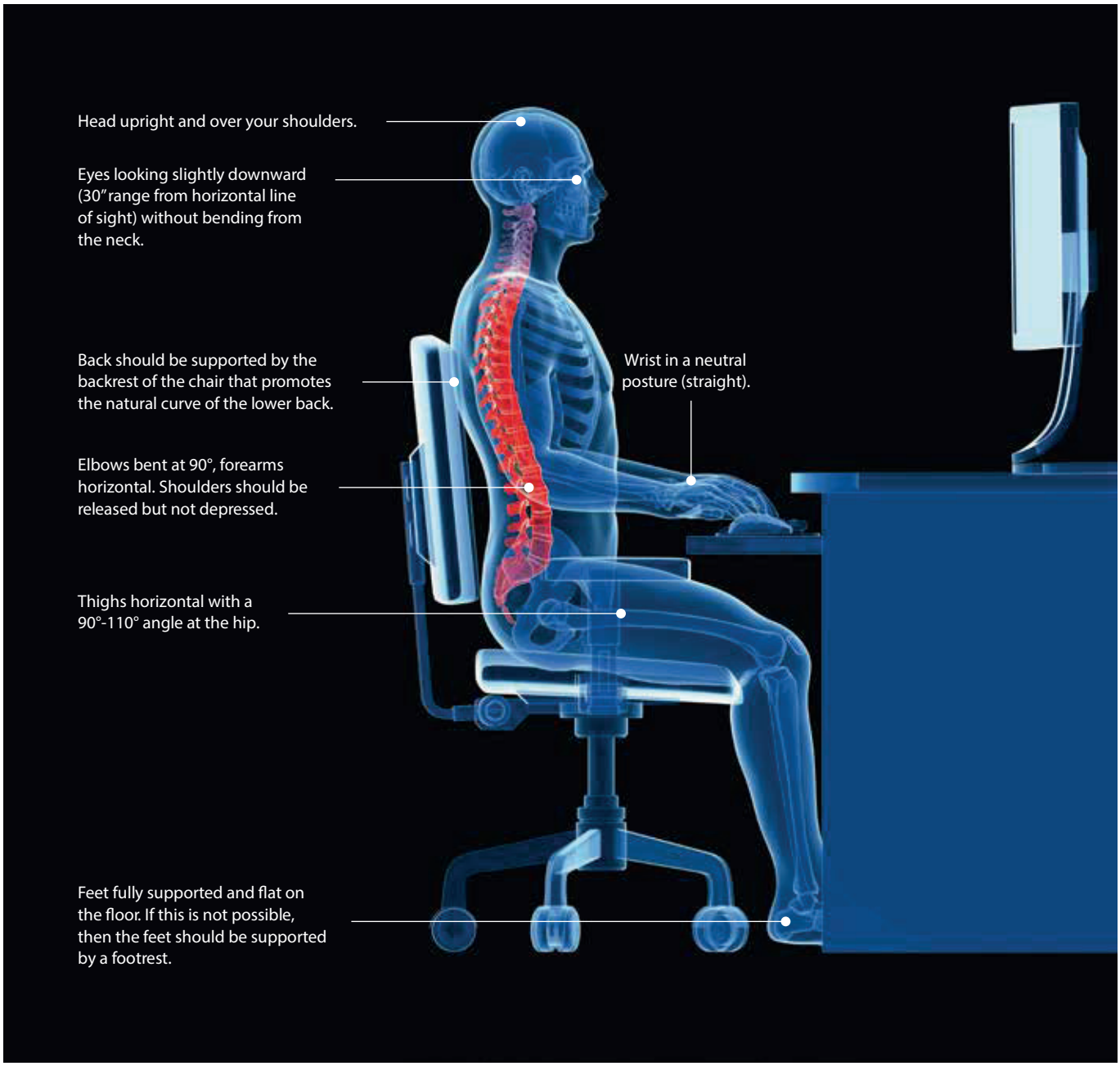

PSI POSTURE GUIDE

Prolonged periods of sitting can take a toll on your body. However, sitting correctly in a well-designed chair that supports good posture can help reduce joint and back pain as well as increase productivity and concentration. The following information guides you through the selection process and what features you should look for in an ergonomic office chair.

Choosing the right chair

Central to the design of good ergonomic seating is the ability to adjust the back support and seat angle of the chair so as to tilt the user's pelvis and allow the spine to adopt its natural "S-shaped" curve. Our bodies are not designed to sit for prolonged periods of time without movement so it is vital to choose a comfortable chair that provides good mobility, reduces pressure points and encourages the spine to adopt that "S-shaped" curve.

The following things should be considered when purchasing a work chair for extended periods of sitting.

BACK - Ensure that the chair has good lumbar support; adjustable to your individual height and shape to lessen strain and improve blood flow.

LEGS - The seat pad should be of suitable dimensions so as not to constrict the blood flow through the thighs and the back of the knees.

SITTING POSITION - The best relief is gained from a slightly reclined sitting position. In this position the weight of your body is supported by the chair and the angle of your hip opens by more than 90 degrees, which allows better blood circulation. The chair follows the body and provides the platform to move naturally. A mechanism that allows adjustment of the back and seat movements will enable the user to create their optimum seating relief.

ARMS - Adjustable armrests provide support to avoid wrist and shoulder strain and upper back problems.

HEAD - An unsupported head can lead to neck strain and poor blood flow to the brain. Consider additional support with a headrest if this is a problem.

Features for enabling a healthy posture

SEAT TILT & BACK ANGLE ADJUSTMENT

This feature allows the user to set the optimum angle on their hips to alleviate pressure, as well enabling them to tilt their pelvis to encourage the spine to adopt its natural 'S' shape.

FITTED AS STANDARD:
APEX POSTURE PERFORMANCE POSTURE
STELLAR POSTURE ZIRCON MERCURY

INFLATABLE LUMBAR SUPPORT

This encourages the spine to adopt the natural 'S' shape and can be adjusted to suit the individual user.

FITTED AS STANDARD:
PERFORMANCE POSTURE STELLAR POSTURE

COCCYX CUT-OUT

This reduces the contact between the base of the spine and seat pan, thus reducing pressure.

OPTIONAL ON:
APEX POSTURE PERFORMANCE POSTURE
STELLAR POSTURE

MEMORY FOAM

This supports movement through an even distribution of weight. Its ability to respond instantly to support changing pressure points allows it to alleviate pressure on the sitting bones (ischial tuberosities).

OPTIONAL ON:
APEX POSTURE PERFORMANCE POSTURE

SEAT SLIDE

This allows for a depth adjustable seat which provides support for the thighs and prevents constriction of blood flow to the legs.

FITTED AS STANDARD:
APEX POSTURE PERFORMANCE POSTURE
STELLAR POSTURE ZIRCON

HEADREST

A well-positioned headrest provides support to the neck to avoid strain while also ensuring blood flow to the brain.

FITTED AS STANDARD:
APEX POSTURE (AP1 / AP1A)
PERFORMANCE POSTURE (PH1A / PH1 AAG)
ZIRCON (ZH1 / ZT4)
MERCURY (MH1)

HEIGHT ADJUSTABLE BACKREST

An adjustable backrest allows the user to choose the correct vertical positioning of the lumbar support to ensure optimum posture.

FITTED AS STANDARD:
APEX POSTURE PERFORMANCE POSTURE
STELLAR POSTURE ZIRCON MERCURY