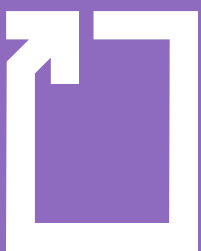


VOLUME 2



CHAIR
guide





GOOD TO KNOW

The more adjustable features an operator chair has, the better it will suit every user's needs.

Make sure to choose castors that are appropriate for your office floor: hard wheels for soft floors (carpets), soft wheels for hard floors (concrete or wood).

A standard office chair has a weight capacity of up to 300 pounds (136 kilos). There are models with wider seats, higher backrests, and higher weight capacities to suit taller or heavier users.



THE IDEAL OPERATOR CHAIR

When choosing an operator chair for daily use, look for the following attributes:

- Lumbar support
- Elbows close to the body, at 90 degrees and at the same height as the desk surface
- Forearms well supported
- Thighs parallel to the floor
- Knees at a 90-degree angle
- Feet flat on the floor
- Screen one arm's length from the face and at eye level
- Front of seat curved downwards
- Relaxed shoulders
- Easy-to-use adjustment levers

SEAT

Look for:

Adjustable height
to adjust to leg length.

Adjustable tilt
To optimize comfort.

Upholstery Options
Fabric is more breathable and less slippery than leather but is harder to clean. Leather is more elegant, offers greater comfort as it moulds to the user's body over time, but tends to be warmer.

Tips

- Nylon mesh is the most breathable option. Other fabrics, such as vegan and imitation leather, retain less heat than real leather.
- Seats that curve slightly towards the floor help improve blood circulation in the legs.

ARM RESTS

They support the elbow and forearms, reducing muscular stress on the shoulders, neck and spine.

Several adjustments are available:

- width
- height
- inclination

On some models the width of the arm rests can be expanded by up to 2 inches on either side, offering comfort for everyone. Other models also swivel and slide, allowing the user to sit closer to the work surface.

Tip: Appropriate armrests keep wrists straight when using the mouse.

BACKREST

Choose a model with an **ADJUSTABLE** backrest; chairs with built-in lumbar support are not for everyone.

Height

Can accommodate people of different heights.

Depth

Adjusts to the natural curve of the back.

Depth AND height

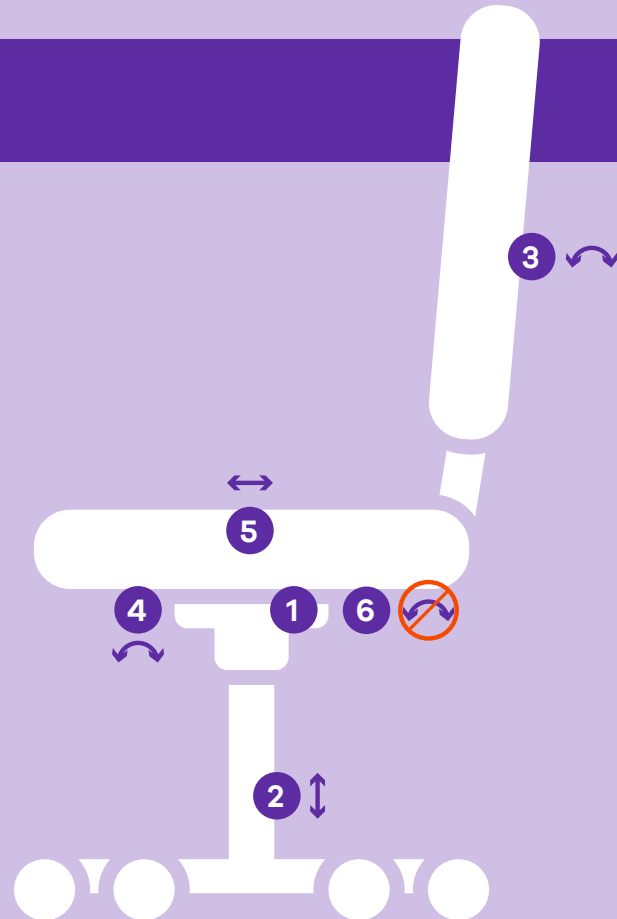
Ideal for people who sit at their workstation for very long hours.

MECHANISMS

There are several types of mechanisms.

The **most common**, the **multiple tilt mechanism**, offers several sophisticated adjustable settings:

- 1 Tilting tension
(adjusts to the weight of the user)
- 2 Pneumatic height adjustment
- 3 Backrest tilt
- 4 Seat tilt
- 5 Sliding seat depth
- 6 Tilt locking, at a specific position, with a lever



**TOUT
pour le
travail!**



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