Top marks from experts

Young Office System
favourite (Learning) environment

The „Aktion Gesunder Rücken (AGR) e.V.‟ (the Campaign for Healthier Backs association) was founded in 1995 and is supported by medical scientists and therapists.

The purpose of the association is to support research into avoiding backache and process the findings from these research activities in order to make a new contribution to the widespread condition of backache. This already from early childhood.

The „Aktion Gesunder Rücken (AGR) e.V.‟ developed a decision guidance as a reference for consumers when buying back-appropriate products: the AGR seal of approval.

It is awarded only to products whose back-friendly design has been verified by an independent testing committee made up of experts from various medical disciplines.

„Tested & recommended“ – 7 times

All moll products that are registered for testing have passed the experts’ critical checks and been awarded the AGR seal.

Winners are the moll desk designs Champion, Runner, Booster, Sprinter and Intero ... and the Maximo and Woody swivel chairs.

Find further information on the AGR at www.agr-ev.de

© Copyright by moll 07/2012 • All products are subject to technical changes. No liability is assumed for content or printing errors.
moll develops and manufactures pioneering desks for children that grow with them, and that are appropriate to all their highly discerning target group’s needs and requirements: that of children.

moll – the original: children grow, and moll grows with them

The moll joinery was founded by the Moll family in Gruibingen in the Schwäbische Alb in 1925.

In 1974, moll invented the world’s first height-adjustable desk for children and young adults to have a tiltable desktop and anti-slip feature.

The introduction of the ‘basic’ system in the 1990s made moll the first manufacturer of children’s furniture to offer complete desks for children and teenagers that would grow along with their users.

The moll Young Office System remains unique to this day for its combination of innovation and quality, and is more versatile than many less expensive children’s desks that grow with the child.

All the elements grow with their tasks

A growing child’s needs and spatial requirements grow with it. That is why moll makes desks that have a system. Only something that grows along will still be worthwhile tomorrow.

And is worth its price. As well as desks, chairs and lights, we also offer complete workstations for children and teenagers that grow with them from their first day at school until their graduation.

These systems are notable for a wide range of additions that can be combined individually. They also meet tomorrow’s requirements for working space and function. They include, for instance, extensions for computers and monitors.

Healthy learning and working is as easy as ABC with moll

We create the best conditions for efficient and successful learning: with height-adjustable desks and tiltable desktops, mobile chairs that grow with the child, and non-glare lights.

And everything is ergonomic. This means: the individual elements develop with the child, so they meet the need for a healthy, natural posture.

Rounded edges make sure that children are not hindered when working or playing.

And last, but by no means least, lots of moll products have details that children love: such as secret compartments, which offer an additional excitement value.

Our quality promise

With us, quality is in the whole and in all the details. The appealing designs and top-quality manufacturing in Germany means that all our items are particularly durable.

We are the leaders in the development of height-adjustable and ergonomic desks, and our innovative designs and clever, well thought-out functions ensure that our programmes are always state-of-the-art in research and technology.

This is confirmed by the numerous awards our products have received, such as the internationally renowned Red Dot Design Award 2012 for our Champion desk.

Our philosophy is further confirmed by countless patents: we are ready to face the challenges the future will bring, and work today to develop the solutions for tomorrow.

moll’s company headquarters in Gruibingen, Baden-Württemberg
Unique, and yet tremendously versatile.
Grows with the child in 5 dimensions

Popular for generations: a moll children’s desk will be with your children for many years because it grows with them and their changing needs.

Width
The work surface can easily be extended to the left and right with the matching add-on items. You can choose between rectangular and rounded areas. Height-adjustable add-on surfaces with or without a supporting foot are also available.

Height
They grow along with ease: All moll desks are height-adjustable. This means they adapt to the child’s body size, right through to the young adult stage.

Depth
There is often more depth available in the room than wall width. Additional elements can be used to extend the depth of any moll desk at any time.

Colour
Whereas children like bright colours, teenagers sometimes prefer a more restrained look - which is why we developed the replaceable colour applications. We always include a range of trendy colours that can be combined as you please.

Function
Form follows function here: a desk used by a young child who is just starting school can easily be extended later, for instance by adding a Flex Deck with shelves, magnetic boards and a CD box that adds further benefits to the desk.
We know how young children and teenagers sometimes treat their furniture, and so we develop furniture that can cope with them. We build all our furniture in line with this principle: for something to be child-appropriate, it has to be safe and work reliably.

Tiltable desktops

All moll desktops are fitted with a safe and easy tilting function to ensure that children adopt a healthy and ergonomically correct position when drawing, writing and reading.

Height adjustment as easy as ABC

All moll desks and additions grow with the child, and are height-adjustable. To this end, they are all fitted with telescopic frames. E.g. Comfort feet: children can easily adjust the desk height safely and smoothly with the yoyo.

Rounded corners and edges

Child-appropriate all around: the corners and edges are all rounded. Or, in case of our ‘basic’ programme, with adaptations in soft plastics and with soft edges on the desktop.

Book holder

Every moll desk comes with a practical book holder. It works without sliding, even when the desktop is tilted.

Sturdy construction and surfaces

Desks, containers and additions can all cope with lots of rough treatment. This also applies to the sturdy desktops, which are easy to clean.

With a passion for detail

There is always something new to discover: template and reading glass, secret compartments in the desk and chair, and the pull-out for a drawing pad.

The desks all have different features. What they all have in common is that they encourage the user to address important learning content, such as organising and sorting, moll makes it easy to keep things tidy with pen trays and drawers.

Top marks - officially and from the consumer

moll desks are regularly given top marks by ergonomists and orthopaedists; for instance in 2012 they were tested and recommended by ‘Aktion Gesunder Rücken e.V.’ (the Campaign for Healthier Backs association).

Quality - signed and sealed

moll products carry the ‘Blue Angel’ and ‘GS symbol’. ‘Stiftung Warentest’ also gives us top marks. Furthermore, moll gives you a 5-year availability guarantee on accessories.
The moll system for the perfect children’s learning environment

moll offers desk programmes that allow the user to choose all the features to match and that can be added to at any time - even many years later.

1. Start with the desk: Choosing the desk model from the programmes ‘basic’, ‘nature’ or ‘form’ is the base for the workstation.

2. Add a chair, light and accessories, and the workstation is complete. There is a choice of three different chairs.

3. Further extensions make it the optimum study spot. Every programme includes the matching container in various sizes and with various features.

Choice of design: the programme ‘basic’ consists of four different décors.

Really practical: Functional extensions, e.g. for a PC or as storage. They can be mounted on the back.

Can be extended by adding functional accessories, such as the ‘Bag up’ for easy storage of a school bag.

With ‘basic’ and ‘nature’ you also have the choice of two feet: Classic or Comfort.
and different: Champion

Design for today’s children

Distinct design language with a round silhouette and the matching details are the key features of the new form programme. Restrained colour applications add neat accents for the children, and make it a „must“ for every modern children’s room.

Split desktop

One part of the desktop can be tilted and used for drawing, writing or reading, while the rest of it remains fixed in place as a practical storage surface and working space.

Unique tilt position

Pulling on the left button positions the desktop at an angle, while pulling on the right one lowers it. Childproof and TÜV-tested. This means there are no disturbing gaps between the panel sections when the desktop is not tilted.

The red dot design award, the origins of which date back to 1955, is today one of the biggest and most renowned design competitions in the world. More than 14,000 entries from over 70 nations in 2011 alone testify to the importance of the internationally desired red dot. Find out more at [www.red-dot.de](http://www.red-dot.de)
To tilt, pull repeatedly on the left button until the desktop is in the desired position (max. approx. 20°) – to lower simply pull on the right button as appropriate.

New from moll: the book holder folds down, so it can also e.g. be taken to school (see also page 45).

Magnetic anti-slip feature keeps notebooks safely in place when the desktop is tilted. It can also be used as a ruler or magnifying glass.

Cable duct: Roomy storage on the back of the desk for storing cables and plugs.

Choice of 3 different versions:

**Champion · front up**

**Champion · left up**

**Champion · right up**

Details - all the Champions have them:

Every Champion has the „Comfort“ feet

Feet Comfort

Synchronous and mechanical adjustment of the height of the desk and inclusive any additions that have been linked to the table in a single movement of the hand.

Continuous height adjustable:

For desk heights from 53 to 82 cm => for heights from approx. 109 to 200 cm.

Inclusive: adjustable feet plates that balance uneven floors, castors

Colour can be chosen individually

Every Champion comes with a box of colour foils for the leg runners and the matching cover caps for the yoyo.

Decor:

- white

Our form programme uses high quality melamine resin-coated, low-emission chipboard. The surfaces are strong and easy-care: for the highest requirements, heavy loads and a long lifetime (grade E1, low-emission, 19 mm thick).
Champion • front up

The desk with the split desktop

One part of the desktop can be tilted and used for drawing, writing or reading - while the rest remains fixed in place as a practical storage surface and working space.

This means there are no disturbing gaps between the panel sections when the desktop is not tilted.

Example: Champion • front up fitted with the giant drawer.

Example: Champion • front up further extended with the Multi Deck. To keep the monitor safely in place even when the desktop is tilted, and for the optimum ergonomic visual distance.
Champion • left up

- 120 cm
- 72 cm
- 53 - 82 cm
- 37 kg

Perfectly matched to right- or left-handed users

Right-handed people have a different grip and line of sight from left-handed people. moll remembered that: depending on the chosen version, the tilting and fixed parts of the desktop are the perfect ergonomic match.

Our recommendation:
- left up = for right-handed users
- right up = for left-handed users

Champion • right up
Additions

When your child first starts going to school, it only needs a few pieces of paper. Later, it’ll need a lot of books. And finally, a computer and monitor. So it’ll be wonderful if the desk can be extended flexibly as required.

We provide a 5-year availability guarantee.

Cubic

The stylish drawer box for the Champion

Fitted with a lockable utensils compartment in the top drawer. The 2 drawers are self-closing, and offer storage space for formats of up to A3. Drawer heights: 1x 7 cm, 1x 8 cm, 1x 9 cm. The colour applications on the handles are replaceable, and are included in 8 different colours (colours see page 17).

42 cm 55 cm 43 cm
Fits perfectly under the Champion - even at the lowest desk height!

Giant drawer

For practical storage space over the entire width of the desk; can be added at any time - no need to take the desk apart again. Foam inserts included to stop pens, pencils and other loose items from sliding around.

Drawer cover

Complete cover that protects against dust and peeks.

Cable duct cover

Frosted glass effect; protects the cable duct from views.

Multi Deck

120 cm 22 cm with a practical bracket to support the TFT screen or stop books from falling off the back of the desk. Multi Deck can be installed in various heights.

Flex Deck

120 cm 30 cm 71 cm multi functional wall with shelf, 2 magnetic boards with colour foils to change, 2 hooks and a media box.

Side Top

40 cm 72 cm can be hung at various heights (including to desktop height). Mount on left or right.

Please note:
* Cannot be used in combination with Flex Deck.
** Cannot be used in combination with Multi Deck.

Pad S

When combined with the optional Pad S, the container makes a perfect stool. The fabric cover of the approx. 4 cm thick, comfortable foam upholstery can be removed and washed at 40°C. Available in any colour in the uni and fresh fabric collections (see page 51).
Maximo

Starts small, then grows with the child – perfectly and ergonomically

Proven and unique
• The backrest is easy to adjust thanks to sliding guides and levers in stainless steel.
• Easy seat height adjustment thanks to the integrated sliding shells.
• New style gliding bearing system for smoother operation of the star base.
• New bayonet closure of the back upholstery makes it easy to change.
• Upholstery shape in a narrower, child-appropriate design.
• Maximo’s column is now fitted with a slender cap. It can also be replaced individually by the practical handle, which ever the user prefers.

Material properties

Ergonomically perfect
• Healthy: easy to adjust the seat depth, seat height and backrest.
• Long-lasting: suitable even for first-graders.

Sturdy + robust
• The wide five-armed star base makes Maximo stable and prevents it from tipping.
• The castors have brakes, and can be used on hard and soft floors. Glides are available as an accessory.
• TurnStop locks the turning mechanism.

Choice of 2 designs
1. Maximo with anthracite-coloured frame, 13 up-to-date fabric designs ‘uni’, ‘decor’ and ‘motiv’.

Mysterious
• The only one with a secret compartment

Starts small, then grows

Seat heights
from 28-54 cm, for body heights from approx. 109 to 200 cm

Load up to 80 kg

Ergonomically perfect
• Healthy: easy to adjust the seat depth, seat height and backrest.
• Long-lasting: suitable even for first-graders.

Sturdy + robust
• The wide five-armed star base makes Maximo stable and prevents it from tipping.
• The castors have brakes, and can be used on hard and soft floors. Glides are available as an accessory.
• TurnStop locks the turning mechanism.

Choice of 2 designs
1. Maximo with anthracite-coloured frame, 13 up-to-date fabric designs ‘uni’, ‘decor’ and ‘motiv’.

Mysterious
• The only one with a secret compartment

Fabric uni
Material: upper material: 100% polyamide 6.6, supporting material: 65% polyester, 35% cotton. Abrasion resistance: 100,000 abrasion cycles (Martindale).
Light fastness: Ø 6,
Certificate: Oeko-Tex® Standard 100.
Cleaning: please vacuum regularly. Can be wiped with a damp cloth.

Fabric decor
Material: seat decor area and back: 100% polyester / uni grey fabric part of the seat: 100% polyester
Abrasion resistance: 30,000 abrasion cycles (Martindale).
Light fastness: Ø 7,
Certificate: Oeko-Tex® Standard 100.
Cleaning: wash at 40°C with a mild detergent.

Fabric motif
Hearts
Dolphin
Safari

The covers are available in 4 fabrics.
The covers can be changed, and are washable at 40°C.

Fabric fresh
pink
magenta
sun yellow
lime green
navy blue

The covers are available in 4 fabrics.
The covers can be changed, and are washable at 40°C.

Starts small, then grows

Seat heights
from 28-54 cm, for body heights from approx. 109 to 200 cm

Load up to 80 kg

Ergonomically perfect
• Healthy: easy to adjust the seat depth, seat height and backrest.
• Long-lasting: suitable even for first-graders.

Sturdy + robust
• The wide five-armed star base makes Maximo stable and prevents it from tipping.
• The castors have brakes, and can be used on hard and soft floors. Glides are available as an accessory.
• TurnStop locks the turning mechanism.

Choice of 2 designs
1. Maximo with anthracite-coloured frame, 13 up-to-date fabric designs ‘uni’, ‘decor’ and ‘motiv’.

Mysterious
• The only one with a secret compartment

Fabric uni
Material: 100% polyester
Abrasion resistance: 50,000 abrasion cycles (Martindale).
Light fastness: Ø 5
Certificate: Oeko-Tex® Standard 100.
Cleaning: please vacuum regularly. Can be wiped with a damp cloth.

Fabric fresh
Material: upper material: 100% polyamide 6.6, supporting material: 65% polyester, 35% cotton. Abrasion resistance: 100,000 abrasion cycles (Martindale).
Light fastness: Ø 6,
Certificate: Oeko-Tex® Standard 100.
Cleaning: please vacuum regularly. Can be wiped with a damp cloth.

Fabric decor
Material: seat decor area and back: 100% polyester / uni grey fabric part of the seat: 100% polyester
Abrasion resistance: 30,000 abrasion cycles (Martindale).
Light fastness: Ø 7,
Certificate: Oeko-Tex® Standard 100.
Cleaning: wash at 40°C with a mild detergent.

Fabric motif
Hearts
Dolphin
Safari

The covers are available in 4 fabrics.
The covers can be changed, and are washable at 40°C.
The new flexible LED desk light

Maximum flexibility
- Flexlight adjusts perfectly to any requirement and working situation: thanks to the swan necks and ball joint on the clamp mount, the light head and arm can be put into any positions.
- The clamp mount keeps the Flexlight safely in position without taking up much space itself - even when the desktop is tilted.
- (For panel thicknesses from 13 to 23 mm)

Dimmable light
- A switch enables the light to be dimmed individually, to vary the illuminance as desired from 100% to 5%.
- The light is completely flicker-free.
- The LED light is particularly economical: saves 85% of the electricity used by a 60 watt bulb.

Change the colour as desired
- The smart switch not only switches the light on and off, but also changes the colour at the touch of a button.

Brilliant additional functions: USB charging station
- A USB charging station is attached to the bottom of the light arm that can be used to charge a mobile phone, MP3-player and other electronic devices.

Night light
- The switch is back-lit in colour, even when it is switched off. This means that the Flexlight can also be used as a night light. This function can be deactivated if desired.

Technical details
- Illuminant: LED; Light colour: warm white
- Luminous flux: 690 lm +/- 10%; Connected load: 10W
- Power supply: 5V, dc
- Power supply unit: 220-240V, max. 2A/5V
- Protection class: IP 20
- Dimensions light head: 15 x 5 cm;
- Weight of light: 0,65 kg
- The USB charging station has two USB A power outlets for use in connecting any devices that require a power supply of 5V (max. 250 mA each). It is attached to the power supply of the light, and is also used to supply it with electricity.
- Note: Not a data USB It is attached to the power supply of the light, and is also used to supply it with electricity.
A programme for more movement
It is in a child’s nature to love and need “sensory sensations”. Activities such as rocking, balancing, swinging and climbing stimulate the sense of balance and exercise the motor skills. This sets important foundations for the child’s physical, mental, spiritual and social development.

It is simply not in a child’s nature to sit for long periods of time – although that is exactly what they have to do at school or when doing their homework. However, children who spend increasing amounts of time at a computer automatically spend more time sitting. Which is why we at moll make sure that children sit in the correct ergonomic position when they use our desks and chairs. We worked with experts to develop our working areas for children, and they are based on the latest scientific findings.

We also advise all parents to make sure that their children get plenty of exercise, ideally outside. After all, even the best seat can only be “healthy” if the child using it also gets enough physical activity to achieve a good balance.

In addition to activities such as cycling, climbing stairs and walking to school, we particularly recommend challenging activities such as climbing, running around, balancing and ball games. Any kind of sporting activity that physically challenges a child will help to encourage healthy physical, mental and psychological development.

Watch any child sitting on a chair, and it will only be a matter of time until it starts fidgeting and moving around. The younger the child is, the shorter the time it can sit still. Which is not only entirely normal, but also desirable.

Although educators and parents used to frown upon fidgeting (just think of Heinrich Hoffmann’s “Story of the Fidgety Philip”), it is today by no means still seen as an expression of poor concentration or a symptom of hyperactivity. Rather, healthy fidgeting while sitting is a natural, mostly unconscious form of behaviour that encourages the child’s physical, mental and psychological development. By contrast, long periods of sitting still are harmful.

Chairs that have been specially developed by moll for children encourage this kind of seating behaviour while making sure the chair cannot tip back. Seats and backrests adapt perfectly to the child’s natural physical requirements.

What is the average length of time a schoolchild can sit still:

- From 6-10 years of age an average of 5 minutes
- From 11-15 years of age an average of 15 minutes
- From 16-20 years of age an average of 25 minutes
The best position: one that keeps changing

Lie on the floor for a few moments, then squat, then sit cross-legged on a chair, then kneel and lean over the desk: children change their positions spontaneously at very short intervals.

And that’s the way it should be, because the brain, muscles and circulation that keep moving rather than remaining static benefit from dynamic behaviour; children feel better; are more alert and more focused.

A room that children will like

The perfect room for a child will appeal to all its sensory organs: to the eye with natural light, the ear with good acoustics, the sense of smell with a pleasant room climate and a regular supply of fresh air, the sense of touch with natural materials, and its sense of balance and movement with space and suitable furniture for changing position and moving.

The working area has a central role in the child’s room. And because the child’s needs and requirements grow, the furniture should be flexible and suitable for any new arrangement.

If possible, the desk should be positioned by the window with the light coming from the side. The child is able to see outside while working, which provides exciting visual stimulation.

A corner for quietly reading, playing or listening to music. For example, a bean bag which encourages the child to change seating positions: from sitting to chilling to lying down. And to make sure the child gets enough exercise even in bad weather, we recommend an (indoor) trampoline, a balance board or mobile hanging bars that can be attached to the door.

“Children undergo complex physical, mental and psychological development processes. They are greatly influenced by their living environment and the appropriate natural stimulation of their sensory organs. As lots of children spend increasing amounts of time sitting shut away in a room, being encouraged to move, not least through ‘dynamic sitting’, is every bit as important as daylight and fresh air”.

Dr. Dieter Breithecker, expert in ergonomics
Bundesarbeitsgemeinschaft für Haltungs- und Bewegungsförderung e.V. (BAG) - Federal Association for the Advancement of Posture and Exercise
The basics of ergonomic sitting!

1. There is no such thing as „right“ or „wrong“ sitting. The only thing that matters is changing position regularly. So do not correct your child if it adopts a „riding position“ on its chair.

2. Chair and desk must fit like a glove! In order to achieve a healthy sitting position, it must be possible to adjust the working area to the child's height and proportions. Adjusting the furniture starts with the chair. The second step is to adjust the height of the desk.

3. The height of the chair is chosen so that the front edge of the seat is roughly level with the back of the knees. The seat height is right when the angle between the thigh and trunk is slightly open (more than 90° – see illustration) and the feet are flat on the ground. Tilting the seat to the front encourages the child to sit upright and be focused while working at the desk. The pelvis is tilted forward slightly and the back is straight. A flexible seat also encourages dynamic sitting.

4. The seat depth is adjusted so that the thighs rest completely against the front edge of the seat without pressure. The gap between the front edge of the chair and the calf should be about the width of four fingers. This ensures that the blood flows freely in the legs.

5. The height of the backrest is set so that the trunk is supported all the way up to just below the shoulder blades. This relieves pressure when leaning back.

6. To adjust the height of the desk, place the arms on the top of it. The position is correct when the arms are at an angle of slightly more than 90° (see illustration).

7. The lower arms should rest on the desktop when working. This ensures that the neck muscles remain relaxed.

Summary

Most things are allowed when it comes to back-friendly sitting - as long as your child doesn't slump or slouch, and sits as upright as possible. Which is as easy as can be with a desk that is adjusted to the child’s height. Most important of all: Having little rests while working, taking time out to chill, is not only allowed - it’s necessary!
A question of position

Why should it grow with the child?

In order to safeguard children’s health and ensure they learn well, rather than have them adapt to their furniture, their furniture should adapt to them.

As children grow, all moll desks and desk furniture can be adjusted to their current height and proportions, which makes them ergonomic at all times.

While the height of a desk is particularly important, with chairs it is the position of the backrest and the seat depth that can make all the difference.

Setting the furniture in the right position is as easy as ABC and achieved in moments with the simple adjustment mechanism on all moll desks and chairs.

Why tilt the desktop?

Whether reading, writing or drawing, there is an optimally correct sitting position for every activity that can be achieved by tilting the desktop.

The tops of moll desks can be tilted in any position to make sure that the child sits in a relaxed, back-friendly position, whatever it is doing.

Why should it grow with the child?

The patented system facilitates continuous adjustment that can easily - and safely - be operated by children. The desks contain brakes that make sure the tops are lifted and lowered safely. This construction eliminates the risk of trapped fingers.

The desks all have an anti-slip feature to prevent objects from falling on the floor when the desktop is tilted.

So: easy, child-appropriate and safe.

Recommended angle for the optimum position

- 0-5° for drawing and similar activities
- Approx. 10° for writing
- Approx. 20° for reading

moll worked with orthopaedists and ophthalmologists to develop children’s desks with tops that tilt by up to 30 degrees.
Ergonomic sitting – at the computer

If a computer is used daily for working and leisure activities, then it is even more important that the ergonomically correct sitting position be adopted.

Let’s take a quick look at the problems that can be caused by sitting badly in front of a PC:

**Insufficient sight distance**

If the sight distance to the monitor is less than one arm’s length from the sitting position, this may cause eye strain and affect concentration.

**Incorrect angle of vision**

If the monitor is positioned horizontally at eye level or above, the eyes are permanently set at distance visibility. The brain has to “convert” in order to concentrate on the screen, and this can cause headaches.

Furthermore, sitting in this position can result in a fixed stare without blinking. The eyes quickly become dry.

**No armrest**

Lack of support for the arms when using a keyboard and mouse can cause muscle tension, and even lead to carpal tunnel syndrome.

The moll system offers PC additions for desks to provide the optimum ergonomic conditions.

The lowerable monitor shelf adjusts to set the screen at the correct angle of vision and the correct distance. The monitor is always in the direct line of sight.

This facilitates relaxed, unstressed working within the natural vertical nodding movement of the head.

The acquired desk depth is such that the lower arms can rest on it, making it possible to work in a relaxed position.

**Sufficient light provides well-being, whereas insufficient light can affect the ability to concentrate, and may cause headaches.**

1. It is particularly important to have enough basic light in the room so that your child’s eyes don’t tire quickly. The best solution is a ceiling light that lights up the whole room, combined with natural daylight.

Because natural light is pleasanter than artificial light, and homework is often easier if it is possible to gaze into the distance occasionally, the working area should be positioned close to a window.

2. An illuminance of approx. 500 Lux is recommended for a desk to provide the optimum conditions for reading.

**Relaxed eyes are essential for relaxed learning.**

An additional desk lamp such as the Flexlight or Mobilight will provide the necessary light here.

Light sources should be positioned so that no shadows are cast over the working area by any objects or by the user.

3. If the moll lamp is mounted directly on the desktop, the cone of light is able to follow the work being done – even if the desktop is tilted.

Thanks to its clamp mount, the Flexlight and Mobilight can easily be set in the desired position.

Moll lights provide full illumination of the workplace, and thus the perfect lighting conditions for any activities performed at the desk.

**Good light in our sight**