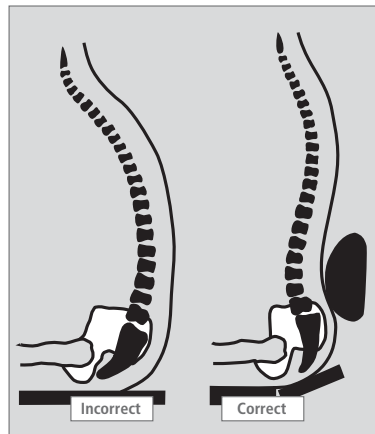


Ergonomics guideline

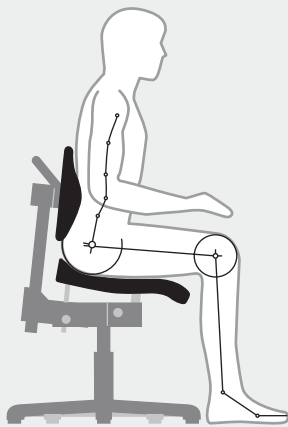
People spend one third of their professional lives sitting on their work chairs. Workers who perform strenuous, repetitive work need a chair that provides them with proper support. Werksitz work chairs can be adapted to any working situation and provide excellent stability and support, and also give you sufficient freedom of movement.



Frequently changing your seating posture reduces one-sided, unhealthy strain on the muscles and the intervertebral discs.

The spinal column assumes its natural S-shape and takes the strain off the intervertebral discs and the buttocks, which improves blood circulation and the supply of nutrients.

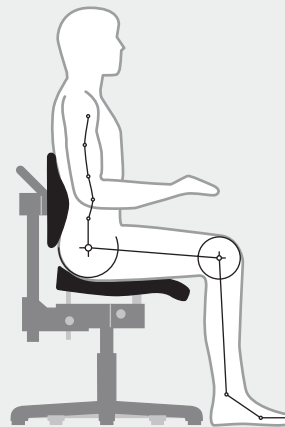
The intervertebral discs can regenerate, and concentration as well as performance will increase at the same time.



Forward posture

Characteristic features:

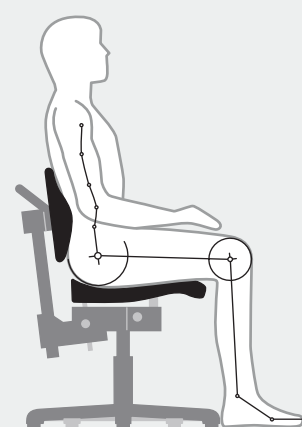
- The back is extremely rounded or, if the posture is rigid, or pushed forward in a considerable way
- The centre of gravity of the torso is in front of the buttocks
- The hip angle or seat angle is less than 90° with the thighs almost horizontal
- Increased internal stomach pressure
-> adverse effect on the venous returns in the pelvic
-> statically tense muscles



Straight posture

Characteristic features:

- The centre of gravity of the torso is in the buttock area
- In general, statically balanced seating position: relatively little bending of the spine from the lumbar vertebrae to the cervical vertebrae with most of the muscles relaxed, and deeper breathing (=Asian relaxing position)



Rear posture

Characteristic features:

- If there is a lack of support, the pelvis is turned back on the seat
- Open hip angle (in relation to the pelvis), i.e. greater than 90°
- Different spine curvature depending on the position of the sacrum

If the body is not straightened after a short time, the torso will need to be supported by the arms lying on the worktop (=restoring the balanced condition to relax the muscles). Compared to the straight or rear posture, the shoulder and neck muscles have to provide more static work to hold the body in the forward seating posture.

Any kind of work requires body movements that interfere with the delicate balance of the straight seating posture. Muscle work is required to restore the balance. For this reason, the straight sitting posture is only of minor importance as a working posture.

The greater the reduction in the curvature of the thoracic vertebrae, the greater the amount of support required by the cervical vertebrae. If the trunk is supported by a backrest, the spine can stretch (back muscles are almost relaxed).