



Are you sitting comfortably?

“Poor posture while sat at a computer can cause more back problems than the excessive lifting and carrying done by manual workers.”

Workplace Law Network, October 2006

Approximately 4.9 million working days are lost each year due to back pain. Unsurprisingly, HSE advise prevention as the best treatment and as office workers spend an average 8.5 hours seated each day, it is evident that a good chair is our most valuable tool in improving employee attendance and wellbeing.

Good posture

We’ve all been brought up to believe that sitting up straight is the best way to protect our backs, but research shows the most important feature of sitting correctly is to maintain the inward curve of your lumbar spine. This natural posture will keep your pelvis correctly positioned while your spine maintains its ‘S’ shape, ensuring that your weight is distributed evenly across your discs.

While this may be difficult to visualise, the truth is that it is easily achieved by choosing the right seating for your task. A chair that has a forward tilt of between 5-15 degrees will keep your hips positioned slightly higher than your knees. This is essential for good posture.

Take a rest

It is well documented that we should all take regular breaks to maintain good circulation, but our schedules do not always allow this. Movement is key and a good chair should adapt constantly to the movements of your body. It must also be flexible with settings and adjustments that can be tailored to the person and their work. Choosing an adjustable floating tilt chair will allow you to release the entire seat and chair back into free float. This means that you can lean back and slouch whilst still being supported by your chair.

acs recommends...

Solutions exclusive offer

20% off

Any of these chairs when purchased before
30th September - Quote ref: SOL07

We've taken a look at the most popular choices of posture office seating and chosen our favourite four based on value, comfort, flexibility and ergonomic features;



Therapod 5250

- Patented backcare system
- Pressure sensitive seat foam
- 23 ° back rest recline
- 16 ° of seat movement
- 150 kg S-rated gas lift
- Patented finger-tip control side tension
- Anti kick-back safety back angle lock
- Six incremental back rest lock settings

£385.00*

Usually: £462.00



RL22ADJ

- Tension adjustable mechanism
- Inflatable lumbar support
- Anti-shock safety lock
- Extra deep seat foam
- Concealed back height adjustment
- Height adjustable soft arms
- Components tested to BS5459

£175.00*

Usually: £210.00



Function

- Height adjustable lumbar support
- Synchro mechanism weight tension
- Height adjustable arms
- Adjustable seat height
- Back rake adjustment
- Armrest adjustment
- Lateral adjustable arm caps
- Certification to BS 5459/EN 1335

£220.00*

Usually: £264.00



S22A

- Inflatable Lumbar Support
- Seat Slider
- Large Seat and Back
- Extra Deep Seat Foam
- Ratchet Height Adjustable Back
- Push Button Syncro Mechanism

£159.00*

Usually: £239.00

For further information, or for a free trial of any of these chairs, please call **Emma Coleman** today on **01604 704000**.

* Prices shown include the 20% exclusive solutions discount