



active
ergonomics

**FLO, SPIRA PLUS & OTHER WELLBEING
PRODUCTS & SERVICES**

Focused on

SUPPORTING LIFE AT WORK

Introducing ourselves and our services

Our pragmatic approach to applying ergonomics ensures preventative and rehabilitative health issues can be resolved swiftly and cost effectively. Seasoned registered Ergonomists working closely with UK design and manufacturing helps us achieve this and over the last 15 years we've helped over 20,000 individuals improve their health and wellbeing in the office.

With an international team of advisors and health practitioners, our services have been adopted by organisations both large and small. We're one of a relatively small list of UK consultancies vetted and approved for registration with the Institute of Ergonomics and Human Factors.

As independent ergonomists we try not to restrict ourselves to any one supplier, ensuring the solution matches the needs of the client but we're also mindful of budgets and buying policies and the dangers of over-specifying.

That's why at least 25% of suggestions for occupational health needs are kept to adaptations or retraining on the use of existing products. There is always a two-week trial on offer if the product doesn't work for the end user and our response times are rapid – an advantage of UK design and distribution.

Our consultancy and research is driven by our passion to improve health and wellbeing for organisations and individuals at work. With rapid changes in technology and working practices as well as cultural, generational and even dimensional

differences in recent years, there's never been a more challenging, essential and exciting time to deploy ergonomics.

Active Ergonomics has been involved in a number of health-related initiatives and publications for adults and children. To find out more visit us at:

www.active-ergonomics.co.uk

For general information, product offer and workstation consultancy services (including a link to our AE portal)

www.wirelesswellworking.org.uk

For wellbeing advice and training (including our pocket guide to wireless well working)

www.mobilegenerations.org.uk

For our recent research publication on health and well being for the transient worker

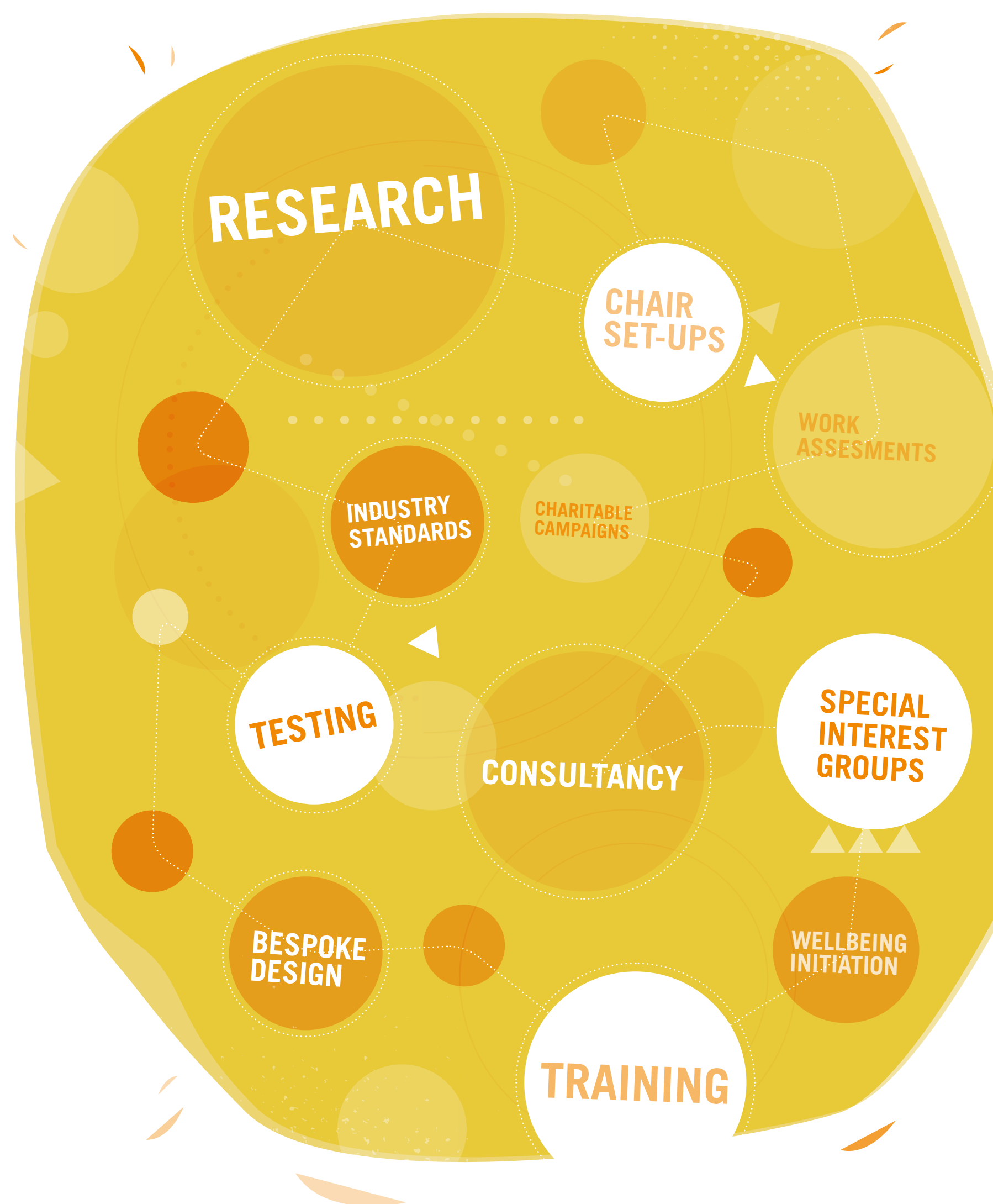
www.e4c2.org.uk

For information on our campaign for better ergonomics for children

www.t-i-e.org.uk

For our thesis industry exchange portal, the ergonomics research bridge between organisations and academia

**We are proud to be
professional members of:**



WORKPLACE WELLBEING FOR THE 21ST CENTURY

For more information and research related to health and wellbeing, our groundbreaking 'Mobile Generations' white paper is an invaluable resource. www.mobilegenerations.org.uk*



Ill-fitting set-ups and lack of movement can accelerate the onset of fatigue at the desk, while sharing a workstation amplifies the problem. Suitable equipment and sufficient training, which go beyond the minimum in terms of ease of use, range of adjustment and comfort, should be provided to improve health and productivity.



131 million working days were lost in the UK to sickness in 2011, and musculoskeletal disorders such as back pain, neck pain, and upper body problems contributed to most. Learning to touch type can alleviate a number of postural issues at the workstation, along with frequent changes in posture such as standing while you work.

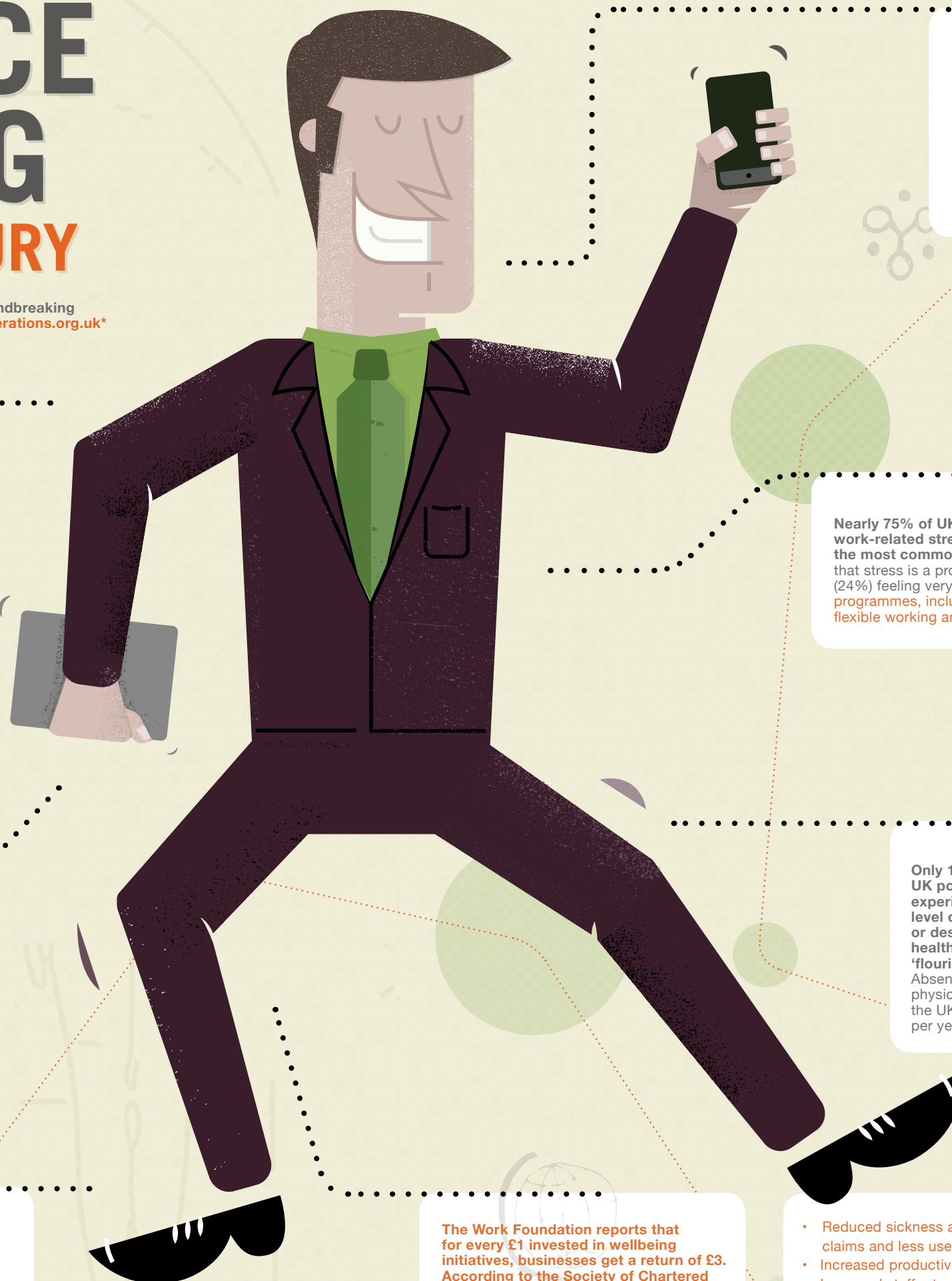


50% of teenagers are complaining of discomfort. Excessive smart phone and tablet use is a potential health time bomb for the future workforce. In the UK, 27% of children under the age of eight now own a tablet and a third of toddlers use them before they can talk.

Limiting the excessive use of technology and educating the young on best practice in where, what and how to handle mobile devices can limit bad habits and decrease the risk of more serious issues later in life.

The side effects of using mobile technology contribute to 1 in 10 visits to the GP. Those in the 25 - year age range, plus or minus five years, now have a three times higher incidence of neck pain, as adults in the 55 - year age range.

Learn to limit texting & emails and meet friends face to face. Make fitness and exercise part of your life and introduce goals with your manager as part of your personal objectives.



There has been a 35% increase in short-sightedness in the UK since the introduction of the smart phone in 1997 and cybersickness is a new illness attributed to mobile technology. On average people check their phones once every six and a half minutes over a 16 - hour daily cycle - that's around 150 times a day. Just learning to switch off, especially when on the move or at night, improves sleep patterns, reduces accidents and decreases stress levels.



Nearly 75% of UK workers suffer from some kind of significant work-related stress or anxiety. A feeling of being undervalued is the most common issue. Over half of UK employees (53%) believe that stress is a problem in their workplace with around a quarter (24%) feeling very concerned about it. Stress management programmes, including an open-door communication system, flexible working and exercise incentives can reduce the risks.



Only 18% of the UK population experience a high level of wellbeing or describe their health as 'thriving' or 'flourishing'. Absenteeism related to physical inactivity costs the UK economy £5.6bn per year.

Employers who have introduced wellbeing initiatives said that productivity had increased as a result. 88% found motivation of their staff was greater, 86% reported better staff wellbeing and 83% reduced absenteeism.

The Work Foundation reports that for every £1 invested in wellbeing initiatives, businesses get a return of £3. According to the Society of Chartered Physiotherapists (CSP), employers who have taken steps to address health and wellbeing report the following:

- Reduced sickness absence, fewer compensation claims and less use of temporary staff
- Increased productivity
- Improved staff retention
- Increased employee satisfaction
- Improved competitiveness and profitability



FLO



ERGONOMIC CONFIDENCE

an accessible training guide, online support and an inbuilt indexing system to record individual settings, allows the chair to be shared and/or reset if someone else uses it and can be confidently recycled for future occupational health requirements. Easy to reach controls and a purpose designed compartment for the back air pumps, ensures a hassle free set-up.

IS A CHAIR DESIGNED FOR MAXIMUM FIT

with minimum fuss and an uncomplicated set-up

Three years of research and development have resulted in a product which offers more adjustment range than any other, shifting the status quo in specialist ergonomic seating.





WE'RE ALL DIFFERENT

shapes and sizes

Most office chairs are designed to conform to standards and anthropometric data which are now arguably out of date. The problem is made worse when workstations are shared. Ill-fitting set-ups and lack of movement can accelerate the onset of fatigue. That's why flo has a broad range of adjustments as standard and a simple choice of mid & high back combinations among its options.



FLO MB



FLO MBA



FLO MBH



FLO MBAH



FLO HB



FLO HBA

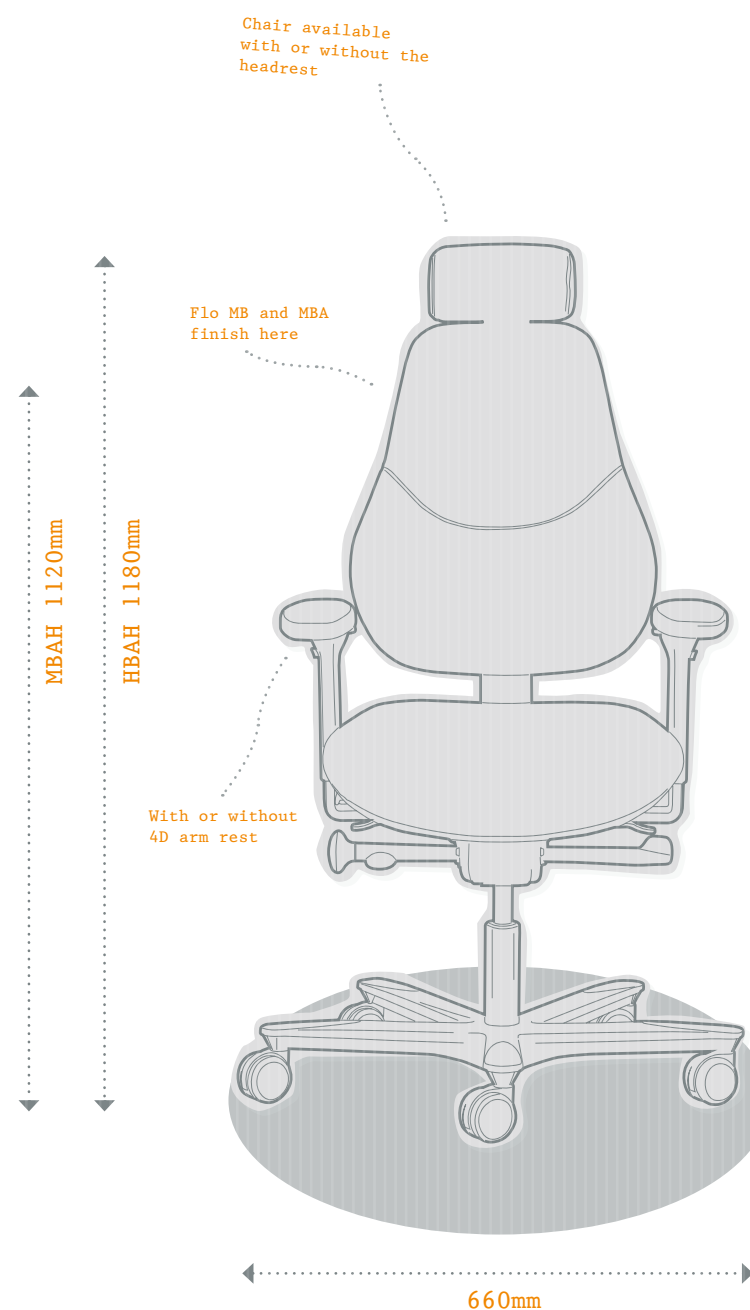


FLO HBH



FLO HBAH

DIMENSIONS



- Seat width: 520mm at it's widest
- Seat height: 460 - 620mm
- Effective seat depth: 400 - 500mm
- Back width: 485mm at it's widest
- High back height: 585 - 685mm
- Mid back height: 535 - 635mm
- Overall chair height: 1040 1200mm
- Arm width inner: 410 - 510mm
- Arm width outer: 640 - 740mm
- Arm vertical travel: 100mm
- Arm pad travel: 40mm
- Arm pad to seat: 160 - 260mm

Flo has a great adjustable scale built into it's Operating Instructions booklet. You can use the scale on the booklet to measure the correct seat height set-up for you and make a note of it on the last page for future reference.



STANDARD PRODUCT INFORMATION

- Castors: 65mm black nylon castors with hard tyre
- Base: Black nylon foot support base - 26 inch diameter
- Gas lift : Black gas lift - 160mm travel
- Mechanism: Non-synchronous mechanism with side tension adjustment, forward tilt 8 degrees, rearward tilt 17 degrees. Backrest locks in six positions with an anti-kick safety lock.
- Independent back angle adjustment : +/- 5 degrees.
- Mechanism tension range: 8 - 23.5 stone
- Seat: Black polypropylene sliding seat with 100mm of travel as standard. Seat and back cushions are replaceable/ renewable via service. Moulded CMHR foam with memory-foam wrap
- Arms: Black PU lockable arm pad with 360 degrees rotation, width adjustment, retraction adjustment and 100mm height adjustment
- Backstem: Back height adjustments with 100mm travel over seven positions
- Back: dual density foam with integral lumbar and thoracic pump as standard
- Online video instructions

OPTIONAL EXTRAS

- Headrest (retro-fittable)
- Glides
- Polished aluminium base
- Low gas lift for smaller users at low desks
- Low counter gas lift and footring
- Low counter gas lift and footplate
- High counter gas lift and footring
- High counter gas lift and footplate
- Comfort seat quilt wrap
- Full coccyx cut-out with comfort seat
- 48-hour delivery (restricted colours)
- Installation and set-up

SPIRA PLUS



ERGONOMIC DEFAULTS

Highly adjustable arms, headrest and back support including integrated air cells in the lumbar and pelvic area guarantees a better fit for users. With a contoured back shape for more snug support and smaller seat option for shorter users, the Spira plus provides ergonomic support for all.



SPIRA PLUS - HBAH

VALUE ERGONOMICS WITH ALL THE FEATURES

for a tailored, supportive sitting experience

This task chair has all the specialist performance credentials of a specialist chair, without losing aesthetic appeal for large-scale preventative use.

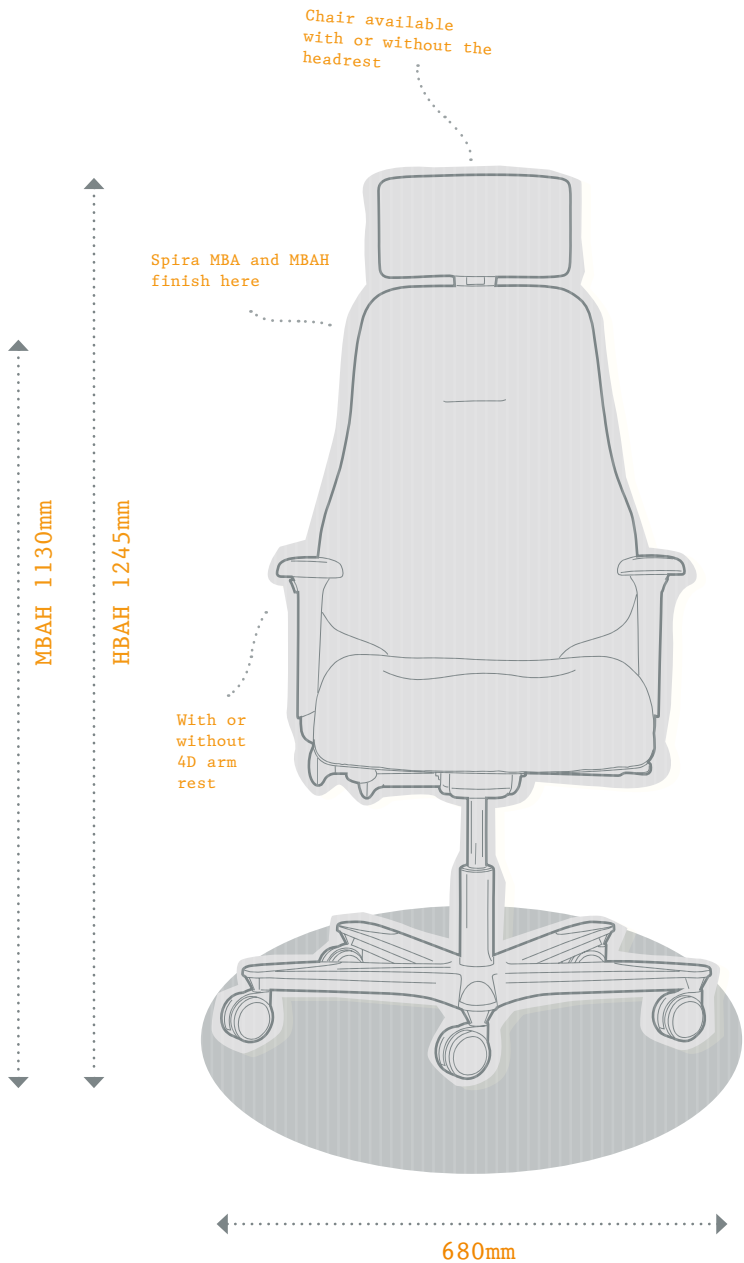
DIMENSIONS



SPIRA PLUS - HBAH



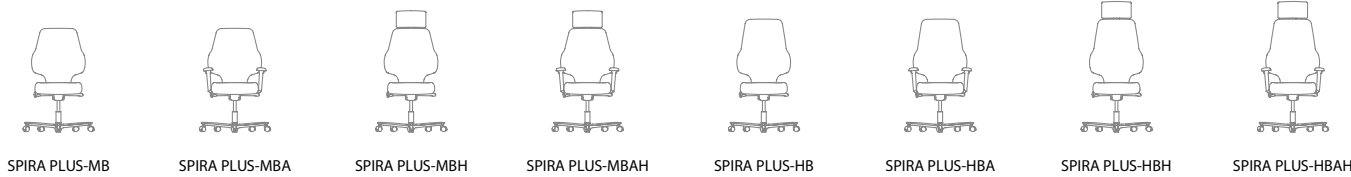
SPIRA PLUS - MBA



- Seat width: 460mm standard / 490mm shallow
- Seat height: 465 - 635mm
- Effective seat depth: 420 - 470mm standard / 350 - 400mm shallow
- Back width: 490mm
- High back height: 595 - 665mm
- Mid back height: 475 - 545mm
- Overall chair height: 1070 - 1240mm
- Arm width inner: 395 - 465mm
- Arm width outer: 590 - 660mm
- Arm vertical travel: 70mm
- Arm pad travel: 55mm
- Arm pad to seat: 160 - 260mm

CHOICE

with two back and two seat sizes the range enables accurate set-up and fit-for-purpose seating solutions for all shapes and sizes. The chair also features a retro-fittable headrest and 4D arms for a variety of tasks and applications.



Spira plus has an online video describing set-up and use
active-ergonomics.co.uk



With reassuring ratchet movement for desired comfort

HEIGHT AND ANGLE ADJUSTABLE HEADREST



Fully tilt adjustable with integrated lumbar and pelvic air support and contoured back shell

INDEPENDENT RATCHET HEIGHT BACKREST

SPIRA PLUS - HBAH



Adjustable and lockable allowing the user to set the back angle for desired fit

INDEPENDENT BACK ANGLE



For greater freedom of leg movement & foot support

FLAT FOOT SUPPORT BASE



HEIGHT AND WIDTH ADJUSTABLE ARMS

The arms can be locked into place for the desired height and width. Also rotate 30 degrees and slide



CHOICE OF SEATS

3 degree forward tilt with shallow seat and low lift options for petite users



RECLINE TENSION

Clockwise to increase tension, anticlockwise to decrease



A SYNCHRO MECHANISM

With 2 degree back recline with every degree of seat recline

STANDARD PRODUCT INFORMATION

- Castors: 65mm black nylon
- Base: Black nylon - 26 in diameter
- Gas lift : Black - 170mm travel
- Mechanism: synchronous with 3 degrees forward & 15 degrees of rearward, side tension adjustment & free float
- Tension range: 8 to 23.5 stone
- Online video instructions
- Seat: 50mm seat depth travel, CMHR contoured foam with memory-form wrap
- Arms: Black PU height adjustable arms with rotation retraction and width adjustment
- Back: Contoured CMHR foam with six position height adjustment with anti-kick safety bar
- lumbar and pelvic adjustable air cells

OPTIONAL EXTRAS

- Headrest (retro-fittable)
- Glides
- Polished aluminium base
- Low gas lift for smaller users at low desks
- Low counter gas lift and footring
- Low counter gas lift and footplate
- High counter gas lift and footring
- High counter gas lift and footplate
- Comfort seat quilt wrap
- Full coccyx cut out with comfort seat
- 48-hour delivery (restricted colours)
- Installation and set-up

OTHER SPECIALIST SEATING

Joy^{OH}



Joy OH



Joy OHA



INTEGRATED SIMPLICITY WITH SEAT TILT AND AIR LUMBER

A no-fuss package of features which takes the competitively priced Joy chair to an advanced level of performance and comfort for individuals or for larger shared installations where individualisation is key.

G64 9278 9278 (WITH HEADREST) ROBUST ENGINEERING

From the Ergonomics award-winning G64 range, the Managers task chair is suitable for occupants up to 31 stone.

The unique dual contour seat allows users to sit in a healthy open thigh-to-trunk angle without the sensation of slipping forward and the chair can be easily adapted for coccyx relief, additional lumbar or extra comfort.



BESPOKE SOLUTIONS

We understand that certain specialised jobs, environments and individuals require more unique chairs. Our ergonomists have the knowledge and experience to source the best

solutions on the market. And through our trusted supply chain and trained engineers, Active Ergonomics will select, install and service the right chair for the job.



Laboratory



Bariatric



Education



Sit stand



Industrial

CHAIR ADAPTIONS



UNIVERSAL LUMBAR SLEEVE - AE ULS

This generous air-filled sleeve comes with a wide adjustable elastic strap to fit most task and meeting chairs for added lumbar support or even as a seat cushion.

Twice the size of integral lumbar pumps, the cushion encourages a more dynamic sitting posture and responds to the user's every move.

The Universal lumbar sleeve is easily deflated for use on the move, whether on public transport or in the car, and is available in breathable, adaptable, 3D black fabric as standard.



UNIVERSAL ARMPAD - AE UNIARM

Retro-fittable elasticated gel arm pads for increased forearm comfort. Can also be used to increase the height of the armrests by 25mm.



COCCYX CUTOUT CUSHIONS

The coccyx cut-out allows for extra support. The rear section of the seat has a portion removed to provide relief in the coccyx area.

For more information please contact us with details of your needs.



FOOTPLATE - FLO FP

The footplate is suitable for most counter-height chairs and replaces conventional footrests as a healthy option for prolonged sitting.



ADJUSTABLE FOOTPLATE - AE AF

The seat-mounted footplate has the advantage of automatically following the relative seat height of the chair and is ideal for shared workstations.

DESK ADAPTIONS

Height adjustable sit stand desks



Seated position



Desk standing

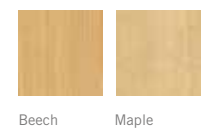
TELESCOPIC ELECTRIC DESK - AE TED F2L

These versatile desks are simple to operate and allow you to move from sitting to standing work at the press of a button. The two-legged height-adjustable desks come with a choice of rectangular desktops.

TECHNICAL FEATURES

- System: **Two-step external drive**
- Material: **Aluminium & Steel**
- Colour: **Silver**
- Height (Lowest): **61/63cm**
- Height (Highest): **126/128cm**
- Width: **110/170cm**
- Voltage: **230/115 volt**
- Static load (max): **80kg**

FINISH OPTIONS



HEIGHT ADJUSTABLE DESKTOP PLATFORM - AD VDP

This revolutionary platform is affordable and easy to use, allowing you to work either sitting or standing. It's the perfect way to increase your energy, your health, and your productivity.

- Supports two full-sized monitors
- Work comfortably either sitting or standing
- Spring-assisted lift
- Sets up in less than five minutes
- Ships fully assembled

This dual monitor version of the VARIDESK has a black top and will perfectly suit offices and homes alike.



DESK RAISERS - AE DR1

Circular desk raiser to enable height adjustments to a standard desk. Very strong and sturdy.

- Made out of recycled plastic
- Easy to stack
- Each raiser is 1.1 in height
- Will accept circular or cantilever legs
- Very strong and sturdy
- Come in a set of 4
- In black finish



INPUT DEVICES & COPY HOLDERS



CONTOUR - AE RM PRO2

The RollerMouse Pro2 allows your arms and hands to rest comfortably in front of you. There's no need to reach to the side, everything you need to control your computer is right in front of you. You control the cursor by gently moving the rollerbar with your fingertips. You can use both hands and vary your position, which helps avoid discomfort and prevent pain.

It offers seven button functions, including the practical 'one touch' double click and copy/paste. You can also switch between high or extra high precision at the touch of a button (750 dpi/1200 dpi) and you can adjust the pressure required to perform a click using the slider underneath the RollerMouse Pro2.



CONTOURMOUSE - AE CM

The Contour Mouse is an ergonomically sculpted mouse, designed to support your hand comfortably, regardless of size.

A choice of right-handed and left-handed sizes ensures that you will find a Contour Mouse that fits your hand avoiding excessive clutching and finger flexing that can aggravate the hand and wrist, resulting in repetitive strain injuries.

Contour Mouse has five buttons, including a proper, full-size third (middle click) button. The three major buttons are elongated so that your fingers rest on them and are able to click with full finger extension with small, subtle motions and without flexing your fingers. Your thumb rests on the side, between a rocker switch and the scroll wheel on the side of Contour Mouse.

MINI KEYBOARD - AE M61



The mini keyboard helps prolific mouse users to keep their forearm and wrist in a more natural position within the comfortable zone reach of the desk top. The compact nature of the keyboard also means it's a handy portable solution for laptop users who need a remote keyboard when their laptop is set up on a stand.

Slim Multimedia compact keyboard
- 1.5cm thick slimline profile
- Seven Hot Keys, laser-inscribed keys ensure you will never lose the key identity
- Large Enter Key for ease of use
- Plug & Play

RAISED ADJUSTABLE STUDY STATION - AE SSRA



The adjustable slope is a robust acrylic writing and reading surface and is ideal for computer users who need to refer to information on a regular basis or take notes, and can be positioned between the keyboard and screen. It can also be pulled forward over keyboards for more comfortable note taking without having to compromise posture.

The set is available with a frosted, blue, purple, red, green or orange acrylic writing slope and is also available without the raised section.

Dimensions:
Internal Width 500mm / Depth 320mm / Height 65mm

ON THE MOVE



TABLET RISER - AE TR

Conventional tablet stands and covers are often clumsy and short-lived, while prolonged use of a tablet on a flat surface can lead to neck and eye strain. This new riser is robust, functional and elevates the tablet higher than other models on the market. The Riser also converts back to a carrying case which can accommodate a remote keyboard as well.



LAPTOP RISER - AE NZLS

The INZONE™ Note Book Stand is designed to accommodate any notebook or laptop and position them in any choice of heights and angles for better viewing. Thanks to its curved design, heat accumulation is reduced to a minimum.

The built-in 4 port USB 2.0 hub frees up space in the USB ports of the computer and also makes it easier for the user. The built-in copy holder places documents right in front of the user, between the keyboard and the screen, so as to avoid unnecessary movement and flexion of the neck.

BACK CARE ACTIVE BACK PACK - AE BCBPB



Conventional trolley bags end up being carried for a high proportion of a typical commute to work. Selecting a good quality backpack can save awkward carrying techniques and the Back Care Active Back Pack is the only UK endorsed ergonomic backpack on the market and is particularly suited to commuting office workers.

The patented curved back panel helps to protect the back with compression side straps and parachute-style shoulder straps keeping the load close to the body. Containing plenty of pockets, including laptop provision, the bag is made from a hard-wearing 600D polyester.

Available in black or navy as standard and other colours on request, branding available for logos etc Please ask when ordering.

Weight: 0.7kg
Height: 42cm
Width: 32cm
Depth: 17cm
Capacity: 23 litres

BackCare
The Charity for Healthier Backs

FOOTRESTS & SUPPORTS



PRO 959 HEIGHT - SCORE ADJUSTABLE FOOTREST - AE FR959

User-friendly single foot-operated platform supporting weight up to 100kg, with five-year warranty.

- Height adjustment 95-370mm
- Large non-slip footrest, W 490mm x D 400 mm, for optimal comfort
- Tilting angle 22 degrees



952 HEIGHT - SCORE ADJUSTABLE FOOTREST - AE FR952

Height-adjustment footrest, raises and tilts for comfort and support. Adjusts to three different heights with the touch of your foot.

- Adjustable height between 95 and 170mm
- Dimensions 340 x 450 x 100mm (W x D x H)
- Pack dimensions: 350 x 466 x 110mm



TILT ADJUSTABLE FOOTREST - AE FR12

Adjustable footrest inclines in both directions with foot massage surface to help ease tired feet.

- Dimensions 320 x 450 x 80mm (W x D x H)



SINGLE LEG SUPPORT STOOL - AE SLSS

Adjustable leg stool that is tiltable, rotates 360 degrees and is height-adjustable via a gas stem. It can be upholstered in fabric or wipe able PVC.

- Cushion dimensions 450 x 225mm

E. LEARNING & ASSESSMENTS

The power of online training and compliance has been known for some time (for example cost reductions, improved attainment, time savings and convenience) and Active Ergonomics use a number of providers as well as their own bespoke solutions to provide a range of e-learning tools to assist in the improvement of health and wellbeing in the workplace.



DISPLAY SCREEN EQUIPMENT ASSESSMENT

Helps meet requirements of the display screen equipment regulations, which requires that employees are trained in display screen equipment use, and the importance of workstation

ergonomics. The results can then be managed and prioritised with actions for improvement where necessary and gives a full range of management reporting metrics.



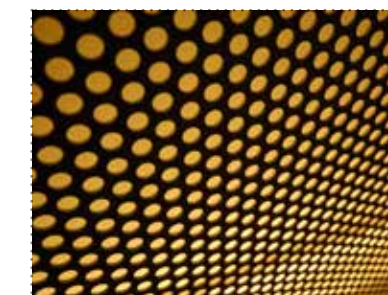
HEALTH & SAFETY AWARENESS AND OFFICE SAFETY

This course, based on a nationally recognised syllabus provides the health and safety essentials that employees need to understand their responsibilities and how to deal with common hazards in the workplace.



STRESS AWARENESS

An essential course in stress management either for employees or employers to help manage stress at work and reduce stress related absence risks.



NOISE AWARENESS

Provide your employees with awareness of the risks of noise in the workplace and how to minimise them. It helps to motivate them to use the controls that have been put in place.

REMOTE SEATING ASSESSMENTS

Acost-effective way of getting health issues resolved in the workplace is to re-think the ways alternative seating and equipment is sourced. It isn't always possible for incumbent occupational health staff to respond quickly to issues on the ground, especially across multiple sites, so Active Ergonomics has developed a system to speed things up.

By way of remote seating assessment forms and approved lists of alternative equipment, coupled with regional installation engineers and ergonomists, most issues can be resolved within two to three weeks from start to finish (often

quicker). Red tape and layers of assessors and suppliers can sometimes drag the response time out to several months.

This service is further enhanced by our Active Ergonomics Portal which is a powerful online security-protected database so you can manage individual health issues and track progress on product supply.

Assessment I.D. Form - Issue 1 (01/01/10)

will be kept confidential and filed with your health and safety records. Please note that we will be UNABLE to process this form if the information is incomplete.

Dealer/customer name: _____

Dealer Contact Name: _____

Direct Customer Email: _____

Should any further changes occur with regard to your personal health or the workstation that you work at, please inform your Line Manager.

Tel No: _____

Fax No: _____

Email: _____

Job Title: _____

Age: _____

Sex: _____

Height: _____

Exact Weight: _____

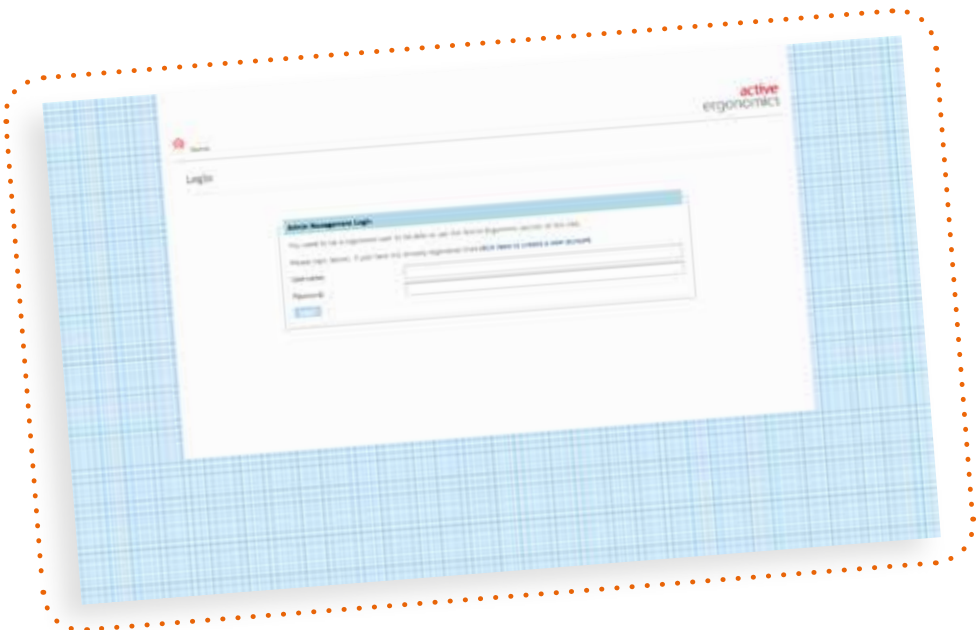
Should you have a specific medical condition which may affect your work? Yes? No?

Do you experience any pain, discomfort or injuries (outlining below): _____

Do you require a workstation assessment relating to the above? Yes? No?

Do you require a quote for the above? Yes? No?

Do you require a quote for the above? Yes? No?



WEB PORTAL

OTHER CONSULTANCY SERVICES

AE - DSES Standard workstation assessment

Compliant with the DSE regulations and delivered by trained and experienced DSE assessors, a detailed summary is provided including observations and recommendations for adjustment or alternative equipment where necessary. Ideal for users with mild discomfort or for companies looking for multiple preventative reporting for compliance and beyond.

AE - DSEP - Premium workstation assessment

A detailed analysis and report covering all aspects of health and wellbeing for users with more serious discomfort. Postural training, on-site alterations and recommendations for alternative equipment are provided and assessments are carried out by qualified practitioners (ergonomists, physiotherapists, osteopaths).

AE - GA - Ergonomic walk thru assessment

Multi-workstation observations and training to include chair set-ups, general workstation layout advice, environmental issues and/or training of on-site champions. Conclusions and

actions covered in executive summary report for incumbent occupational health or facility management representatives.

AE - IT - Ergonomics Introductory training

An introduction to health issues associated with computer use, optimum seating and workstation set-ups, DSE compliance and general office health and safety. This course can be delivered with bespoke themes targeted at specific client needs. Up to 12 delegates, normally end users, for one hour (up to four cases a day).

AE - AT - Advanced Ergonomics course

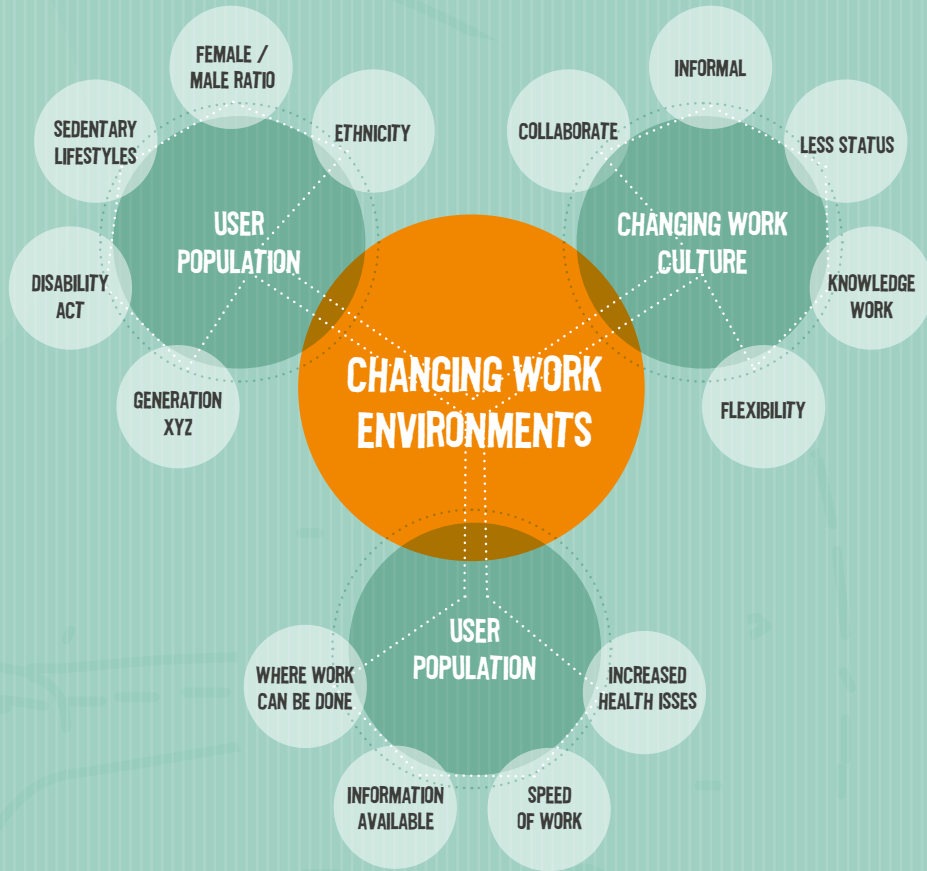
Designed for DSE assessors covering all aspects of current ergonomics thinking, compliance, health issues and challenges with changing work practices, demands and equipment. The course includes a practical and can be delivered with bespoke themes targeted at specific client needs.

ERGONOMICS RESEARCH

We use ergonomics as a predictive tool

to help understand the future workplace and wellbeing challenges that are on the horizon. A number of key research topics including ergonomics for children in schools, the health consequences of mobile technology and office acoustics have helped to re-enforce our new product development direction at Orangebox and provided much-needed insight for our customers.

We also value our close links with universities and external research establishments in part through our innovative Thesis Industry Exchange programme which helps bridge the gap between academia and industry.



Application of ergonomics in researching emerging work environments

For other training and consultancy services related to organisational wellbeing contact our offices.



**active
ergonomics**

active-ergonomics.co.uk

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(FROM MAY 2015)**

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