

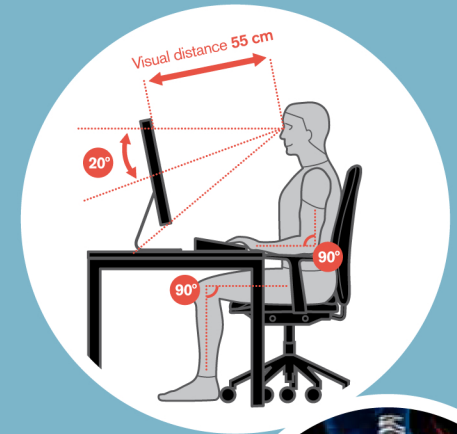
Seating at work

The importance of a good chair

Taking care of our bodies does not depend solely on good nutrition and regular physical exercise. Other factors play a role on an individual's health, and these include proper posture in the workplace. This is why maintaining the body in an ideal condition and free from physical pain requires proper furniture that is used correctly.

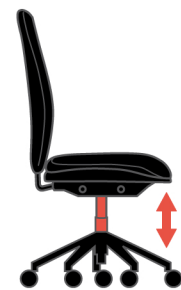
Keeping the above aspects in mind, it is appropriate to comment on the posture which must be adopted by a worker seated at the workstation:

- 1 There should be at least 55cm between the computer screen and the user's eyes. In addition, the screen should be placed directly in front of the user, and not off to one side.
- 2 The upper part of the screen should be at eye height.
- 3 Thighs must be horizontal in the seat, and both feet must be completely supported with free space below the table.
- 4 Users should take regular breaks to move and stretch, and change positions from time to time.
- 5 Users should also rest their eyes periodically to preserve their sight. For example, they might focus on objects other than the screen and on distant points.



Working conditions have changed considerably over the last few decades, and so have our habits. Companies understand the importance of ergonomics, health and hygiene in the workplace and the benefits of these concepts, which increase worker efficiency and motivation. Considering that more than a third of all office work done

today involves sitting down in front of a computer, the furniture we use to carry out that task should meet a list of specific ergonomic and technical guidelines, in addition to meeting the strictest quality control guidelines. Below, we outline some chair characteristics that should be considered in order to make a good choice:

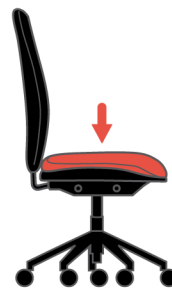


A CHAIR HEIGHT ADJUSTMENT

Chairs should have an option permitting their seats to be raised or lowered, whether by a mechanical or a pneumatic system. In this way, we ensure proper posture with both feet resting firmly on the floor and the thighs in a horizontal position. In addition, the mechanism should be easily accessible while in a seated position.

B ADJUSTABLE LUMBAR SUPPORT

Many chairs are designed to have adjustable support in the back region. Having a back support that regulates both forward and backward movements, it can be made rigid or flexible according to user preference and is highly recommended. In addition, many chairs include a device that adjusts the curvature of the chair to that of the spine, providing more optimal support to the worker.



C SEAT CONSISTENCY

Because we remain seated for so many hours, the chair should be firm and adapt to the user's body. Both highdensity foam and injected foam are resistant, durable and comfortable materials which fulfil this purpose perfectly. Furthermore, some models include the new "Seatgel" system which increases comfort through adding highly mouldable, morphologically adaptable gel to the foam.



D SEAT INCLINATION

The chair must have a mechanism to control seat inclination in order for the user to maintain a balanced posture. The "synchro" system is the most widespread, although there are more advanced versions on the market. The "synchro Atom" automatically adjusts to the user's weight: the turn center is located above the seat surface to guarantee an optimum feeling during the leaning movement. As well it has the possibility to include the traslation mechanism for the seat.



E 5-POINT BASE

In order to reduce the effort involved in moving and provide the chair with the proper stability and firmness, the base should have five points at which the wheels touch the floor.



F ADJUSTABLE ARMRESTS

Arm support is fundamental to maintaining good posture and not placing too much stress on the arms; they also are useful for sitting down and getting up from the seat.



G UPHOLSTERY

The fabric chosen should be chosen to fit the conditions, according to the area in which the chair is located and its climate.