



WRONG SITTING POSTURE



CORRECT SITTING POSITION



CORRECT STANDING POSITION

CREATE A MORE COMFORTABLE WORKSPACE

For offices, education, and institutions.

FurniturePro.Net

SIT SMARTER

LESSEN LEG DISCOMFORT

- A.** Make sure you have at least two finger's width of space behind your kneecap to your seat with knees at a 90 degree angle to allow for a better sit.

B. Vary between sitting and standing while at your desk to increase blood supply and foster productivity

REDUCE RISK OF LOWER BACK PAIN

- A.** Reduce lower back discomfort by sitting all the way back into the lumbar of your chair and adjusting the manual lumbar portion of your chair (if available).

DECREASE SHOULDER STRESS

- A.** Adjust chair arm rests to a proper height and width where the shoulders are relaxed and the upper arms are close to your body.

B. Positioning computer monitors to eye level can also reduce risk of shoulder stress by promoting a neutral neck posture.

LOWER WRIST AND HAND DISCOMFORT

- A.** Adjust keyboard tray to properly position the height and angle to allow your wrists to lay flat.

B. Raise the seat to allow the keyboard to sit on the desk. Use a footrest to support your feet.

C. Move a height adjustable table to allow straight wrist postures while the keyboard sits on the worksurface

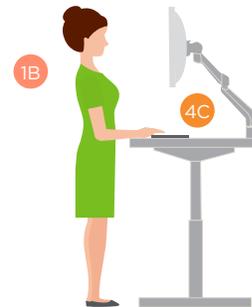
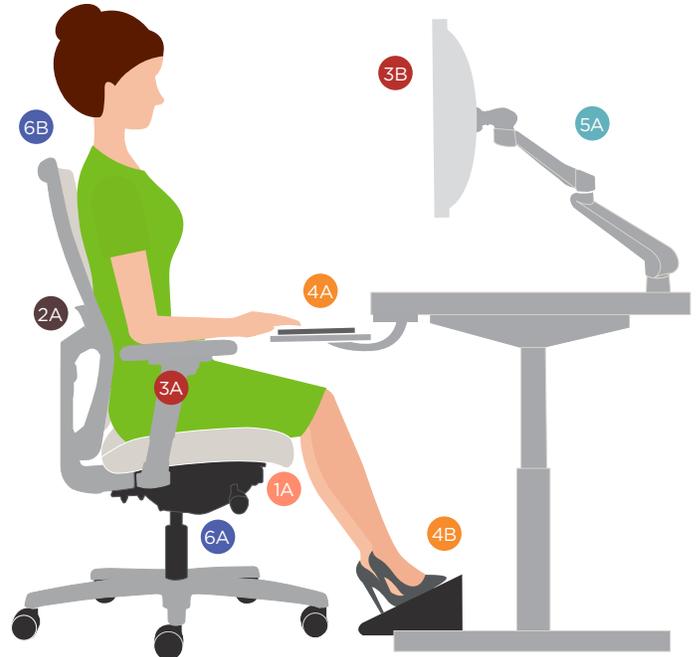
MINIMIZE NECK STRAIN

- A.** Use your monitor arms to adjust your computer screen so the top is eye level and about an arm's length away to bring the neck back into alignment with the spine.

DIMINISH FATIGUE

- A.** Adjust the tension controls of your chair to provide support and prevent the free-falling feeling

B. Engage muscles by changing postures and reclining.



MOVE AROUND

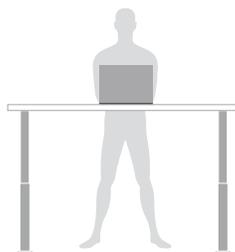
1 TAKE A BREAK

Taking short breaks throughout the day is actually a proven way to increase productivity when you're fatigued at your desk



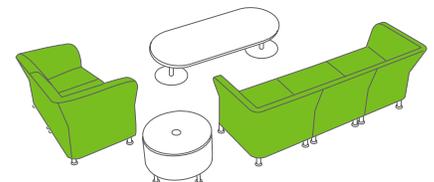
2 SWITCH UP YOUR SCENERY

A standing height table creates blood flow and posture change within the body and adds another space for you to actively meet within the office.



3 MEET AT A 3RD PARTY SPACE

From cafés to lounges and even reception areas, workers are increasingly using third spaces to come together for quick collaboration and find focus away from the desk. These spaces allow posture changes and the opportunity to walk to a new area.





Ergonomic design can provide a comfortable and healthy sit. HON strives to meet your needs using the following design principles: Support, Movement, and Intuitiveness.

SUPPORT

Seating is designed to support the human body.



POSTURE

Seating is designed to properly support postures that promote health.



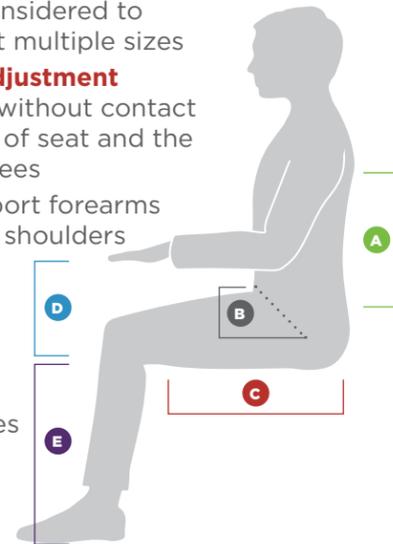
PRESSURE DISTRIBUTION

Curvatures and materials are designed to maximize comfort by reducing pressure points and minimizing local fatigue... providing maximum comfort while at work.



Seating is designed to meet the needs of the 5th to 95th percentile for the dimensions that matter for seated postures.

- A. Lumbar Support** helps maintain curvature of the spine for healthy posture
- B. Seat Width** considered to comfortably fit multiple sizes
- C. Seat Depth Adjustment** supports legs without contact between front of seat and the back of the knees
- D. Armrests** support forearms while allowing shoulders to be relaxed
- E. Seat Height Adjustment** allows feet to rest firmly on floor with knees at about a 90° angle

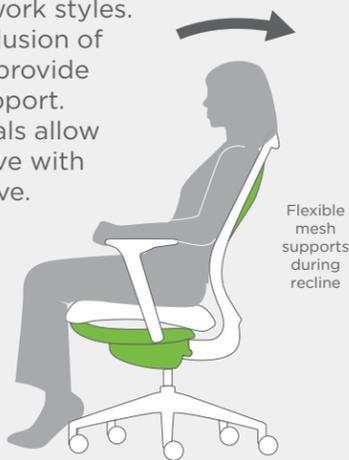


WHAT IS ACTIVE SITTING?

Reclining, changing postures and fidgeting in your chair to reduce static postures.

HOW ADAPTABLE CHAIR DESIGN SUPPORTS ACTIVE SITTING

- **Engineering** - Thoughtfully designing natural movement into seating. Recline and tension options are available to support multiple postures and work styles.
- **Materials** - Inclusion of materials that provide continuous support. Flexing materials allow support to move with you as you move.



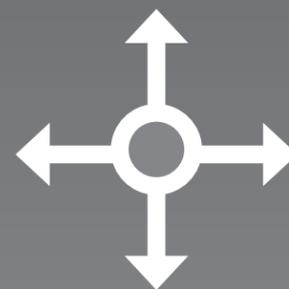
BEYOND THE DESK

Seating is designed in a variety of styles to meet work needs and encourage movement throughout the office.



MOVEMENT

Seating is designed to support active sitting because prolonged sedentary behaviors can be harmful and should be avoided.



INTUITIVENESS

Seating is thoughtfully designed to be easy to use.



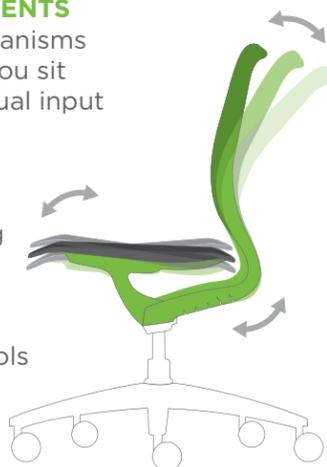
ADJUSTMENT DESIGN GOALS

- ✓ Consistent and expected location of controls
- ✓ Graphic indicators when needed
- ✓ Passive automatic adjustments when possible

AUTOMATIC ADJUSTMENTS

Materials or chair mechanisms designed to adjust as you sit and move with no manual input needed.

There's nothing to learn and no need for readjustments, allowing you to focus on what you're doing. This includes options like: weight-activated controls or enhanced mesh materials that cradle your body.



PERSONALIZED ADJUSTMENTS

User manually adjusts chair features to fit their body, posture and preference. This can include options such as: adjustable arms, lumbar support, tilt tension and seat height.

