs



DOCUMENT HOLDERS

Minimize strain and improve ease. Reduce twists of your neck and shoulders by holding documents up next to your monitor and keyboard.



COMPACT 14" IN-LINE DOCUMENT HOLDER
3M
MMMDH630

- 150 sheet capacity
- Holds sheets 14" wide
- Sliding page marker



COMPACT 18" IN-LINE DOCUMENT HOLDER
3M
MMMDH640AM

- 300 sheet capacity
- For sheets 18" wide
- Sliding page marker



VERTICAL DESKTOP COPYHOLDER
DCC17008

- Adjustable height
- Letter and A4 size



WORKSTATION & SCREEN RISERS



LOTUS DX SIT STAND WORKSTATION FELLOWES

FEL8080301 | **BLACK**

FEL8080201 | **WHITE**

- Smooth Lift Technology™ makes changing positions effortless while keeping the workstation in a stable and balanced position
- 22 different height settings for 17" vertically
- Integrated 2-port USB charging station also features wireless charging for Qi-enabled devices



LOTUS SIT STAND WORKSTATION FELLOWES

FEL0007901

- Smooth Lift Technology™ for ease and stability
- 22 different height settings for 17" vertical range



HEIGHT ADJUSTABLE MONITOR RISER DAC

DCC02161

- Riser blocks of 1-1/4" height to provide elevation of up to 4-3/4"



MICROPORT STACKABLE PRINTER STAND

EXM56208

- Stacks 1-3/8" blocks to any required height
- Supports screens up to 17" wide
- Holds paper



MICROPORT ADJUSTABLE LAPTOP RISER EXPONENT

EXM50601

- Tilt up to 45 degrees
- Cooling vent
- Supports laptops up to 15-3/4" with a weight of 16-1/2 lbs



MICROPORT MONITOR / PRINTER STAND

EXM50709

- 2.67" height
- Supports screens up to 19" wide

PLEASE ASK
A REP ABOUT
SIZES, MAKES,
AND DATES OF
DELIVERY

ERGO SCREEN TIPS

- Align the top of your monitor to your eye height
- See straight ahead
- Adjust monitor arm's length away



PHONE ADAPTERS

►► CONFIRM CORRECT MATCHES



CS540 CONVERTIBLE WIRELESS HEADSET SYSTEM PLANTRONICS
PLNCS540



HANDSET LIFTER PLANTRONICS
PLNHL10



CS510 WIRELESS HEADSET SYSTEM PLANTRONICS
PLNCS510

NON-REFUNDABLE



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