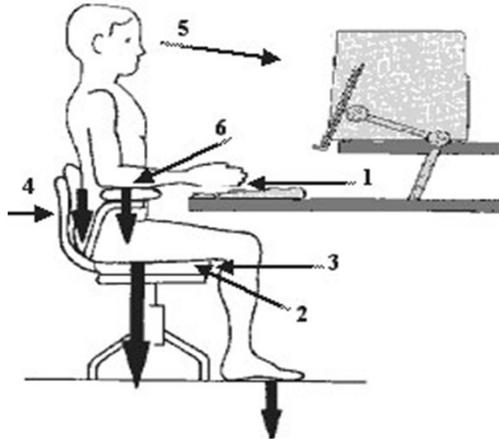


What Kind of Ergonomic Office Chair is Best?

Working in an office typically involves spending a great deal of time sitting in an office chair - a position that adds stress to the structures in the spine. Therefore, to avoid developing or compounding back problems, it's important to have an office chair that's ergonomic and that supports the lower back and promotes good posture.



In first considering the "conventional" style of office chair, there are a number of things an ergonomic chair should have, including:

Seat height. Office chair seat height should be easily adjustable. A pneumatic adjustment lever is the easiest way to do this. A seat height that ranges from about 40 to 54 cm off the floor should work for most people. This allows the user to have his or her feet flat on the floor, with thighs horizontal and arms even with the height of the desk.

Seat width and depth. The seat should have enough width and depth to support any user comfortably. Usually 42-50 cm wide is the standard. The depth (from front to back of the seat) needs to be enough so that the user can sit with his or her back against the

backrest of the ergonomic office chair while leaving approximately 2 to 4 inches between the back of the knees and the seat of the chair. The forward or backward tilt of the seat should be adjustable.

Lumbar support. Lower back support in an ergonomic chair is very important. The lumbar spine has an inward curve, and sitting for long periods without support for this curve tends to lead to slouching (which flattens the natural curve) and strains the structures in the lower spine. An ergonomic chair should have a lumbar adjustment (both height and depth) so each user can get the proper fit to support the inward curve of the lower back.

Backrest. The backrest of an ergonomic office chair should be 30 to 42 cm wide. If the backrest is separate from the seat, it should be adjustable in height and angle. It should be able to support the natural curve of the spine, again with special attention paid to proper support of the lumbar region. If the office chair has the seat and backrest together as one piece, the backrest should be adjustable in forward and back angles, with a locking mechanism to secure it from going too far backward once the user has determined the appropriate angle.

Seat material. The material on the office chair seat and back should have enough padding to be comfortable to sit on for extended periods of time. Having a cloth fabric that breathes is preferable to a harder surface.

Armrests. Office chair armrests should be adjustable. They should allow the user's arms to rest comfortably and shoulders to be relaxed. The elbows and lower arms should rest lightly, and the forearm should not be on the armrest while typing.

Swivel. Any conventional style or ergonomic chair should easily rotate so the user can reach different areas of his or her desk without straining.





ERGONOMICS: Each body responds to universal laws in a personal way: this is why ergonomics must plan the ideal shape of an object according to its use, but also provide an adaptable and customizable to move easily in operational spaces; well designed to give the spine correct support and posture the correct dynamism; modular for personal requirements to really adapt to anybody, thanks to a wide variety of mechanisms and components, adjustable in an easy and intuitive way. All OmniSpace models, both executive and operator, comply with these criteria because time at work is also a comfortable and pleasurable experience.

Materials, design, wellbeing, environmental sustainability, price, accessories, customization: an OmniSpace chair is all this and much more. Designing a technical chair does not mean only making an aesthetic or functional action, but knowing how to synthesize different elements resulting in an efficient harmony that respects man and does not damage our planet. In particular, we put our utmost in producing highly recyclable objects, with easily differentiable components and traceable and FSC-certified materials.

INNOVATION: We are curious about the present and fascinated by the future. Our innovation department is dedicated to study and further explore anything that comes from the most advanced research and satisfies our customers, at any latitude: from latest-generation materials to the most advanced construction solutions, down to the accessories and details that can make the workplace in its whole even more personal and comfortable. Innovation also means to take the utmost care of the service and dialogue with Customers, constantly improving the tools that contribute to their satisfaction.



Comfort, safety, pleasure: wellbeing is a combination of all these elements, even when you are talking about offices. That's why in the company we look for global quality, starting from the work of our design and development departments that combine the precious collaboration with well-established designers with the long experience. All our products also undergo rigorous quality control procedures and resistance tests, carried out in strict cooperation with certified test bodies, in compliance with European regulations. On the strength of a consolidated knowhow and constantly committed to reach excellence production standards.