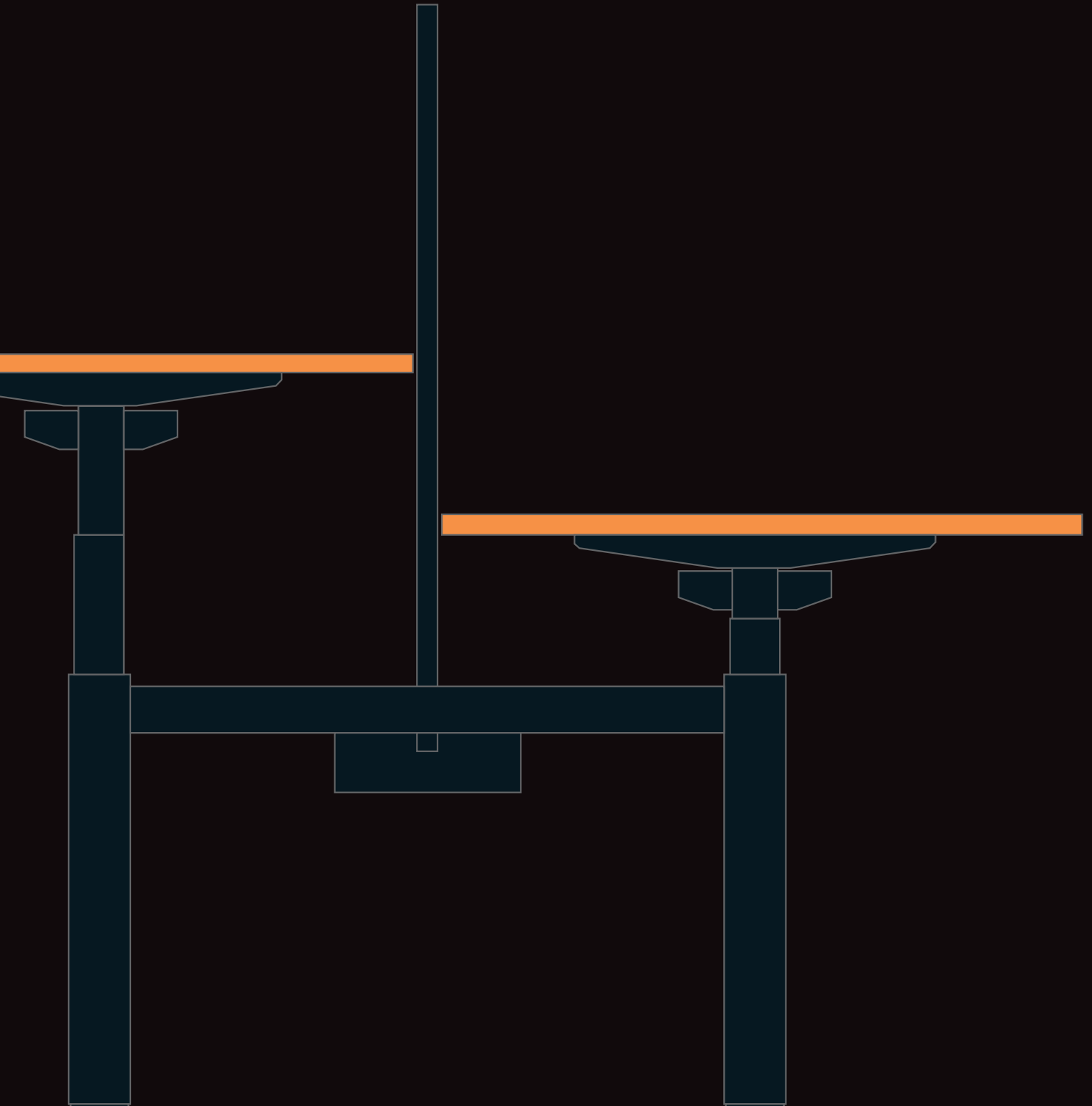


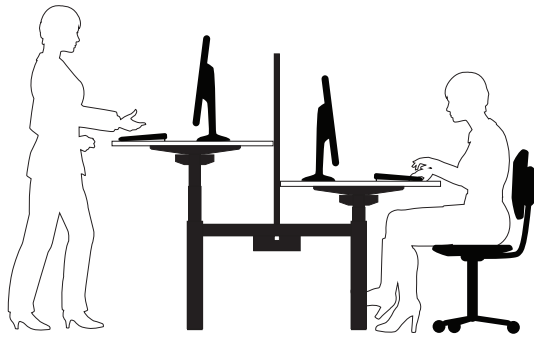
AVALON

sit/stand & height adjustable desking





shared **freedom**
leg sharing capabilities



Sit/Stand Desking

There was a time when sit-stand desks were a curiosity seldom seen inside a regular office environment. That's changed, largely in part to research showing that the cumulative impact of sitting all day for years is associated with a range of health problems, from obesity to diabetes to cancer. The average office worker spends 5 hours and 41 minutes sitting each day at his or her desk, some describe this problem with a pithy new phrase that's undeniably catchy, if somewhat exaggerated, "Sitting is the new smoking."

Sit-stand desks increase focus, alertness and activity levels. These all support each other. When standing it is easier to release restless energy. Combine that with good circulation, stable blood sugar and an active metabolism and it is easier to focus on the task at hand. Many authors and statesmen throughout the centuries who swear by working at a standing desk have claimed that it helps get the creative juices flowing.

Sit/Stand Features

PIEZO Anti-Collision Technology

Avalon electric actuators are fitted with PIEZO as standard. PIEZO is a hardware based anti-collision solution from LINAK. The solution is based on a PIEZO sensor that has been completely integrated in the lifting column – without visually altering the desk design. The built-in PIEZO sensor reacts to any obstruction when raising or lowering the desk, then halts and reverses to avoid collision.

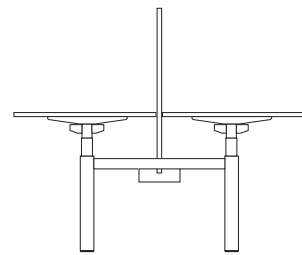
User Well-Being - Desk Control Software

Desk Control™ is a software desk panel for use in all types of office desks. The Desk Control software is installed on your computer (PC or MAC) making the use / adjustment of your desk intuitive in your daily work. The software program contains the typical desk panel features like up-down adjustment, up to 3 memory positions, and height read-out. Additionally, the program reminds you to adjust your desk, counting the time standing as well as the calories burned. The intervals are self-elected making Desk Control a very personal tool. Simply connect the FDCC cable between your control box and your computer and install the free software supplied.

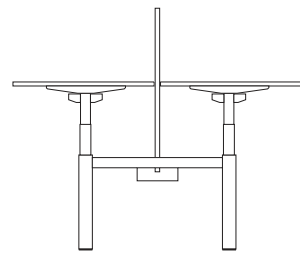




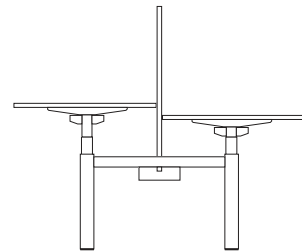
The Avalon system incorporates 2 fixed height options and 3 height adjustable actuator options as standard. These include **FIXED** (725 or 1100mm incl. desktop), **RATCHET** (655-795mm incl. desk top), **MANUAL CRANK** (655-1005mm incl. desk top) and **ELECTRIC** (600-1260mm incl. desk top) and the system will accommodate desktops ranging in width from 1200mm up to 1800mm and 800mm in depth, giving an overall bench depth of 1600mm.



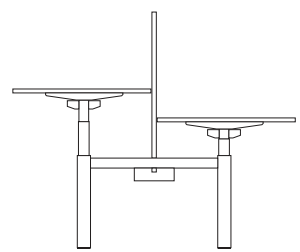
725mm Fixed Height



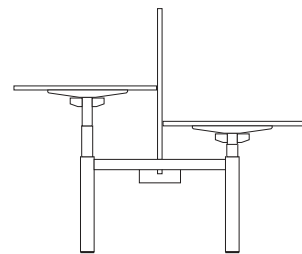
1100mm Fixed Height



655-795mm Ratchet



655-1005mm Manual Crank



600-1260mm Sit/Stand Electric





total freedom

individual desktop adjustment

Avalon bench offers total flexibility by allowing individual desktop adjustment across any bench configuration. This allows a 4 person bench cluster to accommodate 4 different options of desktop adjustment. Users can also replace adjustment frames at a later date to suit specific requirements.



individual **freedom**
standalone desks

Individual Avalon electric desks are one of the most stylish on the market and are designed and manufactured in Britain with a full 5 year guarantee.

With an adjustment between 600mm to 1260mm using the electric actuator option, this gives Freedom the TRUE Sit-Stand badge.



Avalon is available in White, Silver or Black trim and is complemented by a selection of 15 MFC board colour tops and associated storage and pedestals.

To further enhance the range our DIVIDE floor standing screens are available in various forms of fabric, acrylic and an option of 2 tone fabric and acrylic

To make the range complete it is also available in Fixed Height, Ratchet or Manual Crank Handle.

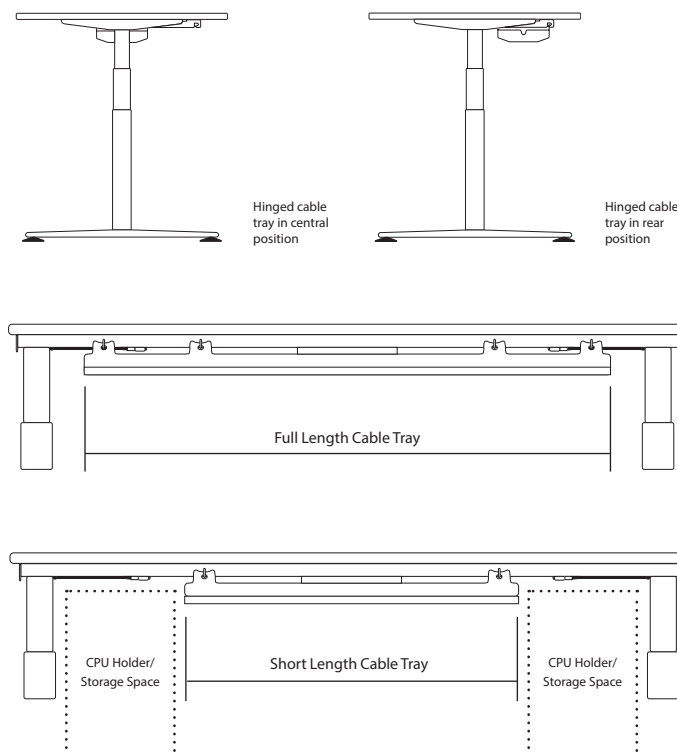




Horizontal cable management on the Freedom system is facilitated by the use of optional 'drop down' cable trays, which can be hinged down on both side to allow access into the cable trays from the front or rear of the desk.

All cable trays can be mounted either centrally under the desk top or off-set towards the rear of the desk top if more knee space is required.

Cable trays can be specified 'full' length or 'short'. The intention behind the 'short' cable trays is to leave a space at either end of the desk top to accommodate CPU holders or personal storage solutions.



Cable routing

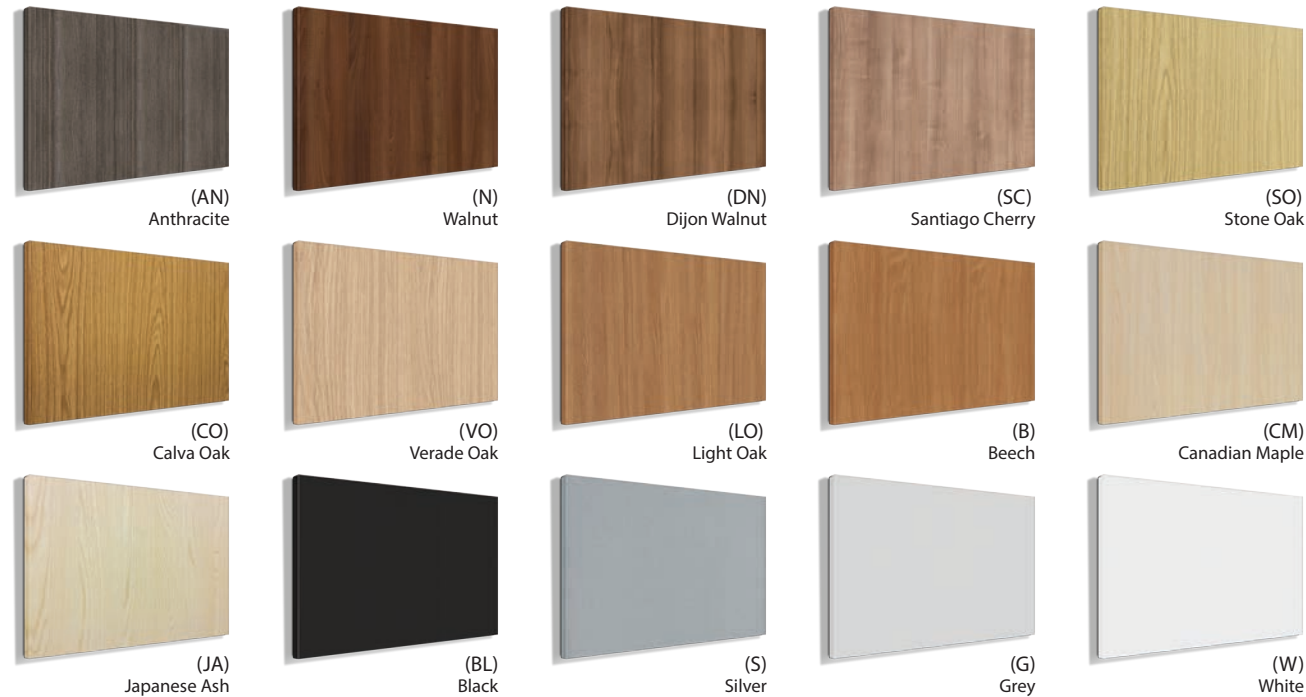
There are multiple solutions to cable routing on Freedom. This image shows a power cable route in an ideal situation from a conveniently placed floor box up into the optional upper cable tray via the optional lower cable tray and cable chain.

Ideally, a mains power unit should be located within the lower cable tray, from which auxiliary power is distributed. Optional cable chains carry cables to the upper cable trays where a further power unit is housed. This then feeds the electric control box and any other electrical equipment on the desktop such as computers and telephones. Data cables can be fed directly from the floor via the same route.

All Avalon desktops are manufactured using 25mm thick Melamine Faced Chipboard (MFC) sourced from across the world for optimum quality. Choose from a extensive selection of 15 board finishes.

finish freedom

desktop colour options



underframe colour options

Avalon underframes are designed and manufactured for use within the most demanding of workplace environments. All the frames are constructed from a range of medium to heavy gauge mild steel tubular and sheet sections, to create a rigid and robust desk understructure. All Avalon metalwork is epoxy powder coated with a choice of 3 finishes as standard.



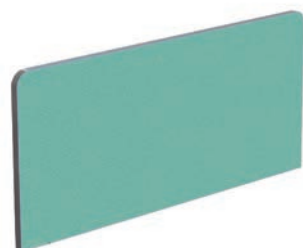
Freedom bench screen options

There are 3 different screen options available on Avalon bench, LUNAR, TRIDENT and HORIZON. The LUNAR screen is 631mm or 786mm high, and is 200mm shorter than the frame width. The TRIDENT and HORIZON screens are 571mm or 726mm high and are the full frame width.

LUNAR is an upholstered panel with a PVC trim around 3 edges and radiused top corners. TRIDENT T1 is an upholstered panel with aluminium trim on 3 sides and includes a single toolrail across the top. HORIZON T3 is a perspex panel with aluminium on all 4 sides.

All 3 standard screen options result in a floor to screen top dimension of 1153mm or 1308mm.

Straight 'LUNAR' Screen



Straight 'TRIDENT Type 1' Screen



Straight 'HORIZON Type 3' Screen



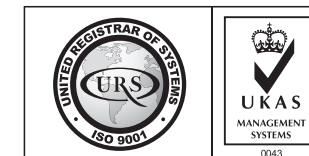
Environment

Office Reality are closely associated with manufactures who care for the environment and all relevant environmental legislation and regulations.

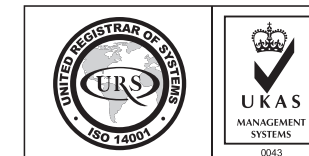
We are committed to reducing our environmental impact and continually improving our environmental performance including reduction in waste and prevention of pollution. This is managed through our ISO14001 Environmental Management System.

A chain of custody certification by the Forest Stewardship Council (FSC) ensures our wood materials are purchased from an approved source.

Accreditations



ISO 9001



ISO 14001



OHSAS 18001

Memberships



BCFA
member

OFAS
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