



A comprehensive range of ergonomic seating



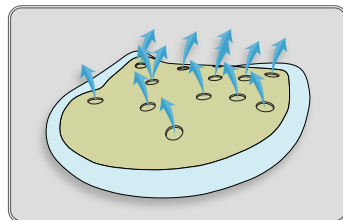
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OPERATING INSTRUCTIONS

Scan this QR code with your device's camera to visit our YouTube channel, to watch a video overview of the ERGON[®], including a full breakdown of its operating instructions



UNIQUE PRESSURE RELIEVING SEAT DESIGN

Carefully placed air holes in the underside of the ERGON[®] seat foam alleviate the pressure on your coccyx and lower lumbar areas, as well as improving blood flow in your legs.



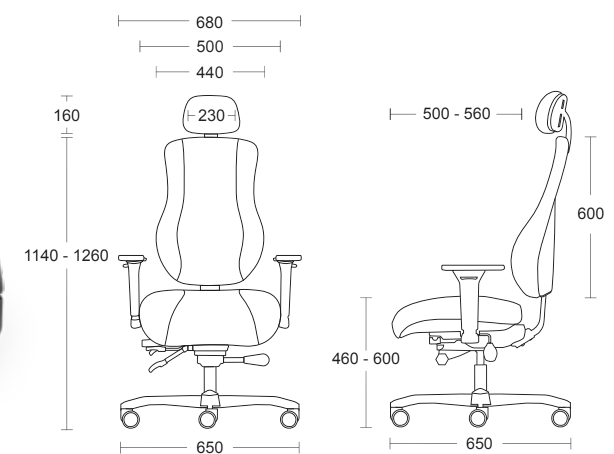
4D
ARMRESTS



EX1-A4



DIMENSIONS



Tested by scientists to perform



ED1-A5

OPERATING INSTRUCTIONS

Scan this QR code with your device's camera to visit our YouTube channel, to watch a video overview of the **ERGODYNAMIC**®, including a full breakdown of its operating instructions



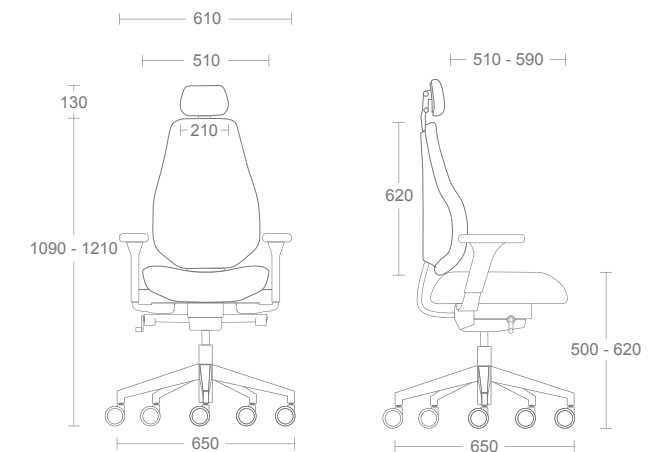
5 | **D**
ARMRESTS

ED2-A5 CSB



ED1-A5

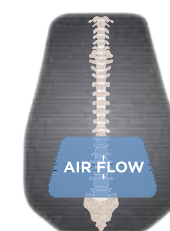
DIMENSIONS



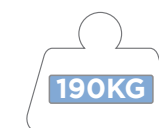
OPTIONAL EXTRAS



INFLATABLE
SACRAL SUPPORT



INFLATABLE
DUO SUPPORT



190KG CONVERSION



MEMORY FOAM SEAT



COCCYX CUT-OUT



BASES

OPTIMA

Your premium tailor-made ergonomic seating range



Build your **OPTIMA** chair to your required specification:

Choose from **3** stylish contoured backrests :



Choose from 1 of **3** seat sizes:

STANDARD MEMORY FOAM (S)
LARGE MEMORY FOAM (L)
EXTRA LARGE SCULPTURED FOAM (XL)

Choose from a wide variety of optional armrests to complete your chair:

HEIGHT ADJUSTABLE
FOLDAWAY HEIGHT ADJUSTABLE
SLIDING PAD OPTIONS
ROTATING PAD OPTIONS

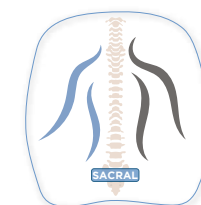


YouTube

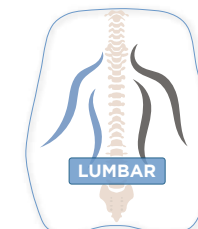


Scan this QR code with your device's camera to visit our YouTube channel, to watch a video overview of the **OPTIMA**, including a full breakdown of its operating instructions

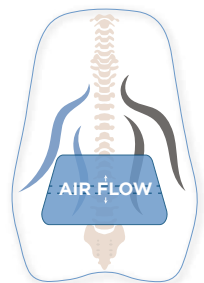
Choose from a plethora of additional support options, including:



Inflatable sacral support (ISS)



Inflatable lumbar support (ILS)



Inflatable duo support (IDS)



Chrome base (CBY)



190KG Gas lift (190G)



Headrest (HR)



Coccyx relief cut-out (CXC)



Extra memory foam (20mm) (XMFS)



Memory foam backrest (20mm) (MFB)

PERFORMANCE POSTURE



OPERATING INSTRUCTIONS

Scan this [QR code](#) with your device's camera to visit our YouTube channel, to watch a video overview of the **PERFORMANCE POSTURE**, including a full breakdown of its operating instructions



PH1A

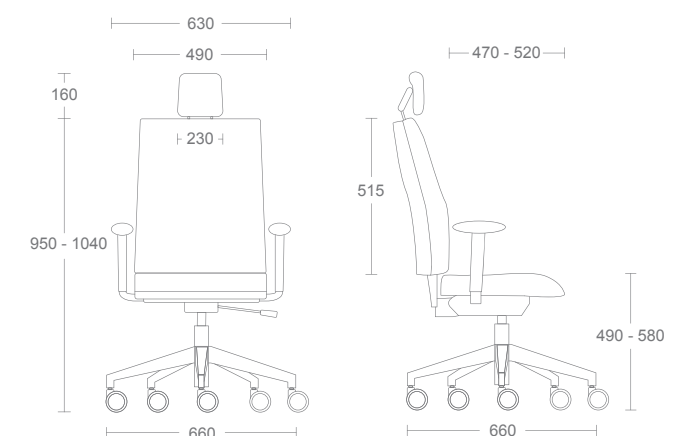


PM2A CBY

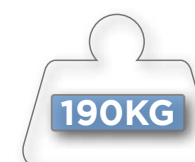


PH1A

DIMENSIONS



OPTIONAL EXTRAS



190KG CONVERSION



MEMORY FOAM SEAT



COCCYX CUT-OUT



CHROME BASE

POSTURE PLUS



PPI(3) SS-HR AAS

OPERATING INSTRUCTIONS

Scan this QR code with your device's camera to visit our YouTube channel, to watch a video overview of the **POSTURE PLUS** including a full breakdown of its operating instructions

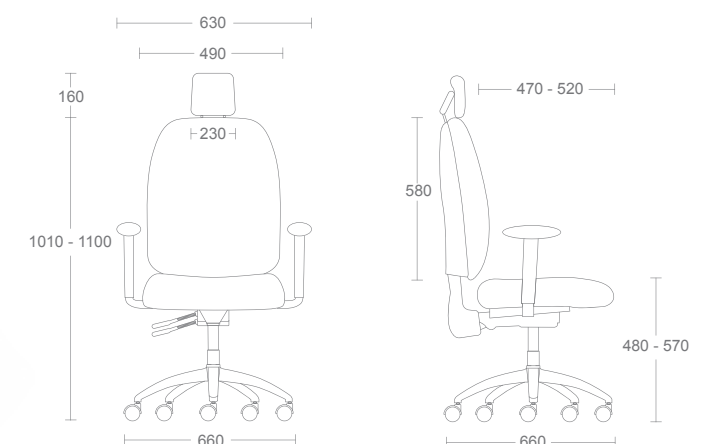


MEMORY FOAM SEAT
STANDARD

PPI(3) SS-HR AAS

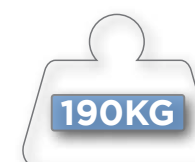


DIMENSIONS



PPI(3) SS AAS CBY

OPTIONAL EXTRAS



190KG CONVERSION



ALTERNATIVE ARMS



COCCYX CUT-OUT



CHROME BASE

ERGO3[®]

A range that provides clients with a **tailor-made** ergonomic seating solution:



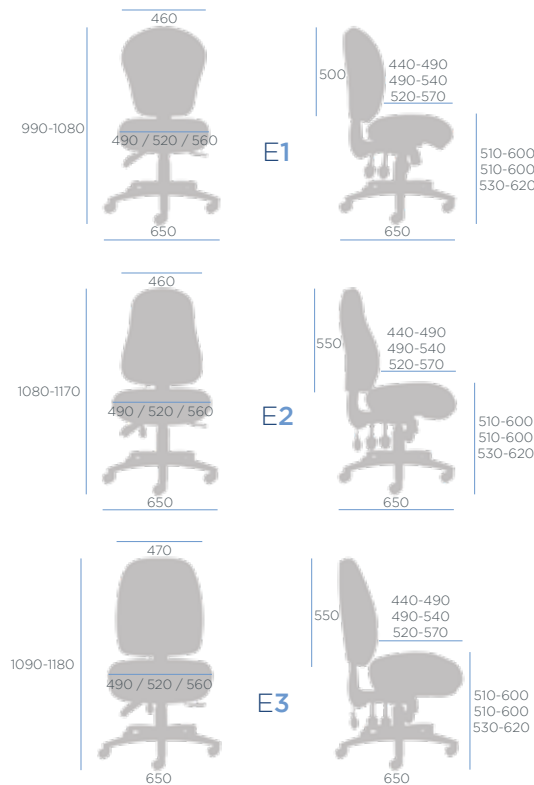
Choose from **3** ergonomic backrests :



Choose from 1 of **3** seat sizes:
STANDARD MEMORY FOAM (S)
LARGE MEMORY FOAM (L)
EXTRA LARGE SCULPTURED FOAM (XL)

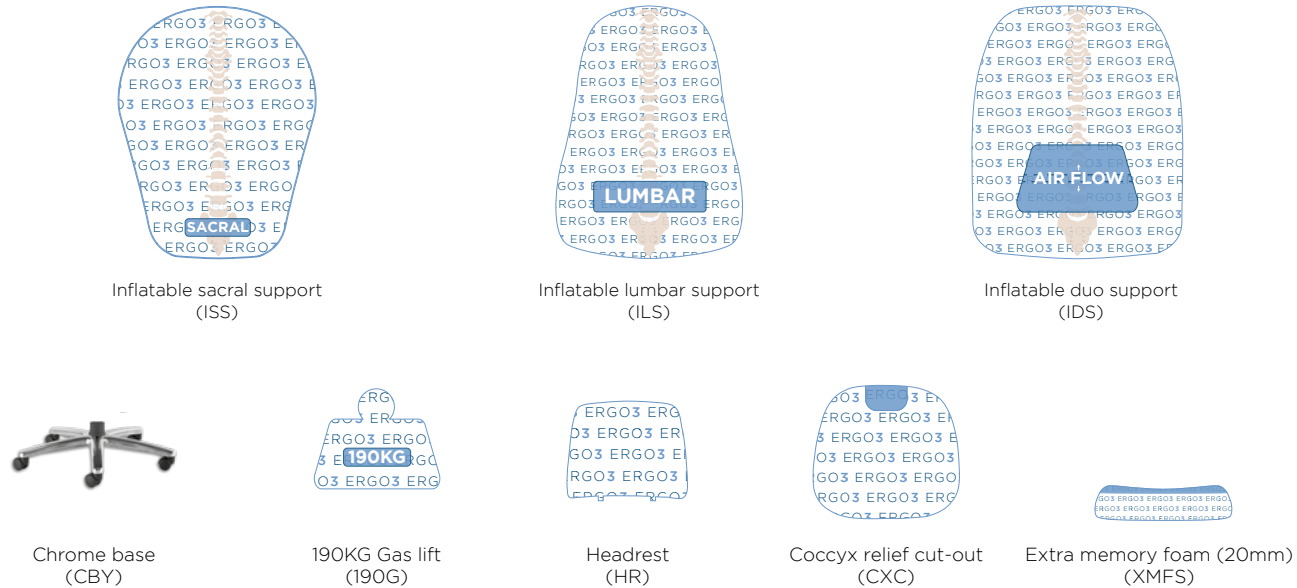


Choose from a wide variety of optional armrests to complete your chair:
HEIGHT ADJUSTABLE
FOLDAWAY HEIGHT ADJUSTABLE
SLIDING PAD OPTIONS
ROTATING PAD OPTIONS



Scan this **QR code** with your device's camera to visit our YouTube channel, to watch a video overview of the **ERGO3**, including a full breakdown of its operating instructions

Choose from a plethora of additional support options, including:



ERGONOMICS 101

The development of the Ergo Design® range of posture seating has been driven by anthropometric data and current research.

MECHANISMS OVERVIEW



ERGODYNAMIC MECHANISM

The Ergo Dynamic® mechanism features a completely independent pivoting seat whilst the backrest maintains its position. This allows the user to open the angle of the hips, which provides better circulation to the lower limbs and improved oxygenation of the body. The fingertip controlled synchronised mechanism also has an easy access side tension control to adjust the resistance on the mechanism movement when in free float. Seat depth (via pull-out handle located under the front-right of the seat) and back height adjustment is also a standard inclusion on this mechanism.



APEX POSTURE MECHANISM

The Apex Posture mechanism features a completely independent pivoting seat whilst the backrest maintains its position. This allows the user to open the angle of the hips, which provides better circulation to the lower limbs and improved oxygenation of the body. The fingertip controlled synchronised mechanism also has an easy access side tension control to adjust the resistance on the mechanism movement when in free float. Seat depth (via paddle located on front right lever) & back height adjustment is also a standard inclusion on this mechanism.



PERFORMANCE POSTURE MECHANISM

The Performance Posture mechanism is a heavy duty 3-lever mechanism with ratchet back height and seat depth adjustment. The seat slide, which increases the depth of the seating area, provides support for the thighs and prevents constriction of blood flow to the legs. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and backrest by fixing the levers at any point. The seat and back can then be tilted in free float to keep the user moving or fixed if that is required.



ERGOX MECHANISM

The Ergo X mechanism offers a knee tilt rocking movement, unique in the Ergo Design range. Tension control for the tilt is operated from a separate rotating lever on the front left hand side (whilst seated) and the rotating lever on the front right side allows incremental adjustments of the seat angle. Independent back angle adjustment is operated from the rear paddle lever on the right side and seat depth adjustment from the rear paddle on the left hand side. Ratchet back adjustments provide 5 settings as standard.



ERGO3 MECHANISM

The Ergo3® mechanism is a 3-lever mechanism with ratchet back and seat depth adjustment. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and back rest by fixing the levers at any point. The seat & back can then be tilted in free float to keep the user moving using the tension control at the front of the mechanism to adjust for the user's weight. The mechanism position can also be fixed if that is required.



POSTURE PLUS MECHANISM

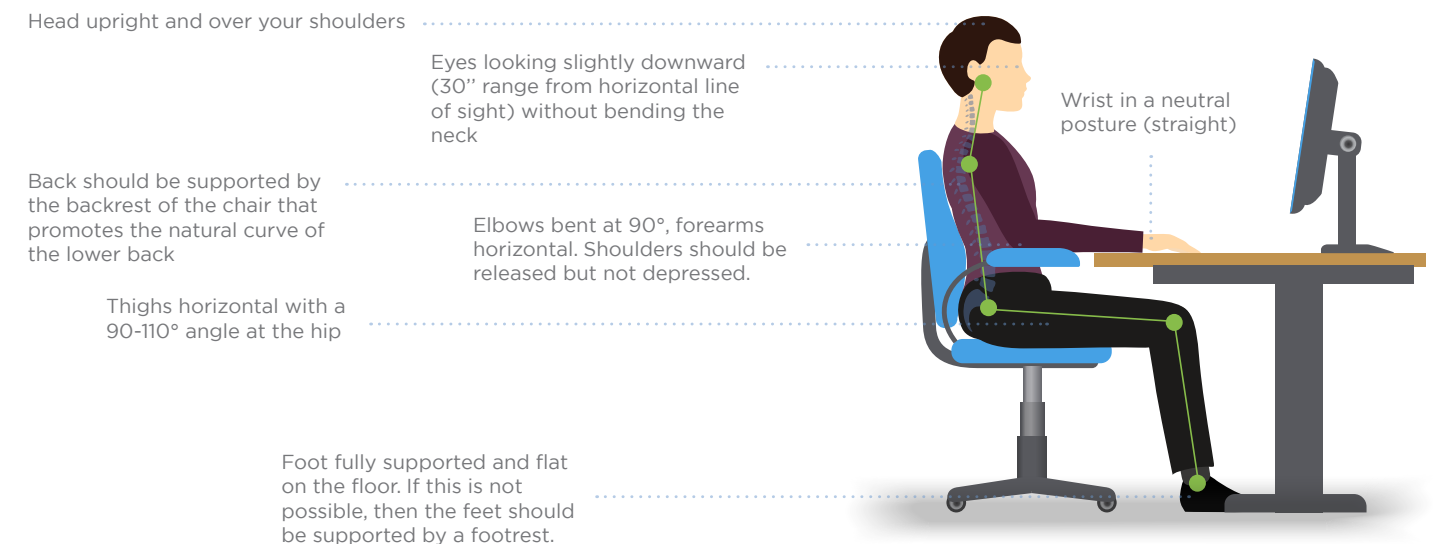
The Posture Plus mechanism is a heavy duty 3-lever mechanism with ratchet back height and seat depth adjustment, with additional tension control. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and back rest by fixing the levers at any point. The seat and back can then be tilted in free-float to keep the user moving using the tension control at the front of the mechanism is adjusted for the user's weight. The mechanism has the added feature of a forward tilt limiter to either limit the seat angle at a horizontal point or allow extended forward tilt.



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ERGONOMICS 101

POSTURE GUIDE



UCLAN TESTING



A number of the chairs in this brochure have been given the AHRU seal for testing.

This seal of approval denotes a series of explorations done by the Allied Health Research Unit at the University of Central Lancashire on the effect of chair design elements through biomechanical factors.

During an average working day, the modern-day office worker spends extended periods of time sitting at a desk on a chair, typically involving screen use and assuming a slumped or relaxed posture.

Rigorous study and testing was undertaken at the AHRU in Preston, with the aim of looking at the effects of certain ergonomic posture chairs in this range on peak seating pressure and spinal alignment, against a standard office chair.

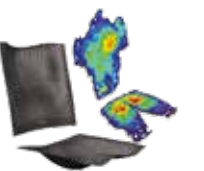
Participants were volunteers recruited by the AHRU, who had to go through an in-depth screening process prior to taking part in the study, with the main requirement being that they had no history of back pain.

Seating pressure was recorded using the CONFORMat™ system by placing pressure sensors on both the seat and backrest. Participants were tasked with sitting at a desk and engaging in a computer related typing practice, utilising Ergo Design® and PSI® chairs fitted to each individual's DSE measurements by a trained individual.

A case study was also conducted to collect postural measures on spinal alignment during a typing task. Backrests were removed from the Ergo Design® chairs and the seat was angled to an 8° pelvic tilt, utilising the independent seat tilt on the chair mechanism.

Biomechanical data was collected via small retroreflective tracking markers attached to each participant using a 4-segment spinal model and the Calibrated Anatomical System Technique for the pelvis. Data from the markers was recorded using a 10-camera Oqus Qualisys motion capture system, collected using Qualisys Track Manager and analysed using Visual 3D.

The Ergo Design® products were found to perform by the scientists at the AHRU. Specifically, spinal alignment is improved through the pelvic tilt, as well as reducing peak seating pressure.





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