

Ergo Task.

Height Adjustable High Back

The height adjustable high back helps to support the upper back and shoulders and reduce lower back pain by ensuring the support is in the right place for different height people. The mesh finish will mould to the users shape to improve comfort.

Self-Adjusting Tension Weight Control calibrates the chairs resistance to the user's body weight with the synchronous mechanism automatically. This keeps all of the support in the right place as the user moves back and forth in the chair and leans onto / moves off the chair back.

Height Adjustable Lumbar Support Cushion

Adjustable lumbar cushion provides maximum support in the lumbar spine for each user. It can be moved to provide as much or as little support as is needed by the user depending on their body shape.

Seat Slide allows the user to adjust the depth of the seat cushion to get the most comfortable seat position. This avoids any compromise of the circulation to the legs helping to decrease the incidence of Deep Vein Thrombosis. The pressure in the buttock and thigh muscles is also reduced.

Pocket Sprung Seat Cushion

Pocket Sprung seat cushions are most suitable for

- People with pelvis injuries.
- Lower back injuries /complaints
- People with sciatica
- Disc problems
- Poor circulation

The reasons for this are

- Better support from the pocket sprung cushion than conventional foam
- The users weight is more evenly spread across the cushion reducing high pressure points
- The pocket springs will naturally mould around the user giving a better seating position

The pocket sprung cushion is better than the air cushion supports within the seat cushion because

- the springs are more resistant to distortion than the air cushion,
- The pocket sprung cushion will maintain its shape as the user moves and not deform if the user changes position
- Better circulation of air within the seat improving comfort

- Longer lasting- the springs are guaranteed for 10 years – no air bag to decay

Additional benefits from the pocket sprung cushion are

- Activation of the core (postural) muscles encouraging better posture
- Improved blood circulation
- Less nerve irritation
- Reduced muscle fatigue

Normal foam provides a firmer support whereas the pocket sprung cushion provides a more dynamic support that can change and adapt as the user moves/reclines in their chair. This makes the pocket sprung cushion more comfortable when sitting for longer periods of time.

The pocket sprung seat cushion takes the benefits of the standard foam seat to much higher level as well as providing the additional benefits of:

- Activation of the core (postural) muscles
- Better distribution of the user's weight reducing pressure spots in the seat
- Increased air circulation around the cushion
- Longer lasting – the springs will maintain their shape longer than a standard foam will keep its shape
- The pocket sprung cushion is far superior to a standard foam cushion due to its more adaptable and reactive shape as the user sits and moves while performing normal activities in the office environment.
- More suitable for people with existing spine, disc or pelvis problems

The waterfall front to the cushion improves comfort and circulation to the lower limbs helping to reduce the incidence of deep vein thrombosis.

Synchro Plus Tilting Mechanism with Free Float Mode

This tilting mechanism allows the user to move while still sitting at their desk. This improves circulation to the muscles of the lower back, pelvis and hips, as well as reducing the stress on the lumbar spine. The movement allowed also activates the body's natural blood pump system that promotes better circulation in the legs reducing the chance of deep vein thrombosis. There are different locking positions so that the user can adopt different postures for different tasks. Free float mode encourages movement of the user and helps to maintain a healthy posture.

Adjustable Headrest

This helps to prevent neck problems, allowing the musculature of the neck and shoulders to relax, rest the head back and keep the head in a position that allows users to continue tasks.

**High Quality Twin Castors**

The smooth twin castors allow the user to move the chair in the office while seated easily and without strain. This makes it easy for the user to move back from their desk and turn the seat so that they may stand in a safer neutral position and not have to twist out of their chair causing strain on their spine as they do so.