

Happiness Installed Professionally

Modular
Eco- Friendly
Comfort
Ergonomic Design
Easy Installation

FINEX®
MODERN KITCHENS & FURNITURE

Design only for You !

Creativity and design has a great role to play in beautifying the most important place of expression in our office.

The style and elegance is achieved in office within the parameters of convenience and ease.

As a Company , we are aware of and continuously working towards technical excellence and innovative products which add commercial advantage and contribute to the company's success. Our research and development (R&D) teams helps in this regards.

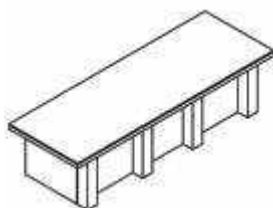
We know women are real crafters and are proud that our 70 %work force is women. Hence we have better work culture with concern to our society, Nature and Environment.

The Origin of positive results is always the intensive communication with each other. Our Customers are our most important partners in the development of our products. Our efforts are concentrated on the essentials. Every products has the combination of Appropriateness , Usefulness and Functionality in a nice design !

This catalogue is useful guide to planning a Office design that will be a joy to us. You can visit the product gallery by using below index.

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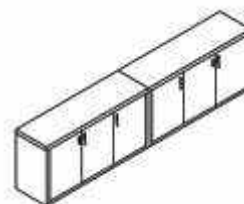
OROS TABLE

Code	L	W	H
Oros A 1 -	2100	X 1050	X 750
Oros A 2 -	2400	X 1200	X 750



SIDE CREDENZA

Code	L	W	H
Oros B 1 -	1000	X 450	X 750 (3 shutter& 3 drawer)
Oros B 2 -	1200	X 450	X 750 (3 shutter& 3 drawer)



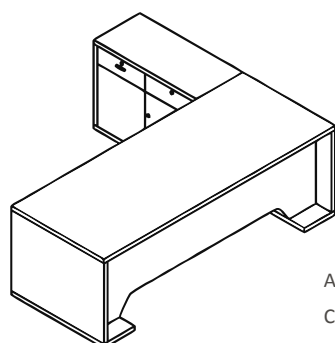
BACK SIDE CREDENZA

Code	L	W	H
Oros C 1 -	1500	X 450	X 750 (3 shutter)



BOOK CASE WITH DISPLAY UNIT

Code	L	W	H
Oros D 1 -	2100	X 400	X 2400
Oros D 2 -	2400	X 400	X 2400

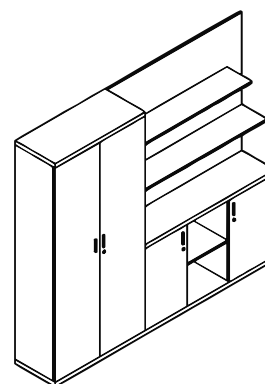


ALFA TABLE

Code	(LXWXH)
Alfa A1	1800x750x750
Alfa A2	2000x900x750
Alfa A3	2100x900x750
Alfa A4	2400x900x750

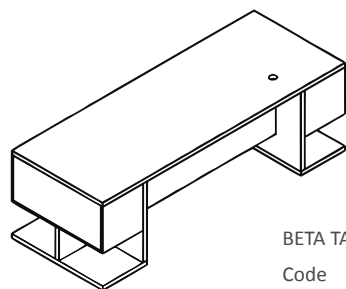
SIDE CREDENZA

Code	(LXWXH)
Alfa B1	0900x450x750
Alfa B2	1000x450x750



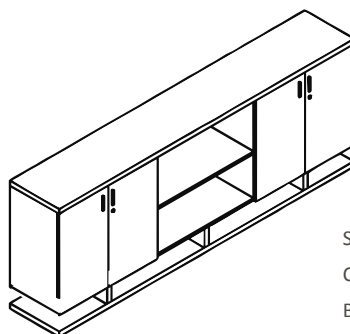
DISPLAY UNIT

Code	(LXWXH)
Alfa C1	2000x450x1950
Alfa C2	2100x450x1950
Alfa C3	2400x450x1950



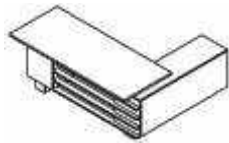
BETA TABLE

Code	(LXWXH)
Beta A1	2000x900x750
Beta A2	2100x900x750
Beta A3	2400x900x750



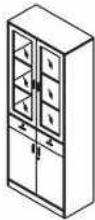
STORAGE

Code	(LXWXH)
Beta B1	2250x450x900
Beta B2	2400x450x900



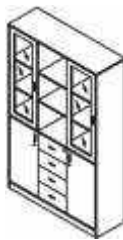
TOUS TABLE

Code	L	W	H
Tous A 1	1800	750	750
Tous A 2	1950	750	750
Tous A 3	2000	900	750
Tous A 4	2100	900	750



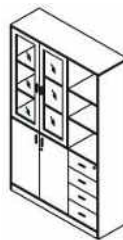
BOOK CASE WITH
DISPLAY UNIT - 1

Code	L	W	H
Tous B 1	800	400	2000
Tous B 2	900	400	2000



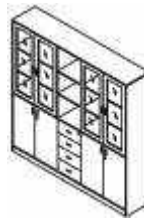
BOOK CASE WITH DISPLAY UNIT - 2

Code	L	W	H
Tous C 1	1200	400	2000



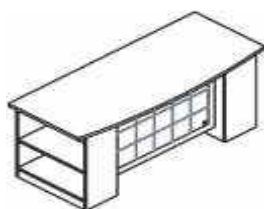
BOOK CASE WITH DISPLAY UNIT - 3

Code	L	W	H
Tous D 1	1200	400	2000



BOOK CASE WITH DISPLAY UNIT - 4

Code	L	W	H
Tous E 1	2000	400	2000



VOLGA TABLE

Code	L	W	H
Volga A 1	1800	750	750
Volga A 2	1950	750	750
Volga A 3	2100	900	750
Volga A 4	2250	900	750
Volga A 5	2400	900	750



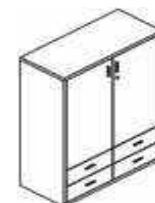
BACK SIDE STORAGE

Code	L	W	H
Volga B 1	1600	400	750
Volga B 2	1800	400	750



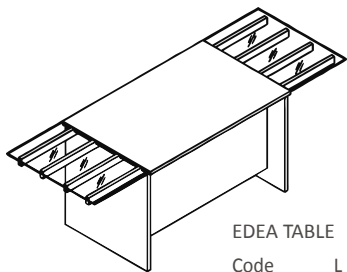
BACK SIDE STORAGE

Code	L	W	H
Volga C 1	1600	400	750
Volga C 2	1800	400	750



SIDE STORAGE

Code	L	W	H
Volga D 1	800	400	1200
Volga D 2	900	400	1200

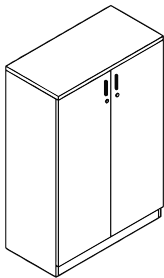


EDEA TABLE

Code L D H

Edea A 1 - 2100 X 750 X 750

Edea A 2 - 2400 X 750 X 750



F.H. STORAGE CABINET - 2 SHUTTER

Code L D H

Edea B 1 - 800 X 400 X 1200

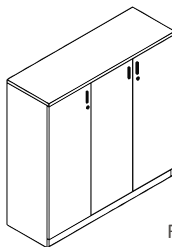
Edea B 2 - 900 X 400 X 1200

Edea B 3 - 800 X 400 X 1800

Edea B 4 - 900 X 400 X 1800

Edea B 5 - 800 X 400 X 2400

Edea B 6 - 900 X 400 X 2400



F.H. STORAGE CABINET - 3 SHUTTER

Code L D H

Edea C 1 - 1200 X 400 X 1200

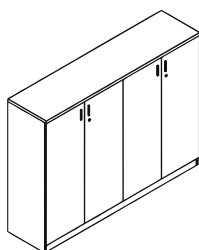
Edea C 2 - 1350 X 400 X 1200

Edea C 3 - 1200 X 400 X 1800

Edea C 4 - 1350 X 400 X 1800

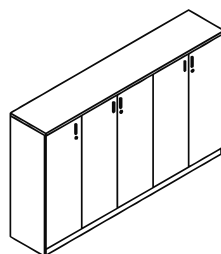
Edea C 5 - 1200 X 400 X 2400

Edea C 6 - 1350 X 400 X 2400



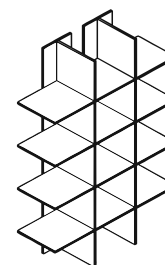
F.H. STORAGE CABINET - 4 SHUTTER

Code	L	D	H
Edea D 1	1600	400	1200
Edea D 2	1800	400	1200



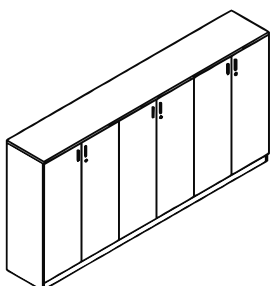
F.H. STORAGE CABINET - 5 SHUTTER

Code	L	D	H
Edea E 1	2000	400	1200
Edea E 2	2250	400	1200



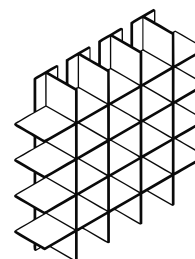
DISPLAY UNIT

Code	L	D	H
Edea H 1	1200L	400	2000



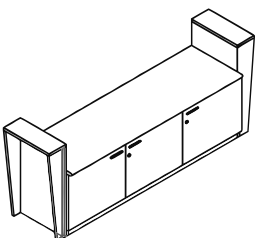
F.H. STORAGE CABINET - 6 SHUTTER

Code	L	D	H
Edea F 1	2400	400	1200



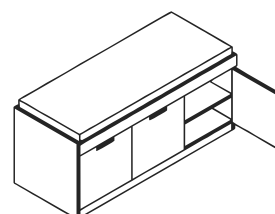
DISPLAY UNIT

Code	L	D	H
Edea G 1	2000	400	2000



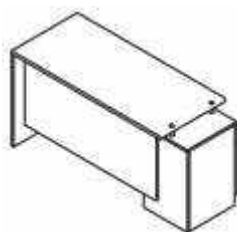
STORAGE WITH SEATING UNIT

Code	L	D	H
Edea I 1	1200	500	500
Edea I 2	1500	500	500
Edea I 3	1800	500	500



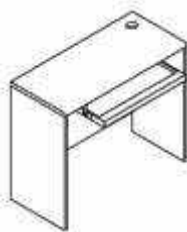
SHOES RACK WITH SEATING UNIT

Code	L	D	H
Edea J 1	1200	500	500
Edea J 2	1500	500	500
Edea J 3	1800	500	500



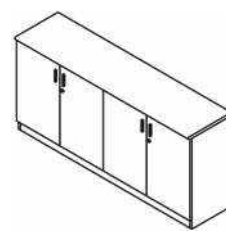
INGA TABLE

Code	L	W	H
Inga A 1 -	1350	X 600	X 750
Inga A 2 -	1500	X 600	X 750
Inga A 3 -	1650	X 600	X 750
Inga A 4 -	1800	X 600	X 750



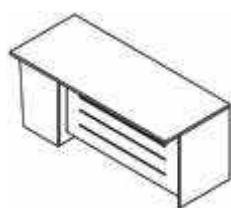
COMPUTER TABLE

Code	L	W	H
Inga B 1 -	0900	X 400	X 750
Inga B 2 -	1000	X 400	X 750
Inga B 3 -	1050	X 400	X 750
Inga B 4 -	1200	X 400	X 750



BACK SIDE CREDENZA

Code	L	W	H
Inga C 1 -	1600	X 400	X 750 (4 shutter)
Inga C 2 -	1800	X 400	X 750 (4 shutter)
Inga C 3 -	1950	X 400	X 750 (4 shutter)



WAWA TABLE

Code	L	W	H
Wawa A 1	1650	750	750
Wawa A 2	1800	750	750
Wawa A 3	1950	750	750



SIDE COMPUTER UNIT - MODEL-1

Code	L	W	H
Wawa B 1	0800	450	725
Wawa B 2	0900	450	725
Wawa B 3	1000	450	725



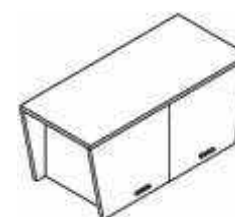
SIDE CREDENZA - MODEL - 2

Code	L	W	H
Wawa C 1	0800	450	725
Wawa C 2	0900	450	725
Wawa C 3	1000	450	725



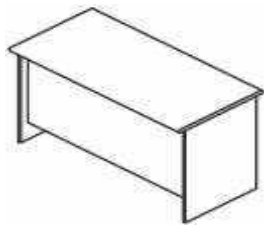
STORAGE CABINET

Code	L	W	H
Wawa D 1	800	400	1200
Wawa D 2	900	400	1200



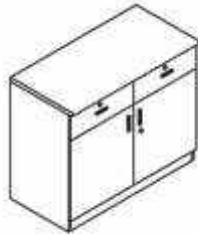
O.H. STORAGE CABINET

Code	L	W	H
Wawa E 1	800	400	400
Wawa E 2	900	400	400



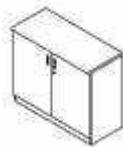
DADIN TABLE

Code	L	W	H
Dadin A 1 -	1200	X 550	X 750
Dadin A 2 -	1350	X 550	X 750
Dadin A 3 -	1500	X 550	X 750
Dadin A 4 -	1650	X 550	X 750
Dadin A 5 -	1800	X 550	X 750



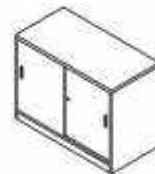
SIDE CREDENZA

Code	L	W	H
Dadin B 1 -	800	X 450	X 725
Dadin B 2 -	900	X 450	X 725



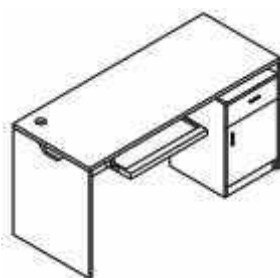
BACK SIDE CREDENZA - OPENABLE

Code	L	W	H
Dadin C 1 -	0800	X 400	X 750 (2 shutter)
Dadin C 2 -	0900	X 400	X 750 (2 shutter)
Dadin C 3 -	1200	X 400	X 750 (3 shutter)
Dadin C 4 -	1350	X 400	X 750 (3 shutter)
Dadin C 5 -	1600	X 400	X 750 (4 shutter)
Dadin C 6 -	1800	X 400	X 750 (4 shutter)
Dadin C 7 -	2000	X 400	X 750 (5 shutter)
Dadin C 8 -	2250	X 400	X 750 (5 shutter)
Dadin C 9 -	2400	X 400	X 750 (6 shutter)



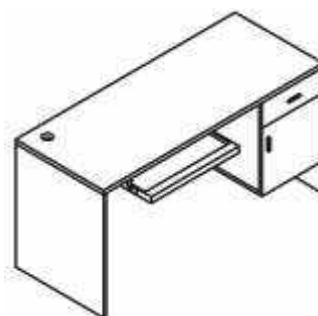
BACK SIDE CREDENZA - SLIDING

Code	L	W	H
Dadin D 1 -	0800	X 400	X 750(2 shutter)
Dadin D 2 -	0900	X 400	X 750(2 shutter)
Dadin D 3 -	1200	X 400	X 750(2 shutter)
Dadin D 4 -	1350	X 400	X 750(2 shutter)
Dadin D 5 -	1600	X 400	X 750(4 shutter)
Dadin D 6 -	1800	X 400	X 750(4 shutter)
Dadin D 7 -	2000	X 400	X 750(4 shutter)
Dadin D 8 -	2400	X 400	X 750(6 shutter)



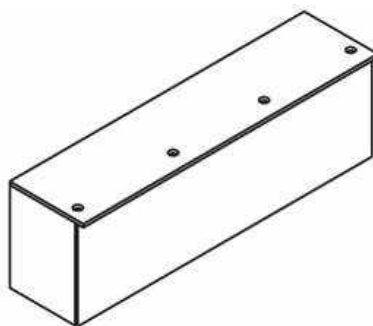
PITON TABLE

Code	L	W	H
Piton A 1	1200	600	750
Piton A 2	1350	600	750
Piton A 3	1500	600	750
Piton A 4	1650	600	750
Piton A 5	1800	600	750



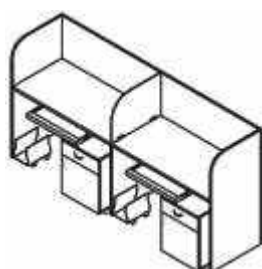
TIGA TABLE

Code	L	W	H
Tiga A 1	1200	600	750
Tiga A 2	1350	600	750
Tiga A 3	1500	600	750
Tiga A 4	1650	600	750
Tiga A 5	1800	600	750



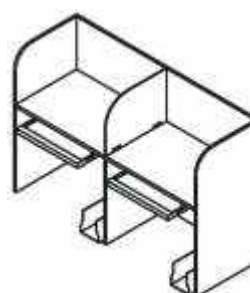
ZOBE TABLE

Code	L	W	H
Zobe A 1	1500	600	750 (2 - seater)
Zobe A 2	1650	600	750 (2 - seater)
Zobe A 3	1800	600	750 (3 - seater)
Zobe A 4	1950	600	750 (3 - seater)
Zobe A 5	2100	600	750 (4 - seater)
Zobe A 6	2400	600	750 (4 - seater)



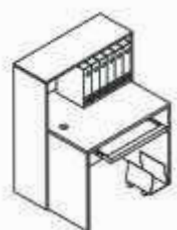
BERIS WORKSTATION WITH PEDESTAL - 2 SEATER

Code	L	W	H
Beris A 1	2400	600	900
Beris A 2	2700	600	900
Beris A 3	3000	600	900



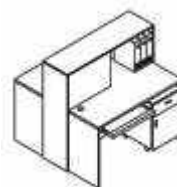
BERIS WORKSTATION WITHOUT PEDESTAL - 2 SEATER

Code	L	W	H
Beris B 1	1800	600	900
Beris B 2	2100	600	900



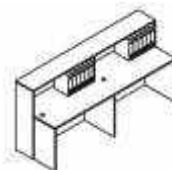
YARRA WORKSTATION WITH STORAGE - 1 SEATER (without Pedestal)

Code	L	W	H
Yarra A 1	0900	X 750	X 1150
Yarra A 2	1050	X 750	X 1150



YARRA WORKSTATION WITH STORAGE - 2 SEATER (with pedestal)

Code	L	W	H
Yarra B 1	1200	X 1200	X 1150
Yarra B 2	1350	X 1200	X 1150
Yarra B 3	1500	X 1200	X 1150



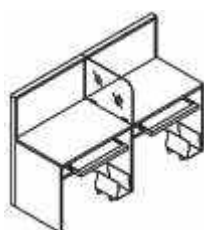
YARRA WORKSTATION WITH STORAGE - 2 SEATER (without Pedestal)

Code	L	W	H
Yarra C 1	1800	X 750	X 1150
Yarra C 2	2100	X 750	X 1150



YARRA WORKSTATION WITH STORAGE - 4 SEATER (With Pedestal)

Code	L	W	H
Yarra D 1	2400	X 1200	X 1150

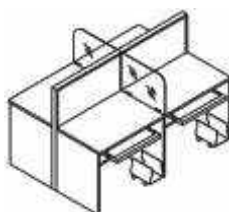


WORKSTATION WITHOUT PEDESTAL - 2 - SEATER

Code L W H

Inguri A 1 - 1800 X 610 X 1200

Inguri A 2 - 2100 X 610 X 1200



WORKSTATION WITHOUT PEDESTAL - 4 - SEATER

Code L W H

Inguri C 1 - 1800 X 1160 X 1200

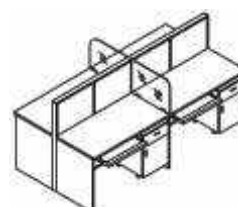
Inguri C 2 - 2100 X 1160 X 1200



WORKSTATION WITH PEDESTAL - 2 - SEATER

Code L W H

Inguri B 1 - 2400 X 610 X 1200



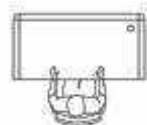
WORKSTATION WITH PEDESTAL - 4 - SEATER

Code L W H

Inguri D 1 - 2400 X 1160 X 1200

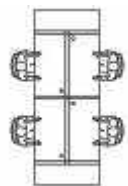


WORKSTATION WITHOUT PEDESTAL - SINGLE SEATER



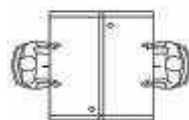
Code	L	W	H
Riano A 1	1020	610	1200
Riano A 2	1170	610	1200

WORKSTATION WITH PEDESTAL - 4 - SEATER



Code	L	W	H
Riano D 1	3380	1160	1200
Riano D 2	3680	1160	1200
Riano D 3	3980	1160	1200

WORKSTATION WITH PEDESTAL - 2 - SEATER



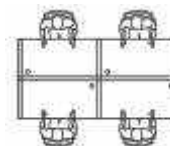
Code	L	W	H
Riano B 1	1320	1160	1200
Riano B 2	1470	1160	1200
Riano B 3	1620	1160	1200



MOBILE PEDESTAL

Code	L	W	H
Riano E 1	400	450	650
Riano E 2	450	450	650

WORKSTATION WITH PEDESTAL - 4 - SEATER

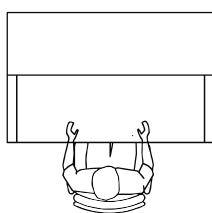


Code	L	W	H
Riano C 1	2580	1160	1200
Riano C 2	2880	1160	1200
Riano C 3	3180	1160	1200



MOBILE PEDESTAL

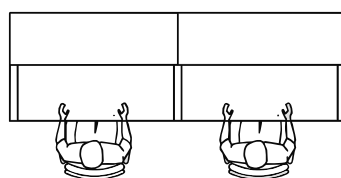
Code	L	W	H
Riano F 1	400	450	650
Riano F 2	450	450	650



WORKSTATION
WITH STORAGE - SINGLE SEATER

Code L D H

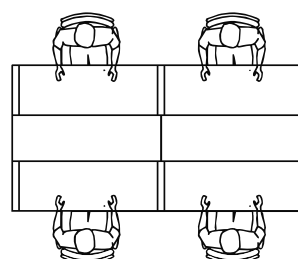
Prenj A 1 - 1320 X 810 X 1350
Prenj A 2 - 1470 X 810 X 1350
Prenj A 3 - 1620 X 810 X 1350



WORKSTATION WITH
STORAGE - TWO SEATER

Code L D H

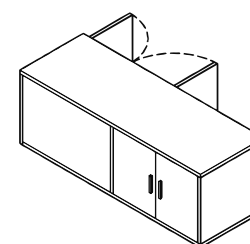
Prenj B 1 - 2580 X 810 X 1350
Prenj B 2 - 2880 X 810 X 1350
Prenj B 3 - 3180 X 810 X 1350



WORKSTATION WITH
STORAGE - FOUR SEATER

Code L D H

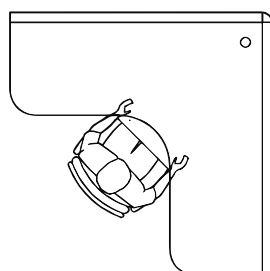
Prenj C 1 - 2580 X 1560 X 1350
Prenj C 2 - 2880 X 1560 X 1350
Prenj C 3 - 3180 X 1560 X 1350



OVER HEAD STORAGE UNIT - 2 - WAY

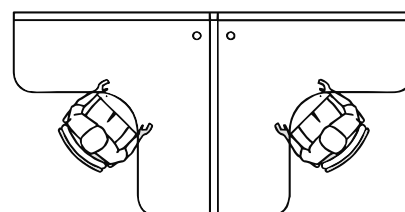
Code L D H

Prenj D 1 - 1320 X 350 X 400
Prenj D 2 - 1470 X 350 X 400
Prenj D 3 - 1620 X 350 X 400



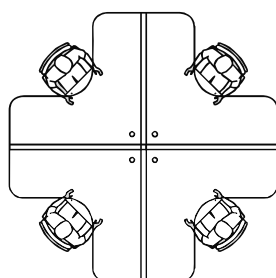
WORKSTATION WITH PARTITION -
SINGLE SEATER

Code	L	W	H
Ebro A 1	1260	X 1260	X 1200
Ebro A 2	1410	X 1410	X 1200
Ebro A 3	1560	X 1560	X 1200



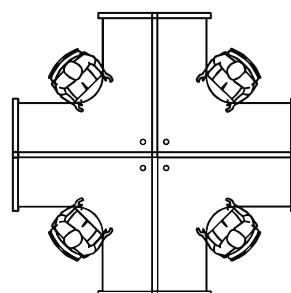
WORKSTATION WITH PARTITION -
TWO SEATER

Code	L	W	H
Ebro B 1	2460	X 1260	X 1200
Ebro B 2	2760	X 1410	X 1200
Ebro B 3	3060	X 1560	X 1200



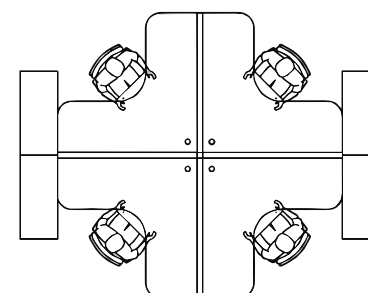
WORKSTATION WITH PARTITION -
FOUR SEATER

Code	L	W	H
Ebro C 1	2460	X 2460	X 1200
Ebro C 2	2760	X 2760	X 1200
Ebro C 3	3060	X 3060	X 1200



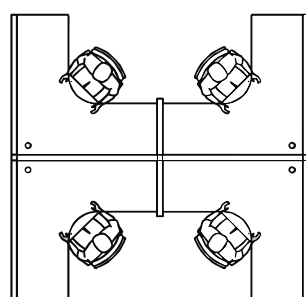
WORKSTATION WITH PARTITION -
FOUR SEATER

Code	L	W	H
Ebro D 1	2580	X 2580	X 1200
Ebro D 2	2880	X 2880	X 1200
Ebro D 3	3180	X 3180	X 1200



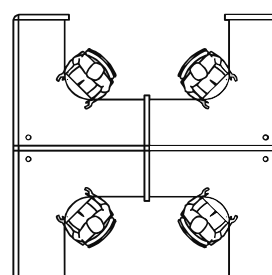
WORKSTATION WITH PARTITION -
FOUR SEATER

Code	L	W	H
Ebro E 1	3260	X 2460	X 1200
Ebro E 2	3560	X 2760	X 1200
Ebro E 3	3860	X 3060	X 1200



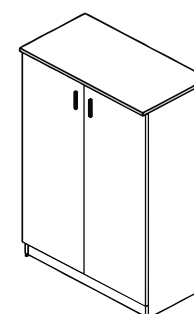
WORKSTATION WITH PARTITION -
FOUR SEATER

Code	L	W	H
Ebro F 1	2580	X 2460	X 1200
Ebro F 2	2880	X 2760	X 1200
Ebro F 3	3180	X 3060	X 1200



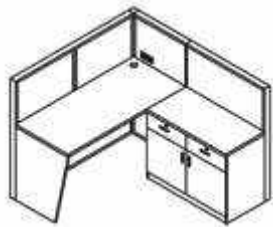
WORKSTATION WITH PARTITION -
FOUR SEATER

Code	L	W	H
Ebro G 1	2580	X 2580	X 1200
Ebro G 2	2880	X 2880	X 1200
Ebro G 3	3180	X 3180	X 1200



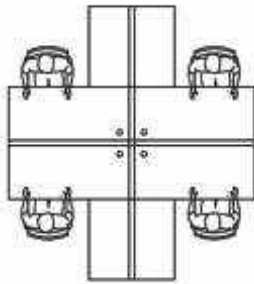
FULL HIGHT STORAGE UNIT

Code	L	W	H
Ebro H 1	0800	X 400	X 1200
Ebro H 2	0900	X 400	X 1200
Ebro H 3	1200	X 400	X 1200



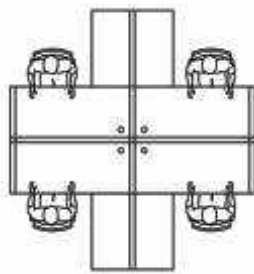
WORKSTATION - SINGLE SEATER

Code	L	W	H
Ralco A 1	1260	X 1560	X 1200
Ralco A 2	1410	X 1560	X 1200
Ralco A 3	1560	X 1560	X 1200



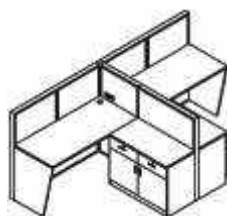
WORKSTATION - FOUR SEATER

Code	L	W	H
Ralco B 1	2460	X 3060	X 1200
Ralco B 2	2760	X 3060	X 1200
Ralco B 3	3060	X 3060	X 1200



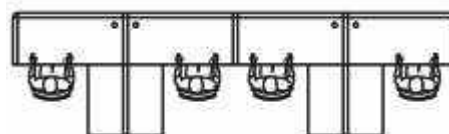
WORKSTATION - FOUR SEATER

Code	L	W	H
Ralco C 1	2580	X 3060	X 1200
Ralco C 2	2880	X 3060	X 1200
Ralco C 3	3180	X 3060	X 1200



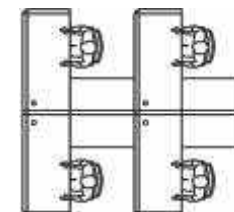
WORKSTATION - TWO SEATER

Code	L	W	H
Ralco D 1	2460	1560	1200
Ralco D 2	2760	1560	1200
Ralco D 3	3060	1560	1200



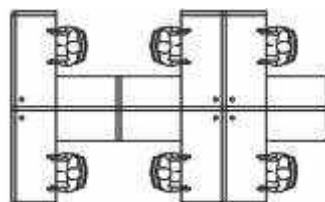
WORKSTATION - FOUR SEATER

Code	L	W	H
Ralco E 1	5100	1560	1200
Ralco E 2	5700	1560	1200
Ralco E 3	6300	1560	1200



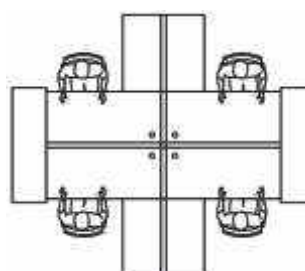
WORKSTATION - FOUR SEATER

Code	L	W	H
Ralco F 1	2580	3120	1200
Ralco F 2	2880	3120	1200
Ralco F 3	3180	3120	1200



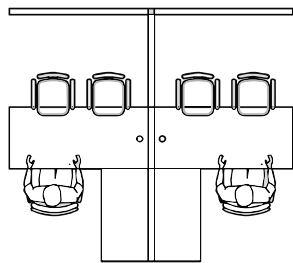
WORKSTATION - SIX SEATER

Code	L	W	H
Ralco G1	2580	4680	1200
Ralco G2	2880	4680	1200
Ralco G3	3180	4680	1200



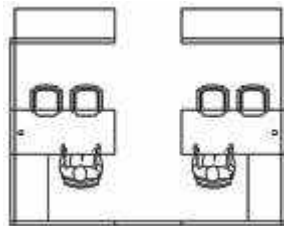
WORKSTATION - FOUR SEATER

Code	L	W	H
Ralco H 1	3260	3060	1200
Ralco H 2	3560	3060	1200
Ralco H 3	3860	3060	1200



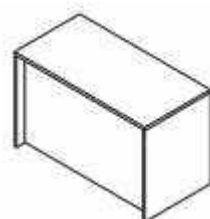
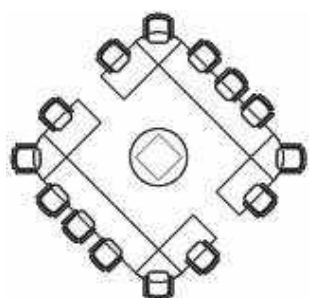
WORKSTATION - TWO SEATER

Code	L	W	H
Bayano A 1	2460	X 2460	X 1200
Bayano A 2	2760	X 2460	X 1200
Bayano A 3	3060	X 2460	X 1200
Bayano A 4	3660	X 2460	X 1200



WORKSTATION - TWO SEATER

Code	L	W	H
Bayano B 1	3270	X 2920	X 1200
Bayano B 2	3570	X 2920	X 1200
Bayano B 3	3870	X 2920	X 1200
Bayano B 4	4470	X 2920	X 1200



TABLE

Code	L	D	H
Helka A 1	1200 X	600 X	750
Helka A 2	1350 X	600 X	750
Helka A 3	1800 X	600 X	750
Helka A 4	1950 X	600 X	750



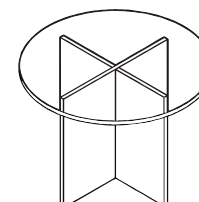
CORNER TABLE

Code	L	D	H
Helka B 1	1800 X	600 X	750
Helka B 2	1950 X	600 X	750
Helka B 3	2000 X	600 X	750
Helka B 4	2250 X	600 X	750

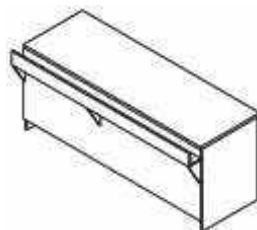
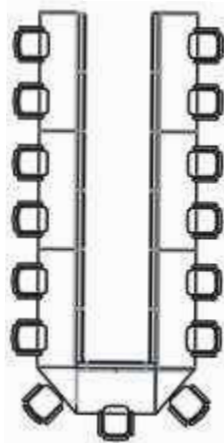


ROUND DISCUSSION TABLE / PROJECTOR TABLE

Code	Dia	H
Helka C 1	1000 X	750
Helka C 2	1200 X	750



Code	Dia	H
Helka D 1	1000 X	750
Helka D 2	1200 X	750



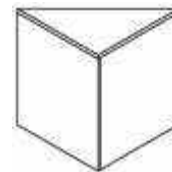
TABLE

Code	L	D	H
Nephin A 1	1200 X	600/750	X 750
Nephin A 2	1350 X	600/750	X 750
Nephin A 3	1500 X	600/750	X 750
Nephin A 4	1650 X	600/750	X 750
Nephin A 5	1800 X	600/750	X 750



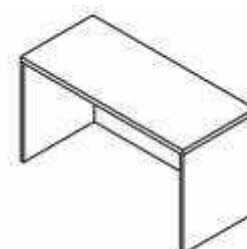
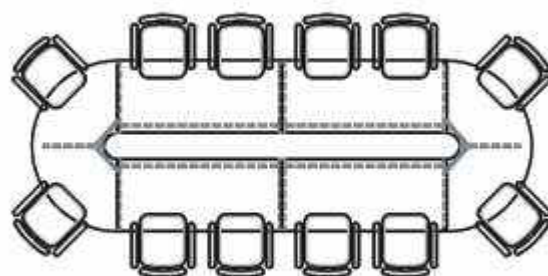
TABLE

Code	L	D	H
Nephin B 1	0900 X	600/750	X 750
Nephin B 2	1200 X	600/750	X 750



CORNETR TABLE

Code	L	D	H
Nephin C 1	0600 X	600/750	X 750



TABLE

Code	L	W	H
Delano A 1 -	1200 X	600 X	750
Delano A 2 -	1350 X	600 X	750
Delano A 3 -	1500 X	600 X	750
Delano A 4 -	1650 X	600 X	750
Delano A 5 -	1800 X	600 X	750



CORNETR ROUND TABLE

Code	L	W	H
Delano B 1 -	1425 X	710 X	750

CUSTOMIZED FURNITURE





RECEPTION FURNITURE



Code	L	W	H
RT 1021	2100	1200	1200
RT 1022	2250	1200	1200
RT 1023	2400	1200	1200



Code	L	W	H
RT 1051	1500	0600	1200
RT 1052	1800	0600	1200



Code	L	W	H
RT 1031	1800	0600	0900
RT 1032	2100	0750	0900
RT 1033	2250	0750	0900
RT 1033	2400	0750	0900



Code	L	W	H
RT 1061	1500	0750	1200
RT 1062	1800	0750	1200
RT 1063	2100	0750	1200



Code	L	W	H
RT 1041	1800	0750	1200
RT 1042	2000	0750	1200



Code	L	W	H
RT 1071	1500	1500	1200
RT 1072	1800	1800	1200



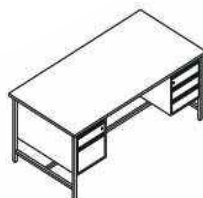
Alta 101-1050x500x750-1 Drawer on One Side
Alta 102-1200x600x750-1 Drawer on One Side



Alta 103-1200x600x750-3 Drawer on One Side
Alta 104-1350x675x750-3 Drawer on One Side



Alta 105-1350x675x750 -3 Drawer on One Side+ 1 Drawer & File Other Side
Alta 106-1500x750x750 -3 Drawer on One Side+ 1 Drawer & File Other Side



Alta 107-1650x750x750 -3 Drawer on One Side + 1 Drawer & File Other Side with Modesty
Alta 108-1800x900x750 -3 Drawer on One Side + 1 Drawer & File Other Side with Modesty
Alta 109-2100x1000x750 -3 Drawer on One Side + 1 Drawer & File Other Side with Modesty

ASTER



Model	Size mm (WxDxH)	Remark
Aster 111	915 x 485 x 1980	4 adjustable Shelves.
Aster 112	915 x 485 x 1980	3 adjustable Shelves + hanger rod
Aster 113	915 x 485 x 1980	2 Shelves + locker
Aster 114	915 x 485 x 1980	4 adjustable Shelves with Glass Door
Aster 115	765 x 440 x 1270	2 adjustable Shelves.
Aster 116	765 x 440 x 1270	1 adjustable Shelves + 1 top drawer
Aster 117	765 x 440 x 1270	1 Shelf + locker

ALBIA



Model	Size mm (W x D X H)	Remark
Albia 211	900x450x700	1 Shelve
Albia 212	1050x450x700	1 Shelve
Albia 213	900x450x1200	2 Shelve
Albia 214	1050x450x1200	2 Shelve
Albia 215	1200x450x1200	2 Shelve

RABIA



Model	Size mm (W x D X H)	Remark
Rabia 311	400x450x630	3 Drawer with central locking
Rabia 312	450x550x630	3 Drawer with central locking

ORAN



Model	Size mm (W x D X H)	Remark
Oran 412	910x480x1980	8 Lockers
Oran 413	910x480x1980	12 Lockers
Oran 414	910x480x1980	18 Lockers

COSTA



Model	Size mm (W x D X H)	Remark
Costa 511	700x470x750	2 Drawers
Costa 512	700x470x1080	3 Drawers
Costa 513	700x470x1380	4 Drawers

ALGER



Size mm		
Model	(W x D X H)	Remark
Alger 611	840x305x1675	3 Shelve with Glass Door

CALVINA



Size mm			Size mm		
Model	(W x D X H)	Remark	Model	(W x D X H)	Remark
Calvina 712	900x375x900	Open Type	Calvina 727	900x300x900	Closed Type
Calvina 713	900x450x900	Open Type	Calvina 728	900x375x900	Closed Type
Calvina 714	900x600x900	Open Type	Calvina 729	900x450x900	Closed Type
Calvina 715	900x300x1800	Open Type	Calvina 730	900x600x900	Closed Type
Calvina 716	900x375x1800	Open Type	Calvina 731	900x300x1800	Closed Type
Calvina 717	900x450x1800	Open Type	Calvina 732	900x375x1800	Closed Type
Calvina 718	900x600x1800	Open Type	Calvina 733	900x450x1800	Closed Type
Calvina 719	900x300x2100	Open Type	Calvina 734	900x600x1800	Closed Type
Calvina 720	900x375x2100	Open Type	Calvina 735	900x300x2100	Closed Type
Calvina 721	900x450x2100	Open Type	Calvina 736	900x375x2100	Closed Type
Calvina 722	900x600x2100	Open Type	Calvina 737	900x450x2100	Closed Type
Calvina 723	900x300x2400	Open Type	Calvina 738	900x600x2100	Closed Type
Calvina 724	900x375x2400	Open Type	Calvina 739	900x300x2400	Closed Type
Calvina 725	900x450x2400	Open Type	Calvina 740	900x375x2400	Closed Type
Calvina 726	900x600x2400	Open Type	Calvina 741	900x450x2400	Closed Type
			Calvina 742	900x600x2400	Closed Type

OFFICE CHAIR-YEBRA



Model	Size In MM (WXDXH)	Remark
Yebra 211	500x500x900	"K" Type Chair with Arms
Yebra 212	500x500x900	"K" Type Chair with Arms

STEEL BENCH-BORIS



Model	Size In MM (WXDXH)	Remark
Boris 221	1200x406x450	
Boris 222	1500x406x450	
Boris 223	1830x406x450	

CHAIRS



GENERAL PURPOSE CHAIRS

Maco-11 High Back	Maco-12 Medium Back	Maco-13 Low Back	Maco-14 Visitor Chair	Emin-21 High Back	Emin-22 Medium Back	Emin-23 Visitor Chair	Basel-31 High Back	Basel-32 Medium Back Chair	Basel-33 Visitor Chair
									

EXECUTIVE CHAIRS

EC-41	EC-42	EC-43	EC-44
			

PREMIUM CHAIRS

PC-51	PC-52	PC-53	PC-54	PC-55	PC-56
					

STAFF CHAIRS

SC-61	SC-62	SC-63	SC-64
			

CONFERENCE ROOM CHAIRS

CFC -71	CFC -72	CFC -73	CFC -74	CFC -75	CFC -76
					

MULTI TASK

MTC-81	MTC-82	MTC-83	MTC-84	MTC-85	MTC-86
					

TRAINING ROOM CHAIRS

TRC-91	TRC-92	TRC-93
		

LOUNGE FURNITURE

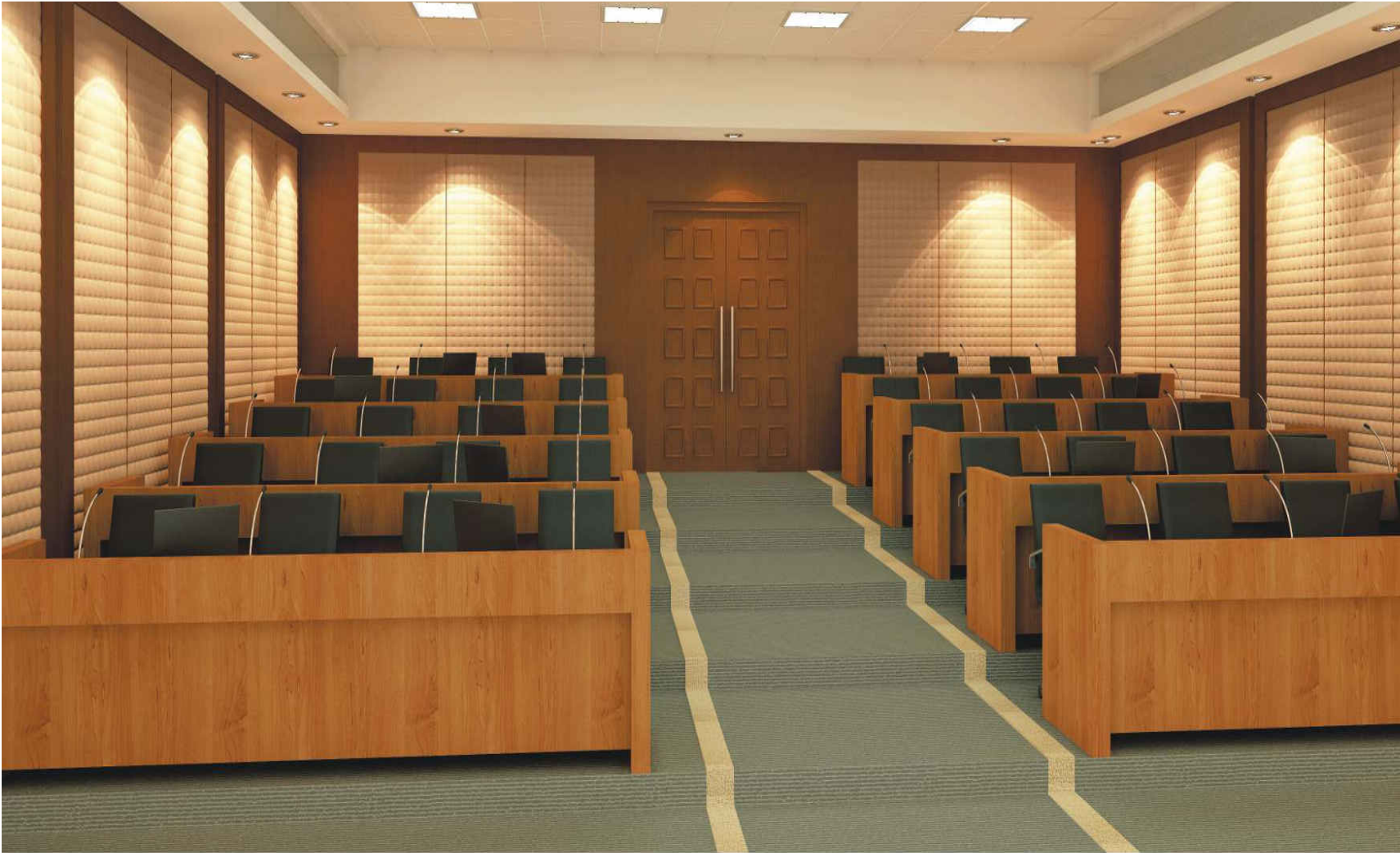


OFFICE SOFA



CENTER TABLE





AUDITORIUM TABLE

Code	L	D	H
AFT 1011	- 1800	X 600	X 900
AFT 1012	- 1950	X 600	X 900
AFT 1013	- 2400	X 600	X 900



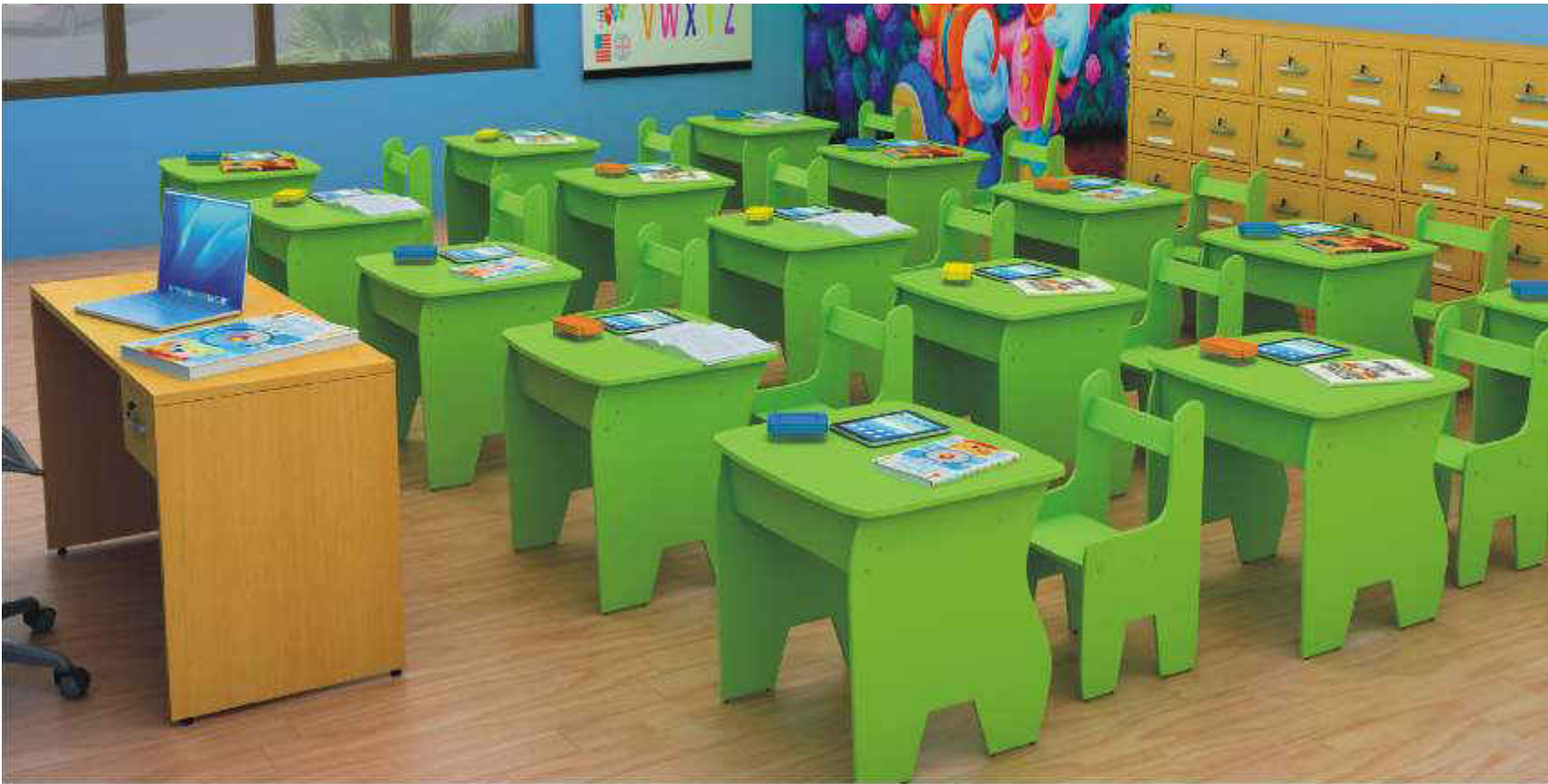
AUDITORIUM TABLE

Code	L	D	H
AFT 1021 -	1500 X	550 X	900
AFT 1022 -	1800 X	550 X	900
AFT 1023 -	1950 X	550 X	900
AFT 1024 -	2400 X	550 X	900



PODIUM STAND - SCUDO

Model	Size In MM			Remark
	W	D	H	
Scudo A	600x	600x	1250	Podium Stand W/O Shelf
Scudo B	600x	600x	1250	Podium Stand With Shelf
Scudo C	600x	600x	1250	Podium Stand With Drawer



OAK



Model	Size In MM (WxDxH)	Remark
Oak 1A	560x340x515	Bench For Kindergarten
Oak 1B	370x400x480	Desk for Kindergarten
Oak 2A	700x380x535	Bench For 1-4th Std
Oak 2B	400x400x500	Desk for 1-4th Std

OLIVE



Model	Size In MM (WxDxH)	Remark
Olive 1A	865x510-Pentagonal	Table For Kindergarten
Olive 1B	Dia 850x510-Round	Table For Kindergarten
Olive 2A	865x535-Pentagonal	Table for 1-4th Std
Olive 2B	Dia 850x535-Round	Table for 1-4th Std
Olive 3A	370x400x480	Desk for Kindergarten
Olive 3B	400x400x500	Desk for 1-4th Std

PINE



Model	Size In MM (WxDxH)	Remark
Pine 1A	700x400x525	Bench for Kindergarten
Pine 1B	500x400x550	Desk for Kindergarten
Pine 2A	750x420x550	Bench for 1-4th Std
Pine 2B	550x420x550	Desk for 1-4th Std

MAPLE



Model	Size In MM (WxDxH)	Remark
Maple 1A	1200x1200x510 Squar	Table for Kindergarten
Maple 1B	Dia 1200x510 Round	Table for Kindergarten
Maple 2A	1200x1200x510 Squar	Table for 1-4th std
Maple 2B	Dia 1200x510 Round	Table for 1-4th Std
Maple 3A	370x400x480	Desk for Kindergarten
Maple 3B	400x400x500	Desk for 1-4th Std

RASO



Model	Size In MM (Length x Seating Ht)	Remark
Raso 171	0915x405	For Class III-V std
Raso 172	0915x455	For Class VI-IX std
Raso 173	0915x480	For Class X-XII std
Raso 174	1150x405	For Class III-V std
Raso 175	1150x455	For Class VI-IX std
Raso 176	1150x480	For Class X-XII std

M ALEO



Model	Size In MM (Length x Seating Ht)	Remark
Maleo 191	0915x405	For Class III-V std
Maleo 192	0915x455	For Class VI-IX std
Maleo 193	0915x480	For Class X-XII std
Maleo 194	1150x405	For Class III-V std
Maleo 195	1150x455	For Class VI-IX std
Maleo 196	1150x480	For Class X-XII std

TUPELO



Model	Size In MM (Length x Seating Ht)	Remark
Tupelo 271	0700x405	For Class III-V std
Tupelo 272	0700x455	For Class VI-IX std
Tupelo 273	0700x480	For Class X-XII std
Tupelo 274	0915x405	For Class III-V std
Tupelo 275	0915x455	For Class VI-IX std
Tupelo 276	0915x480	For Class X-XII std
Tupelo 277	1150x405	For Class III-V std
Tupelo 278	1150x455	For Class VI-IX std
Tupelo 279	1150x480	For Class X-XII std

BORENO



Model	Size In MM (Length x Seating Ht)	Remark
Boreno 291	0700x405	Bench W/O Chair For Class III-V std
Boreno 292	0700x455	Bench W/O Chair For Class VI-IX std
Boreno 293	0700x480	Bench W/O Chair For Class X-XII std
Boreno 294	0915x405	Bench W/O Chair For Class III-V std
Boreno 295	0915x455	Bench W/O Chair For Class VI-IX std
Boreno 296	0915x480	Bench W/O Chair For Class X-XII std
Boreno 297	1150x405	Bench W/O Chair For Class III-V std
Boreno 298	1150x455	Bench W/O Chair For Class VI-IX std
Boreno 299	1150x480	Bench W/O Chair For Class X-XII std

DRAWING TABLE

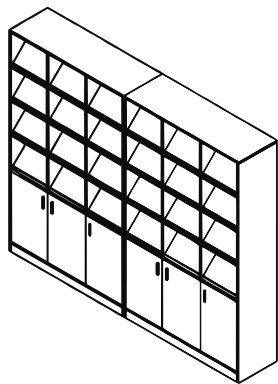
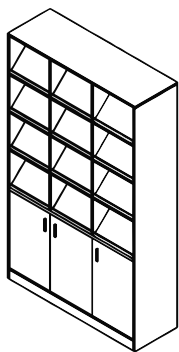


Model	Size In MM (LxDxH)	Remark
DTB 391	800x600x980	Table with Adjustable Ht

TEACHER TABLE

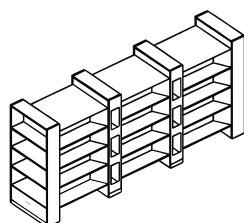


Model	Size In MM (LxDxH)	Remark
TTB 341	1000x600x750	Table with 1 Drawer
TTB 342	1000x600x750	Table with 2 Drawer
TTB 343	1000x600x750	Table with 3 Drawer
TTB 344	1200x600x750	Table with 1 Drawer
TTB 345	1200x600x750	Table with 2 Drawer
TTB 346	1200x600x750	Table with 3 Drawer



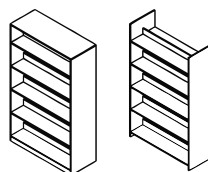
Model	Size In MM (WxDxH)	Remark
Libyan 641	0800x400x1800	Bottom Shutter with 4 Compartment
Libyan 642	0800x400x2200	Bottom Shutter with 3 Compartment
Libyan 643	1200x400x1800	Bottom Shutter with 4 Compartment
Libyan 644	1200x400x2200	Bottom Shutter with 3 Compartment

FLORIN



Model	Size In MM (WxDxH)	Remark
Florin 661	0900x400x2100	Front Side Book Rack-One Way
Florin 662	1200x900x2100	Back Side Book Rack-Two Way

SHIRAK



Book Rack One Way Book Rack Two Way

Model	Size In MM (WxDxH)	Remark
Shirak 681 A	1200x350x2100	Book Rack-One Way
Shirak 681 B	1200x650x2100	Book Rack-Two Way
Shirak 682 A	1200x350x1800	Book Rack-One Way
Shirak 682 B	1200x650x1800	Book Rack-Two Way

NEWS PAPER STAND-URAL



Model	Size In MM (WxDxH)	Remark
Ural 831	600x600x750	One Side Paper Stand
Ural 832	1200x600x750	Two Side Paper Stand

READING TABLE-BRETT



Model	Size In MM (WxDxH)	Remark
Brett 851 A	1200x600x700	Straight Table w/o Chair For Class III-V std
Brett 851 B	1800x600x700	Straight Table w/o Chair For Class III-V std
Brett 851 C	0900x600x700	Side Corner Table w/o Chair For Class III-V std
Brett 852 A	1200x600x725	Straight Table w/o Chair For Class VI-IX std
Brett 852 B	1800x600x725	Straight Table w/o Chair For Class VI-IX std
Brett 852 C	0900x600x725	Side Corner Table w/o Chair For Class VI-IX std
Brett 853 A	1200x600x750	Straight Table w/o Chair For Class X-XII std
Brett 853 B	1800x600x750	Straight Table w/o Chair For Class X-XII std
Brett 853 C	0900x600x750	Side Corner Table w/o Chair For Class X-XII std

TUVA



Model	Size In MM (Length x Seating Ht)	Remark
Tuva 871	0915x405	For Class III-V std
Tuva 872	0915x455	For Class VI-IX std
Tuva 873	0915x480	For Class X-XII std
Tuva 874	1200x480	For Class X-XII std
Tuva 875	1200x480	For Class X-XII std
Tuva 876	1200x480	For Class X-XII std

PIGEON RACK - NIAS



Model	Size In MM (WxDxH)	Remark
Nias A 1	1200x350x2400	Open Pigeon Rack with 18 Compartment
Nias A 2	1200x350x2100	Open Pigeon Rack with 15 Compartment
Nias B 1	1200x350x2400	Semi-Open Pigeon Rack with 18 Compartment
Nias B 2	1200x350x2100	Semi-Open Pigeon Rack with 15 Compartment
Nias B 3	1200x350x1200	Semi-Open Pigeon Rack with 09 Compartment
Nias C 1	1200x350x2400	Taperd-Open Pigeon Rack with 18 Compartment
Nias C 2	1200x350x2100	Taperd-Open Pigeon Rack with 15 Compartment
Nias C 3	1200x350x2100	Taperd-Open Pigeon Rack with 15 Compartment

HOSTEL FURNITURE

HOSTEL BED



Hostel Bunker Bed
HBB 271 – 1950Lx785Wx1675H -



Hostel Steel Bed
HSB – 281 - 1910Lx910Wx450H – With Storage
HSB – 282 – 1910Lx910Wx450H – Without Storage



Hostel Single Wooden Bed
HWB 291 – 1950Lx910Wx450H – With Side Table
HWB 292 – 1950Lx910Wx450H – Without Side Table



Book Case
HBC 301 – 800 Wx400Dx1950H
HBC 302 – 900 Wx400Dx1950H
HBC 303 – 1000Wx400Dx1950H

STUDY TABLES



ST 361 – 1200Lx600Wx750H -



ST 362 – 1000Lx600Wx1200H -



ST 363 – 1200Lx750Wx1200H -



ST 364 – 1200Lx1200Wx750H -

COMPUTER FURNITURE



CF 371 -700x600x800



CF 372 - 1000x550x750



CF 373 - 1000x550x750



CF 374 - 1200x550x750

CANTEEN TABLE

	Model	Size In MM (Length x Seating Ht)	Remark		Model	Size In MM (Length x Seating Ht)	Remark
	CTB 991	1500x405	For Class III-V std		CTB 1001	1500x405	For Class III-V std
	CTB 992	1500x455	For Class VI-IX std		CTB 1002	1500x455	For Class VI-IX std
	CTB 993	1500x480	For Class X-XII std		CTB 1003	1500x480	For Class X-XII std

	Model	Size In MM (Length x Seating Ht)	Remark		Model	Size In MM (LxWxH)	Remark
	CTB 1011	1200x405	For Class III-V std		CTB 1021 A	1200x600x750	With Wooden Top
	CTB 1012	1200x455	For Class VI-IX std		CTB 1021 B	1200x600x750	With Granite Top
	CTB 1013	1200x480	For Class X-XII std		CTB 1022 A	1200x800x750	With Wooden Top
					CTB 1022 B	1200x800x750	With Granite Top

	Model	Size In MM (LxWxH)	Remark		Model	Size In MM (LxWxH)	Remark
	CTB 1031 A	1200x600x750	With Wooden Top		CTB 1041 A	Dia 1000x750	With Wooden Top
	CTB 1031 B	1200x600x750	With Granite Top		CTB 1041 B	Dia 1000x750	With Granite Top
	CTB 1032 A	1200x800x750	With Wooden Top		CTB 1042 A	Dia 1200x750	With Wooden Top
	CTB 1032 B	1200x800x750	With Granite Top		CTB 1042 B	Dia 1200x750	With Granite Top

CANTEEN CHAIRS

CN-101	CN-102	CN-103	CN-104	CN-105	CN-106	CN-107	CN-108
							

COOKING RANG(1 TO 4 BURNERS)



Model	Size In MM (WXDXH)	Remark
CR 501	600x600x750	Single Burner
CR 502	1100x600x750	Double Burner
CR 503	1650x600x750	Three Burner
CR 504	2200x600x750	Four Burner

INDIAN & CHINES COOKING RANGE
(TWO BURNERS)



Model	Size In MM (WXDXH)	Remark
ICR 511	1100x675x750	1 Indian + 1 Chinese

FOUR BURNER RANGE WITH DOSA PLATE



Model	Size In MM (WXDXH)	Remark
FBR - 521	900x900x750	

COLD FOOD DISPLAY COUNTER



Model	Size In MM W D H	Remark
CFD 531	1800x900x1800	

HOT FOOD BAIN M ARIE



Model	Size In MM W D H	Remark
HBM 541	1200x600x900	

HOT FOOD CASE DISPLAY



Model	Size In MM W D H	Remark
HT 551	600x600x1200	1 Indian + 1 Chinese



DISH WASHING MACHINE



Model	Size In MM (WXDXH)	Remark
DM 561	4000Wx800Dx1145H	2000 to 7000 dishes per hour

THREE SINK DISH WASH UNIT



Model	Size In MM (WXDXH)	Remark
TDU 571	600x600x850	Single Sink
TDU 572	1100x600x850	Double Sink
TDU 573	1650x600x850	Three Sink

PICK UP TABLE



Model	Size In MM (WXDXH)	Remark
PT 581	1200x600x1200	
PT 582	1500x600x1200	
PT 583	1800x600x1200	

HOT CASE WITH FOOD WARMER



Model	Size In MM (WXDXH)	Remark
HCF 591	1200x600x1200	
HCF 592	1500x600x1200	
HCF 593	1800x600x1200	

HOT FOOD SERVICE TROLLEY

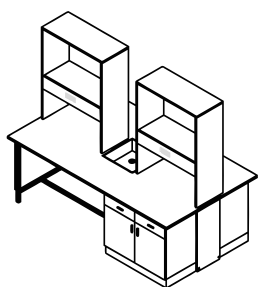


Model	Size In MM (WXDXH)	Remark
HFT 601	1050x600x1850	1 Indian + 1 Chinese

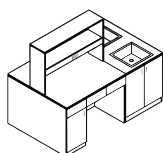
CLEAN GLASS TROLLEY WITH DRAIN POCKET



Model	Size In MM (WXDXH)	Remark
CGT 611	1375x1800x950	Two removable Shelves

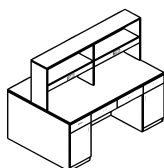


LABROTARY TABLE
LT - 1221 - 1950 X 1500 X 1750



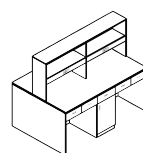
LABROTARY TABLE

Code	L	W	H
LT 1231 A	1650	1200	1750
LT 1232 B	1800	1200	1750
LT 1233 C	1950	1200	1750



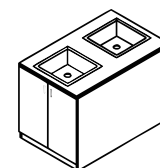
LABROTARY TABLE

Code	L	W	H
LT 1241 A	1500	1200	1750
LT 1242 B	1800	1200	1750
LT 1243 C	1950	1200	1750
LT 1244 D	2000	1200	1750
LT 1245 E	2100	1200	1750



LABROTARY TABLE

Code	L	W	H
LT 1251 A	1500	1200	1750
LT 1252 B	1800	1200	1750
LT 1253 C	1950	1200	1750
LT 1254 D	2000	1200	1750
LT 1255 E	2100	1200	1750

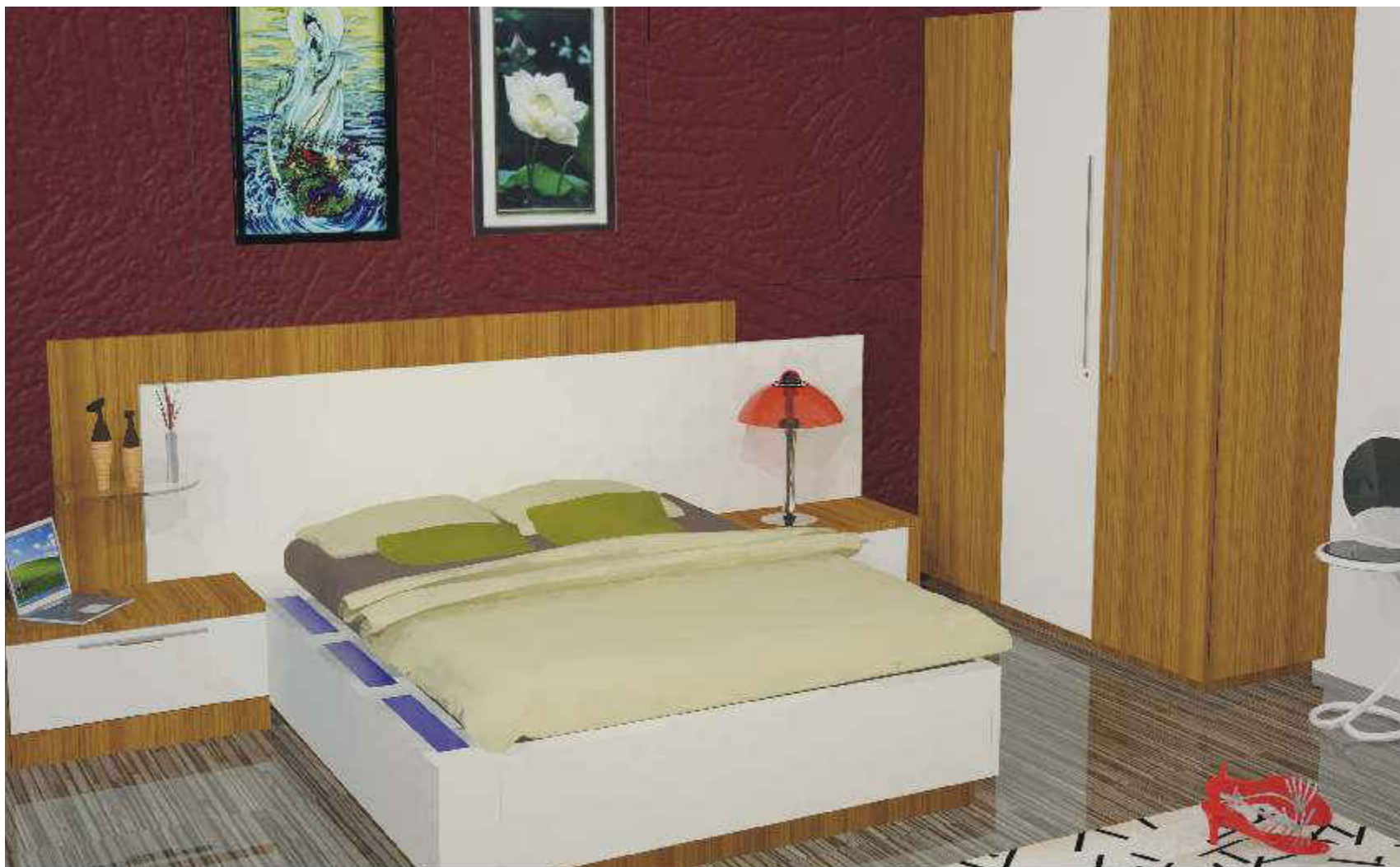


WASH BASIN UNIT

Code	L	W	H
LT 1261	750	1200	800



LUTON	Product	Code	Length	Width	Height	Depth
	King Bed	KD 101 -	2136	1866	0900	-----
	Queen Bed	QD 102 -	1966	1576	0900	-----
	Side Table	ST 103 -	-----	0450	0450	0450
	2 Door WR	WR 104 -	-----	0900	2000	0550
	3 Door WR	WR 105 -	-----	1200	2000	0550
	4 Door WR	WR 106 -	-----	1800	2000	0550



CAMPTON

Product	Code	Length	Width	Height	Depth
King Bed	KD 201 -	2093	2008	0800	-----
Queen Bed	QD 202 -	1923	1708	0800	-----
Side Table	ST 203 -	-----	0500	0300	0450
3 Door WR	WR 204 -	-----	1200	2000	0550



ODELL	Product	Code	Length	Width	Height	Depth
	King Bed	KD 301 -	2111	1990	0500	-----
	Queen Bed	QD 302 -	1941	1690	0500	-----
	Side Table	ST 303 -	-----	0550	0150	0450
	3 Door WR	WR 304 -	-----	1800	2000	0550



MILTON

Product	Code	Length	Width	Height	Depth
King Bed	KD 401 -	2204	3340	0850	-----
Queen Bed	QD 402 -	2054	3040	0850	-----
Side Table	ST 403 -	-----	0750	0200	0450



BUTLEY	Product	code	Length	Width	Height	Depth
	King Bed	KD 501 -	2054	1866	0850	-----
	Queen Bed	QD 502 -	1941	1576	0850	-----
	Side Table	ST 503 -	-----	0450	0450	0450
	3 Door WR	WR 504 -	-----	1200	2000	0550



WILLOT

Product	Code	Length	Width	Height	Depth
King Bed	KD 601 -	2072	1902	0900	-----
Queen Bed	QD 602 -	1950	1612	0900	-----
Side Table	ST 603 -	-----	0450	0350	0450



JIMMY	Product	Code	Length	Width	Height	Depth
	Bed	CD 601 -	1904	1626	0750	-----
	Storage Unit	QD 602 -	-----	0600	2100	0600
	Storage Unit	ST 603 -	-----	0450	1650	0450
	O H Storage	OHS 604 -	-----	1800	0450	0600
	O H Storage	OHS 605 -	-----	1350	0450	0450



TOMMY	Product	Code	Length	Width	Height	Depth
	Bed	CD 701 -	1916	0900	0750	-----
	Storage Unit	SU 702 -	-----	0900	0900	0300
	Study Table	ST 703 -	-----	1800	0786	0600
	Book Rack	BR 704 -	-----	2400	0300	0300



PANTRY UNIT



Model	Length	Depth	Height	Remark
PU 601 -	2400	600	2000	With Overhead Cabinet
PU 602 -	2400	600	0800	Without Overhead Cabinet
PU 603 -	2100	600	2000	With Overhead Cabinet
PU 604 -	2100	600	0800	Without Overhead Cabinet
PU 605 -	1800	600	2000	With Overhead Cabinet
PU 606 -	1800	600	0800	Without Overhead Cabinet

WORK BENCH - WB 1201



WORK BENCH - WB 1202



WORK BENCH - WB 1204



WORK BENCH - WB 1203



WORK BENCH - WB 1205



HANDLING TROLLEY - HT 1211



HANDLING TROLLEY - HT 1212



HANDLING TROLLEY - HT 1213



COM FACTOR - CUSTOM ISED



Need of designing Office Interior

Match Your Brand: An important element of business marketing is the branding and image of your company. Whether you entertain clients or not, your office design should match your brand. Successful branding requires you to look and "feel" the brand. Having glossy business cards and a high-tech image but out-of-date office furniture and equipment, will make you feel like an imposter and you will have difficulty projecting your brand to customers.

Turn Down the Volume: Noise in your office environment can have a greater impact on productivity than you may think. Low levels of office noise can impend your performance. Take the necessary steps to pinpoint office noises. Move any noisy office equipment away from the walls and add carpeting, office dividers, or curtains to reduce noise.

Bring in Nature: Spending long hours in an unnatural environment can be hazardous to your health. We are biological creatures and need to experience nature for the best in psychological and physiological functioning. Use as much of nature as you can such as, locating your office in a space with windows if possible. Consider nature photos to make your office a more pleasurable place. Add real plants to have fresh oxygen in your workspace.

Tips for designing Office Interior

More business owners are recognizing need of office space to be of impressive standard. Its importance is in impressing clients, and customers, but the well maintained, clean and well designed office space which is uncluttered, and well organized helps in increasing morale of employees and the productivity of staff. This means you need to plan the office space as it ensures the workplace fits the purpose and is visually aesthetic and appealing.

Interior design is not forte or domain of many business owners. But here are some tips which will be useful when planning the office interior:

- The walls of the office which is professional work such as accounting, marketing etc. need professional looking walls. Like pastel shades, or neutral and soft shades will be better, but if it is art design company then decorative walls will be good. Soft color like light beige or the pale blue color is good and it will be complimenting to any artwork that you can hung on walls.
- Flexibility is important: the interior design must offer easy change and flexibility. Make movable bookshelves, filing cabinets, moving furniture rather than permanently fixing the partitions. The Office fixtures which are easy in moving and disassemble are better for shifting and redesigning office when needed. If business grows you are able to make space if things can be moved around.
- Fifth wall: the floor is considered as the fifth wall which must be versatile, attractive and must be appealing. It must be scratch resistant, durable and stain resistant.
- Need of the meeting rooms: meeting rooms take lot of space and impose expense because of design an furnish. Break out space is effective and appealing. Meeting rooms needs partition, windows, and decoration, proper ventilation for cooling and heating. Use more break out space helps in open and communal space which is appealing to client and even employees.
- Any office interior will look impressive when you hide clutter. You must have organized plan of sittings and workstations. Install shelving, cabinets which will help in organize clutter.
- Add innovative and motivational quotes on wall which inspires the employees. The office space must be airy and offer easy mobility.
- Office interior must not be complicated like a maze, but simple, functional and effective, at same time must be interactive.



Tips for designing Office Furniture.

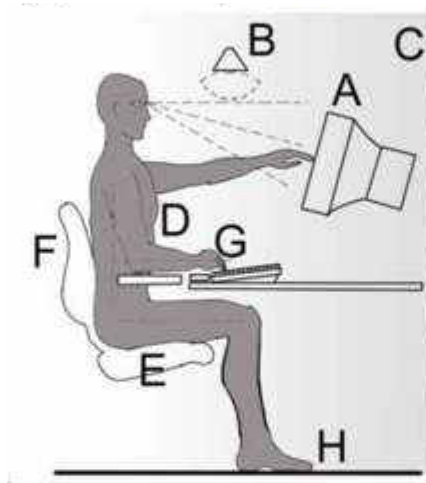
Office Chair: Office chair is an important piece of furniture. You will be spending 8 hours daily in your chair so it should be comfortable and of good quality. Basically you will have to find furniture for your office that is not too comfortable but that is also not too uncomfortable. Both have some downsides. If you get too comfortable furniture it may put the employees off to work and if you get too uncomfortable furniture it may affect the health of employees as it can cause fatigue, back ache and spine problem. A good office chair should have good arm support and lumbar support for back, a chair should be able to adjust up and down and can be inclined backward and forward.

Office Desk: Office desk is most important piece of office furniture that should be selected carefully. The size of the desk matters a lot as there is a need to have a desk of sufficient size as per the work nature. You need to have enough working space to work efficiently. But the size of desk should be according to the size of room, it should fit nicely in the office.

Filing cabinet: Filing cabinets are very important piece of furniture. To make your office clutter free and for the smooth access of files in the office it is necessary to have a filing cabinet. Filing cabinet should be functional and according to the size, the small size filing cabinet that is adjustable in your cabin may reduce clutter and organize your work. Horizontal filing cabinets or storage pedestals are easy to access and help to reduce the clutter of office.

Check Ergonomics: To increase productivity of employees, find comfortable and functional furniture for office. Ergonomic furniture is also an effective way to increase the productivity of employees. Ergonomic office furniture is made in a scientific way that has no bad effect on body, the study of ergonomics or human factors looks at the interface between humans and machines, or in our case, small business owners and the office. Improper office ergonomic design can have a huge impact on productivity, injury prevention, and health. Consider these quick ergonomic checks.

- eyes 24-36 inches from computer screen and the top of your monitor should be below or at eye-level
- feet should be on a foot rest or planted firmly on the floor
- slightly reclined chair posture is best to reduce vertebrae pressure and minimize lower back



A- Position monitor 18" to 24" away (approximately arm's length) and about 15 to 30 degrees below your line of sight.

B- Don't let light shine in your eyes or on your screen.

C- Square screen to your line of vision

D- Forearms 90 degrees from your spine.

E- Thighs 90 degrees from your spine.

F- Use a well-made, adjustable office chair, preferably with padded, adjustable arms.

G- Use a wrist pad to support your hands when not typing.

H- Feet flat on the floor.



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