

## **I Task**

### **Contoured Seat Pad and Back**

There is a curved lumbar cushion and lateral contouring of the seat back with height adjustability helping to make it suitable for people of different heights, alleviate the strain on the lower back, help people with existing lower back problems, help to prevent users developing lower back problems, help users with and prevent upper back and shoulder problems.

### **Pump Up Lumbar Support**

This is a very versatile pump up lumbar support to enable the user to adjust the lumbar support to exactly how much or how little they need. Couple this with the contoured seat back and the user gains the very best in support and comfort. This helps to support the lumbar curve reducing the strain on the lumbar spinal joints, the intervertebral discs, the musculature of the lower back and the joints.

### **Multi-Function Height Adjustable Armrests**

The multi-function height adjustable armrests provide an adaptable position of the arm rests. This feature will provide the best support to the arms and shoulders depending on the task in hand. The adjustability of the arms allows the user to customise them to their requirements for the different tasks. This reduces the tension in the shoulders and helps to avoid upper limb complaints like carpal tunnel and tennis elbow and RSI.

### **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.

### **Seat Slide**

The adjustable depth of the seat creates the perfect seat cushion for each user regardless of the length of their legs or size. This reduces the pressure in the buttock muscles and thighs and improves circulation decreasing the incidence of Deep Vein Thrombosis. The seat MESH covering has rounded edges to stop the sides of the chair pressing into the legs, improving circulation to the lower limbs.

### **Height Adjustable Headrest**

This provides support to the head giving the user a more comfortable head position. This helps to ease tension in the neck and shoulders reducing the incidence of headaches, migraines, and shoulder complaints.

### **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.

This chair is certified as Green Guard and free of hazardous emissions.