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SIT/STAND WORKSTATIONS

Progress Plus Workstations

Progress Plus has been designed to offer a fully ergonomic workstation promoting well-being within the workplace. The workstation surface can be adjusted from 650mm to 1280mm via an electronic keypad.

An optional advanced keypad can be specified permitting height restrictions, collision sensitivity and three memory functions with the capability of connecting to a mobile application. This aims to develop a healthy routine into the working day.

The application tracks the usage of the desk, reminding users to adjust their workstation, changing the users prolonged sitting behaviour.





Single Workstation



Rectangular workstations are modular and flexible. They can be configured for single use or in multiples to suit the changing demands within the office environment.

The worksurface can be adjusted from 650mm to 1280mm.





Keypad with up/down functionality only.

Standard Keypad



Optional Advanced Keypad (PPKP)

Compatible with the Elite Sit-Stand Bluetooth App when purchased with Bluetooth Dongle (/PPKPD).

3 Memory settings. Illuminated digital display.

Single Workstation Modesty Panel



When single workstations are specified within open office spaces, under-desk privacy can be achieved with the use of a steel modesty panel.

Available in either Silver, Black Graphite or White, these can be powder coated to match or contrast against the leg frame.



users.

Blade Screens are compatible with Single and Double workstations and are available in either Black, Grey, Light Grey, Blue or Red fabric.

Blade Screen/Modesty Panel

Progress Plus Double Bench

Double Benches can be configured in pairs offering flexibility for future expansion or reconfiguration.

Each surface is individually operated using the height adjustment keypad.



Decorative Slab End





A Decorative Slab End provides privacy for users working at the end of a bank of workstations. The panels have been designed to enable installation without the need for tools and can be installed or removed instantly.

The panels can be finished in a matching MFC for enhanced discretion or in a contract finish for aesthetic impact.

Double Bench Wire Management



Progress Plus Double Bench workstations have been designed to incorporate a comprehensive wire management solution, that can be specified at the point of purchase or retrofitted, should the wire management requirement change as technologies evolve.

Double Benches are supplied with horizontal cable trays welded into position within the subframe.



The locking mechanism secures sliding desk tops in an open or closed position. They are sold in pairs and can be retrofitted after purchase.

Double Bench Wire Management

Double Bench Cable Tray.

The optional Double Bench Cable Tray features two opening cover plates permitting access for cables and power modules within the tray.

Access is permitted even when a screen panel is specified.









The illustration above demonstrates how the cover plates can be rotated 90 degrees to allow access into the tray when screens are specified.



A. Double Bench Cable Riser. Product Code: PPCR

B. Track Cable Riser Fixed. Product Code: TCRF

Compatible with Progress Plus Double Benches with Central Double Bench Cable Tray only.

Can be retrofitted.



C. Track Cable Riser. Product Code: TCR

D. Slinky Cable Riser. Product Code: SCR

Delivers power and data cables neatly into the horizontal cable trays.

Compatible with Progress Plus Single Workstations and Double Benches.

Can be retrofitted.





Linking Plate & Central Linking Cable Tray

Specifying the Progress Plus Linking Plate ensures a fixed gap of 25mm between worksurfaces when two or more Double Benches are configured side by side.

To prevent trailing cables, the use of a Central Linking Cable Tray allows cables to be passed horizontally between workstations.







Single workstations are supplied with a horizontal cable tray as standard to pass power and data cables along the underside of the desk.

An optional Track Cable Riser is available to accommodate cables from the floor to the underside of the horizontal cable tray.

Single Bench Wire Management



Product Code: TCR



Optional desktop power solutions are available with the use of our Wireless Charging Units or Port Hole Power Modules incorporating 2 x USB type A charging ports and 1 x power socket.

The Progress Plus range incorporates a 120 degree cluster integrating shared componentry, whilst maintaining the capability of adjusting each worktop individually.

Each complete unit provides workstations for three users and they can be linked to create larger integrated footprints.

120° Bench Workstations



Control Keypads



Standard Keypad Features

Manual Upper and Lower Height Functionality Only. Conforms to BS6396



Advanced Keypad Product Code: PPKP

Manual Height Adjustment Using +/- Keys. Anti-Collision Sensitivity (3 Settings). Upper and Lower Height Restrictions. LED display with Units in Inches & Centimetres. 3 Memory Height Presets. Lock/Unlock Keypad. Easy User Guide.

Compatible with Sit-Stand Bluetooth App, when paired with Bluetooth Dongle (PPKPD).

Can be retrofitted.

Conforms to BS6369.

Safety Awareness

Advisory Notice:

When specifying a Progress Plus height adjustable desk with an under-desk pedestal or storage unit, it is recommended that an advanced keypad (PPKP) is specified to ensure the upper and lower height restrictions can be set and also the anti-collision sensitivity can be adjusted.

This prevents collision between the underside of the cable tray and the pedestal/storage unit.

We recommend the use of a low mobile pedestal (MPF or MP3) when specifying Progress Plus workstations.



A. Low Mobile Pedestal Product Codes: MPF & MP3 418mm w x 600mm d x 480mm h



When at its lowest positio

50mm) there is clearanc



В

Sit-Stand Bluetooth App.



Personal Health Plan

Work Hours

AM

PM

08:30

01:00

Sedentary Reminder

Daily Standing Goal

То

То

reminders will be sent to

the device, encouraging

users to adopt a healthy

lifestyle at work and

decrease

time spent sitting for

long periods.



the application will track your daily, weekly and monthly progress, calculating your calorie consumption.



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Accessories

A range of optional accessories have been designed for use with Progress Plus bench desks, delivering a number of ergonomic, well-being and accessibility benefits.



Advanced Keypad.

Manual Height Adjustment Using +/- Keys. Anti-Collision Sensitivity (3 Settings). Upper and Lower Height Restrictions. LED display with Units in Inches & Centimetres. 3 Memory Height Presets. Lock/Unlock Keypad. Easy User Guide.

Compatible with Sit-Stand Bluetooth App, when paired with Bluetooth Dongle (PPKPD).

120° Workstation Module. Double Bench Module. Single Workstation Module.

Can be retrofitted after initial purchase.

Conforms to BS6369.

Code:	PPKP3
	PPKP2
	PPKP



Advanced Keypad App. Bluetooth Dongle.

For use with Sit-Stand mobile App. App. provides access to a healthy working programme. Advanced Keypad required (see above).

Code: PPKPD



Sliding Top Locking Mechanism.

Locks sliding desk tops in open or closed position. Sold in pairs and can be retrofitted after purchase. Compatible with Double Bench desk tops only.

Code: PPLM



Single Bench Steel Modesty Panel.

300mm High Modesty Panel. Can be retrofitted. For single workstations only.

e:	PPRMP18	F
	PPRMP16	F
	PPRMP14	F
	PPRMP12	F

Double Bench Cable Tray.

Compatible with Double Benches only. Cable tray positioned centrally between worksurfaces. Cable tray can be closed to enclose exposed cables and sockets. Cable trays are 230mm deep and 78mm high.

Code: PPRCT18For 1800mm Workstations (1560mm w) PPRCT16For 1600mm Workstations (1360mm w) PPRCT14For 1400mm Workstations (1160mm w) PPRCT12For 1200mm Workstations (960mm w)

Linking Plate.

Compatible with Double Benches only. Links workstations end to end to ensure a consistent / fixed gap of 25mm between worksurfaces to reduce the risk of finger trapping.

Code: PPFP

Double Bench Linking Cable Tray.

Compatible with Double Benches with Double Bench Cable Tray only. Allows cables to pass between cable trays when configured in banks of 2, 4, 6, 8 etc. Double bench cable trays are 135mm deep and 35mm high. Adding Linking Plate (PPFP) is advisable, this will conceal exposed cables between benches.

Code: PPLCT

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For 1800mm Workstations (1500mm w)
For 1600mm Workstations (1300mm w)
For 1400mm Workstations (1100mm w)
For 1200mm Workstations (900mm w)
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(208mm w x 180mm d)

(260mm w)



Track Cable Riser.

Compatible with height adjustable workstations. Connects at pre-fixed points along the workstation / cable tray. Complete with metal floor support plate.

Code: TCR/SB TCR/BB TCR/WB

Silver / Black Track / Silver Plate Black / Black Track / Black Plate White / Black Track / White Plate



CPU Holder.

Includes mounting kit. Adjustable CPU holder for PC towers. Subframes are pre-drilled to enable the CPU holder to be mounted on the left or right hand side. Rotates a full 360° for complete access to cables and ports.

Code: PPCPU PPCPU/W



Track Cable Riser Fixed.

Connects at pre-fixed points along the Double Bench Cable Tray. Complete with metal floor support plate.

Code:	TCRF/SB	Silver / Black Track / Silver Plate
	TCRF/BB	Black / Black Track / Black Plate
	TCRF/WB	White / Black Track / White Plate



Double Bench Cable Riser.

Compatible with Double Benches with Double Bench Cable Tray only. Connects at pre-fixed points along the workstation / cable tray.

Code: PPCR/SB PPCR/BB PPCR/WB

Silver / Black Black / Black White / Black







Slinky Cable Riser.

Suitable for Progress Plus Double Benches and Single Workstations. Allows cables to be safely routed from floor level to bench underside. Available in Black, Silver and White plastic.

Code:	SCR/S	Silver
	SCR/B	Black
	SCR/W	White

Wireless Charging Unit.*

Charge smart phones and tablets wirelessly. Fixing via 80mm porthole aperture.

WCU/BB Black / Black WCU/AB WCU/WW White / White WCU/AW Aluminium / White

Aluminium / Black

WCU/WCR WCU/WCR/B Black Plastic

Unit.

Please note: Wireless charging receiver (centre) required when device does not support wireless charging.

* Please contact our sales team to confirm compatibility and positioning within the single and double workstations.

Brushed Aluminium / Black Trim Brushed Aluminium / White Trim

Wireless Charging Receiver.

Compatible with Wireless Charging

1 x Lightning output: DC 5V, 1A 1 x Micro USB output: DC 5V, 1A 1 x USB Type C output: DC 5V, 1A

Chrome



Port Hole Power Module.*

1 x 3.15 amp fused socket. 2 x USB charger (type A+A). 1m Connection lead. Fixing via 80mm porthole aperture. Requires a separate mains lead if connecting directly into a socket.

PHPM/G PHPM/B PHPM/W Grey Black White

Accessories

Single Workstation Fabric System Screen with Aluminium Trim.



Rectangular dividing system screen with aluminium trim. Available with or without management rail. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.

Please refer to the price & specification guide for product codes and specification details.

Single Workstation Acrylic System Screen with Aluminium Trim.



Rectangular dividing system screen with aluminium trim. Available with or without management rail. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim. Acrylic options include: Blue, Green, Orange, Red, Frosted and Clear.

Please refer to the price & specification guide for product codes and specification details.



Single Workstation Blade Screen Panel.

Rectangular dividing screen. Screen is bracketed to the outer edge of desk top. Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003). Available in five screen colours.



Grey

Single Workstation Blade Screen / Modesty Panel.

Rectangular dividing screen doubling as modesty panel. Screen is bracketed to the outer edge of desk top. Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003). Available in five screen colours.



Black



Single Workstation MFC System Screen with Aluminium Trim.

Oak, Laurentii Wenge, Natural Nebraska Oak and White.

Rectangular dividing system screen with aluminium trim. Available with or without management rail. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim. MFC options include: Ash, Autumn Cherry, Chester Oak, English Walnut, Grey, Grey Nebraska

Please refer to the price & specification guide for product codes and specification details.



Single Workstation Acoustic Screen.

Rectangular dividing acoustic screen faced with 6mm polyester fibre insulation board. Class B certified in accordance with International Standards:

ISO 354:2003 ISO 11654:1997 ISO 9613-1:1993

Please refer to the price & specification guide for product codes and specification details.



Rectangular dividing screen with pinnable or non pinnable fully upholstered surface.

Please refer to the price & specification guide for product codes and specification details.

Single Workstation Contract Screen.



Light Grey

Please refer to the price & specification guide for product codes and specification details.



Red

Please refer to the price & specification guide for product codes and specification details.



Double Bench Fabric System Screen with Aluminium Trim.



Rectangular dividing system screen with aluminium trim. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim.

Fixing on double bench : bracketed to the bench leg frames. Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



Double Bench Contract Screen.

Rectangular dividing screen with pinnable or non pinnable fully upholstered surface. Pullover style fabric application.

Fixing on double bench : bracketed to the bench leg frames. Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.

Double Bench Acrylic System Screens with Aluminium Trim.

Rectangular dividing system screen with aluminium trim. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim. Acrylic options include: Blue, Green, Orange, Red, Frosted and Clear.

Fixing on double bench : bracketed to the bench leg frames. Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.





Rectangular dividing screen.

Black Grey



Double Bench MFC System Screens with Aluminium Trim.

Rectangular dividing system screen with aluminium trim. Available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003) metalwork trim. MFC options include: Ash, Autumn Cherry, Chester Oak, English Walnut, Grey, Grey Nebraska Oak, Laurentii Wenge, Natural Nebraska Oak and White.

Fixing on double bench : bracketed to the bench leg frames. Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.



Double Bench Acoustic Screen.

Rectangular dividing acoustic screen faced with 6mm polyester fibre insulation board. Class B certified in accordance with International Standards:

> ISO 354:2003 ISO 11654:1997 ISO 9613-1:1993

Fixing on double bench : bracketed to the bench leg frames. Fixing on single bench : bracketed to the outer edge of the desk top.

Please refer to the price & specification guide for product codes and specification details.

Double Bench Blade Screen Panel.

Screen is bracketed to the outer edge of desk top.

Bracket available in Anodised Silver, Black Graphite (RAL 9004) and White (RAL 9003). Available in five screen colours.





Light Grey

Blue

Red

Please refer to the price & specification guide for product codes and specification details.



M2 Single Monitor Arm.

Post mounted monitor arm with spring assisted tension. Spring Assisted Tension Height Adjustment.

Code: 2LM2CS/TFC Silver Clamp on Desk Fixing. 2LM2CW/TFC White Clamp on Desk Fixing.



Ollin Monitor Arm.

Post mounted monitor arm with innovative 'technical cord' height adjustment system. Reddot design award winner 2017.

Dual monitor arm option available. Please see our price and specification guide for details.



Flex Single Monitor Arm - Manual Post Height Adjustment.

Post mounted monitor arm with spring assisted tension. Manual Post Height Adjustment.

Code: F2LMP F2LMP/W

Silver Clamp on Desk Fixing. White Clamp on Desk Fixing.



Flo Monitor Arm.

Post mounted monitor arm with 'Flo spring technology' and fingertip height adjustment.

MOA/FLO1/B

Dual monitor arm option available.



Flex Single Monitor Arm - Front End Height Adjustment.

Post mounted monitor arm with 2 x folding links. Front End Height Adjustment.

Code: F2LGP F2LGP/W

Silver Clamp on Desk Fixing. White Clamp on Desk Fixing.

Dual monitor arm option available. Please see our price and specification guide for details.



Ascend Monitor Arm.

Post mounted monitor arm with assisted fingertip adjustment.

Code: MOA/ASC1/S Silver Clamp on Desk Fixing. MOA/ASC1/B Black Clamp on Desk Fixing. MOA/ASC1/W White Clamp on Desk Fixing.

Dual monitor arm option available. Please see our price and specification guide for details. Dual Monitor Arms Available for Progress Plus.

Please see our price and specification guide for further details and pricing.





M8 Dual Monitor Arm Front End Adjustment

Flex Dual Monitor Arm Front End Adjustment

Accessory Compatibility

- BLACK Compatible
- ORANGE Conflict when using screens

Workstations - Height Adjustable Double Benches

Workstations - Height Adjustable Single Workstation

Workstations - Height Adjustable 120 Degree Workstations



Code: MOA/OLL1/S Silver Clamp on Desk Fixing. MOA/OLL1/B Black Clamp on Desk Fixing. MOA/OLL1/W White Clamp on Desk Fixing.

Code: MOA/FLO1/S Silver Clamp on Desk Fixing. Black Clamp on Desk Fixing. MOA/FLO1/W White Clamp on Desk Fixing.

Please see our price and specification guide for details.



Ascend Dual Monitor Arm Post Mounted



Ollin Dual Monitor Arm Post Mounted



Finishes

MFC Finishes

The 9 finishes below are our standard MFC finishes.



Elite cannot guarantee continuity in the appearance of veneer panels.

Elite process pre-veneered boards that cannot be book or colour matched.



Oak



Metalwork Finishes

The 3 finishes below are our standard metalwork finishes.

Black Graphite

RAL 9004

Green

Clear



Orange

Red

Health Benefits

Extensive research has shown that our bodies are not engineered to sit in a static position for long periods of time. By introducing standing desks within your workplace, research found that you have a better chance of combatting this impact on your health and well-being.

Below are just some of the statistics released in a combined study by the BBC and the University of Chester.



Heart Rate

Significant increase in heart rate from seated to standing - 10bmp



Seated average beats per minute 79



Calorie Expenditure

Significant increase in calorie expenditure from seated to standing - 0.7 kcals/minute



Seated average 2.6 kcals per minute



Standing average 3.3 kcals per minute

Blood Glucose

The concentration of sugar in blood



Seated peak to trough 106 minutes

Peak 152 minutes after lunch Trough 258 minutes after lunch



Peak 84 minutes after lunch Trough 144 minutes after lunch

'Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest' BBC News reports. Combined study by the BBC and the University of Chester.

Brain Activity

Brain function slows due to lack of fresh blood and oxygen being pumped around your body, resulting in lack of brain and mood enhancing chemicals required to stay alert. Tiredness starts.

Heart Disease

Muscles burn less fat and blood flows slower during sitting. This allows fatty acids to easily clog the heart. High blood pressure and elevated cholesterol are increased, leading to cardiovascular disease.



Back Problems

Sitting does not allow nutrients and fresh blood to enter the soft spongy discs between vertebrae, resulting in hard support tendons and ligaments. Weight is also distributed unevenly between vertebrae causing spine problems.

Most Common Pain Areas

Wrist Neck 33% 53% Shoulder 38% Low Back 63%

By standing up, you cause the big muscles in your legs and back to contract, which leads to an increase in certain enzymes that break up fat in the blood stream. You don't have to jog in place or move around. Just stand. A very pleasant additional benefit is that standing up every 20 to 30 minutes also seems to prompt the body to burn calories, so you don't gain as much weight from sitting at the office most of the day.

Gretchen Reynolds

During a survey of people using sit/stand workstations:



83% Agreed there had been an increase in sedentary jobs since 1950. 75% Would rather stand. 71% Were more focused. 66% Were more productive. 50% Experienced a reduction in pain in upper back, neck & shoulder. 33% Felt less stressed.

Inner Health Statistics

Calorie burning drops by 1 per minute. Enzymes that break down fat drop 90% Good cholesterol drops 20% Insulin effectiveness drops 24% and risk of diabetes rises.

Muscle Problems

Sitting allows electrical activity in the leg muscles to shut off meaning the Limp Glutes found around your buttocks become accustomed to no use. This lowers your ability to maintain a powerful stride.

Poor Circulation

Sitting for long periods slows blood circulation. This causes fluid to pool in the legs. This problem can cause swollen ankles, varicose veins and dangerous blood clots known as Deep Vein Thrombosis (DVT).

Aim to stand up every 20 minutes.

"New science shows very persuasively that standing up every 20 minutes, even for only a minute or two, reduces your risks of developing diabetes and heart disease.

If you can stand up every 20 minutes - even if you do nothing else you change how your body responds physiologically.

Writes the Phys Ed column for the New York Times.

100% Felt better with 2 out of 5 reporting they slept better.







Certifications

Progress Plus is compliant with the following standards:

Mechanical/Electrical Parts:

BS6396:2008 Compliant Electrical Systems in Office Furniture and Educational Furniture.

EN 55014-1:2006+A1+A2 EN 55014-2:2015+A1+A2 Electromagnetic compatibility. Requirements for household appliances, electric tools and similar apparatus.

EN 61000-3-2:2014 EN 61000-3-3:2013 Electromagnetic compatibility (EMC). Limits for harmonic current emissions (Equipment input current ≤ 16 A per phase).

EN 60335-1:2012+A11 General requirements for safety of household and similar electrical appliances. Part 1.

EN 62233:2008 Measurement methods for electromagnetic fields of household appliances and similar apparatus with regard to human exposure.

Structural Compliance:

BS EN 527-1:2011 Compliant Office furniture desking dimensions.

BS EN 527-2:2002 Compliant Office furniture desking mechanical safety requirements.

BS EN ISO 9241-5:1999 Compliant Ergonomics of VDU/TFT screen usage within offices.

Our Plastic Awareness Policy

We adhere to our Circular Economy business model that aims to deliver 100% recyclability.

The use of recycled plastic in place of virgin resin typically results in reduced energy consumption, lower cost, and reduced environmental impact.

Progress Plus permits all plastic components to be recycled through curbside programs. The following page illustrates what type of plastic is used and its recyclable properties.

WHAT WE USE

RESIN TYPE

Desk Construction:

Workstation Tops: Height Adjustable Feet: Cable Clips: Cable Access Grommets: Leg Frame Support Ring: Acrylonitrile Butadie Polypropylene. Polyamide. Thermoplastic Elast Polyoxymethylene.

Cable Management:

PPCR/TCR Cable Riser: Cable Clips:

Thermoplastic Vulcanizate Elastomer. Polypropylene.

Electronic Components:

Motor Housing Box:

Digital Display Keypad Surround: Digital Display Keypad Buttons: Digital Display Clear Display: Cables:

Acrylonitrile Butadiene Styrene. Polyoxymethylene. Acrylonitrile Butadiene Styrene. Liquid Silicone Rubber. Polycarbonate. Polyvinyl Chloride.

Packaging Materials:

Metalwork Protection Sleeves:

Low Density Polythene.

PETE

Polyethylene Terephthalate (PETE) Picked up through most curbside recycling programs.



Polyvinyl Chloride (PVC) Extensively recycled in Europe, 481,000 tonnes in 2014 through Vinyl 2010 and VinylPlus initiatives.



Low Density Polythene (LDPE) LDPE is becoming a popular recycled plastic through curbside programs, due to the increase in shopping bag waste.



Polypropylene (PP) Can be recycled through some curbside programs.



Polystyrene(PS) Can be recycled through some curbside programs.



Liquid Silicone Rubber (LSR) Silicone is not biodegradable, but it can be recycled easily through some curbside programs.



Polyoxymethylene (Acetal) (POM) Polyoxymethylene is easily recycled due to its excellent molecular properties.



Polycarbonate (PC)

Polvamide (PA)

Polycarbonate is fully recyclable and is made from a natural resource (oil) - it provides an excellent yield for plastic recycling facilities. The usual process for recycling polycarbonate is to sort, shred, wash, granulate and then compound ready for re-use.



Thermoplastic Elastomers (TPE) / Thermoplastic Vulcanizate Elastomers (TPV) Thermoplastic Elastomers can be recycled nearly up to 100%. Due to uncured molecular chains, it is possible to melt down the thermoplastic elastomers again and again. This characteristic turns the Thermoplastic Elastomers back into its manufacturing process.



Acrylonitrile-Butadiene-Styrene (ABS)

ABS is recycled by first shredding used plastics to produce shredded plastics. After this step, metals and undesirable plastics are separated from the shredded plastics to produce separated plastics.



Polyamide is 100% mechanically and feedstock recyclable. Recycled content is made into new product formulations. This is a mixed plastic made up of many polymers.

ene Styrene.	(ABS) (PP) 5
tomers.	(PA) P/ (TPE) (POM)

(ABS) 9 (POM) (ABS) 9 (LSR) 7 (PC) 7 (PVC)3

(TPV) 7

(PP) 6

(LDPE) 4