

# The office swivel chair for healthy sitting

... what to look for in an office swivel chair.

To prevent back problems, choosing the right chair is essential. Over an extended period of time, the consequence of sitting on the wrong type of chair is enormous. Let our many years of experience aid you in making the right choice. Protect your back by choosing one of our high quality office chairs.

## Safety lift

All swivel chairs are equipped with a safety gas pressure spring for adjusting the height, and with a stable 5-star base.

## Safety

All swivel chairs are manufactured according to DIN EN 1335, parts 1 – 3. This standard specifies sizes, usage characteristics and testing procedures for office swivel chairs.

**All swivel chairs are designed for a constant max. load of 120 kg.**



Standard seat

### Standard seat

Ergonomically shaped seat made of foam in a plastic shell.



Lumbar support

## Castors

All swivel chairs are equipped with castors for carpeting as standard. The castors brake under load. DIN EN 12527 and DIN EN 12529.

## Arm rests

Arm rests further reduce strain on the shoulders when sitting for longer periods of time.

## Height adjustable arm rests

Allow for optimum positioning that suits your individual body size.



Permanent contact mechanism

### Permanent contact mechanism

The back rest constantly follows the movement of the upper body, the seat does not move. The counter pressure is fixed.



Contoured seat

### Contoured seat

Deep and wide shell shape, in foam, within a plastic sub-shell with additional pelvic support.



Sliding seat

### Sliding seat

Foam seat within a plastic sub-shell. Infinitely adjustable seat.



Synchronous mechanism

### Synchronous mechanism

The back rest and seat move synchronously to one another. The counter pressure can be individually set.



Ergonomic seat

### Ergonomic seat

The saddle shaped form automatically holds the user in an upright and proper sitting posture, which prevents fatigue and promotes healthy sitting.



Adjustment of back rest angle

### Adjustment of back rest angle

The angle of the back rest can be individually set using a hand wheel.



Rocker mechanism

### Rocker mechanism

The rigidly joined seat and back rest unit tilts backwards from the centre of the chair. The counter pressure can be individually set.

## Incorrect sitting causes illness.

Incorrect sitting posture and the resulting absence from work due to illness result in the loss billions of pounds every year.

Choosing the correct chair increases the sense of well-being and therefore substantially improves the performance of staff.

As you can see – an investment in quality office chairs soon pays for itself.

**A quality office chair is always worth the price, as sick days usually cost companies even more money.**



Source: Committee for industrial medicine and system ergonomics

32 % of all sick days are directly related to improper sitting.

At 32%, back pain is the leading cause of absence due to illness.

## Standard swivel chairs

### For occasional sitting

Ideal for alternating or occasionally used workstations.

Low price solutions are the emphasis here. Standard equipment, seat height adjustment and back rest tilt are usually sufficient in this case.

- Adjustable back rest height
- Adjustment of back rest angle
- Lumbar support

## Ergonomic swivel chairs

### For healthy sitting

For people who want to actively prevent health issues or those who require a special chair for existing health conditions. It is important to start using these types of chairs early on.

In these swivel chairs the hips are supported by the inclined seat, thus limiting hip rotation.

- Adjustable back rest height
- Ergonomic moulded seat
- Synchronous/permanent contact mechanism
- Lumbar support
- Adjustable counter pressure

## Operator swivel chairs

### For prolonged sitting

For occupations requiring prolonged sitting, such as at clerical or PC workstations. You can effectively prevent health issues with these high quality swivel chairs.

The synchronised mechanism allows you to sit dynamically. The back rest constantly follows the upper body and reduces strain on the spinal column. The higher the back rest, the more the strain is reduced.

The arm rests have an additional supportive function.

- Adjustable back rest height
- Synchronous/permanent contact mechanism
- Armrests, height adjustable if possible
- Lumbar support
- Adjustable counter pressure

## Leather armchairs

### For prestigious sitting

The armchair for the executive office. The soft upholstery makes sitting a pleasant experience, even when working late into the night. The high back rest and arm rests support the entire upper body. The centre of gravity is displaced by the rocker mechanism.

The appropriate visitor's chair can also be found in this section.

- High back rest
- Soft upholstery
- Rocker mechanism
- Arm rests
- Adjustable counter pressure