

Score[®]
experts in seating

work chairs
for **industrial**
environments



dental



medical



industry



office

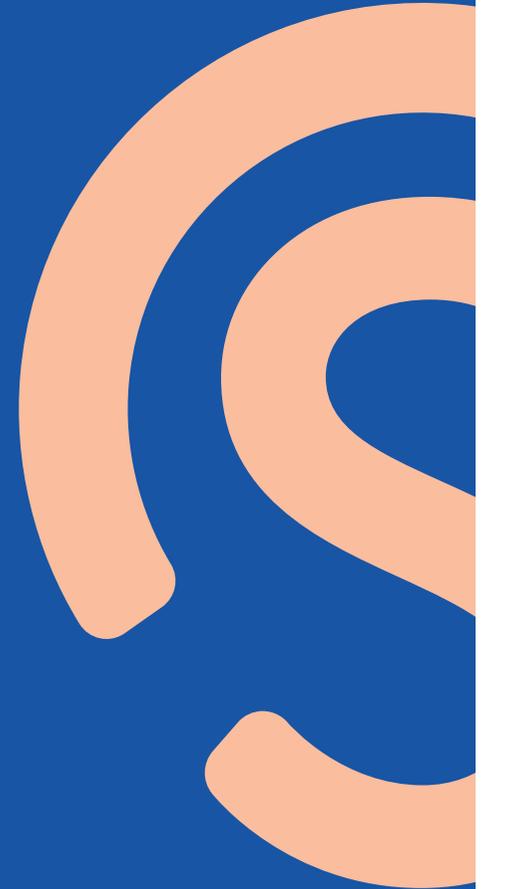




experts in seating[®]

Doing your job with ease. If you can do that then you're a true professional. This also applies to all our expertise. You don't notice it – and that's exactly what makes the difference. Because after a day of sitting at work on one of our seating solutions, you still feel great. No lower back pain. No sore shoulders. No restless feeling in your legs. Because we're professionals who invisibly take care of other professionals. And we're very proud of that. With us you'll be sitting pretty.

Take a seat.





score makes the difference

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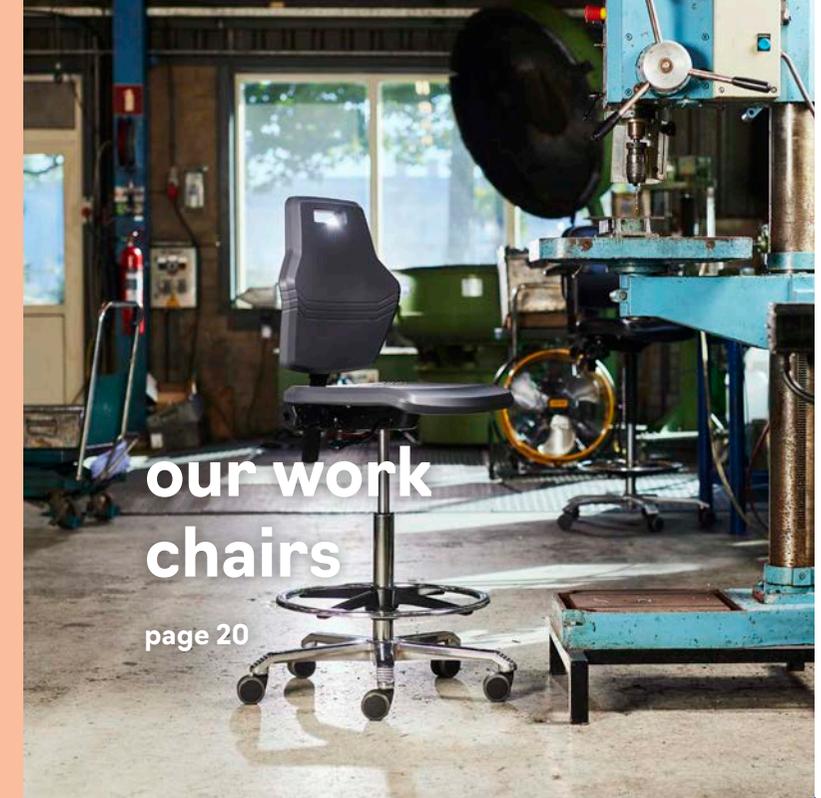


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Sitting ergonomically so you can work comfortably and feel fit and flexible. That's our goal. To achieve this, we develop and manufacture ergonomic work chairs that really make a difference. Exercise is important, but we believe sitting has to be healthy as well.

'We' are the approximately sixty problem solvers who are Score. We develop and manufacture our seating solutions in our own factory in Tolbert, in the province of Groningen in the Netherlands. We apply the most recent ergonomic standards, the latest techniques and best materials while taking all the challenges faced by people in sedentary professions into account. People stand at centre stage with us. Or better said, sit!



our own path

At Score, we like to do things our own way. Maybe our designs aren't trendsetting, innovative or super modern, but they are solid, robust and a little quirky. Solid chairs that you can literally use for decades. We don't follow the crowd but pave our own way! We listen to our customers' experiences and base our plans on what they tell us. When we see opportunities for improvement, we investigate together to see how they can be implemented. This has made us a reliable player in the market over the years.

our mentality

We value our relationships very much. Connecting people with short communication lines, honest and transparent; that's what we stand for. We want the best for everyone, both internally – for our colleagues – and externally – for dealers and anyone who takes a seat on our products. If you are able to enjoy doing the things that are important to you, and we can contribute to that in our own way, then we're satisfied.



we take the burden off you

You deserve the perfect seating solution. One you never have to worry about. This may sound a bit vague, but what matters is that our craftsmanship takes the burden off of you. There's always room for improvement. Whether it's our processes, products or your sitting posture. Because we may have great ideas, but it's your experience that counts. We improve ourselves by listening – to the market, to the developers of new technologies and to you as a user. *Learning by listening.* That's Score.



our promise

We are problem solvers. Every component in our products has a function and everything is there for a reason. Because quality is all about the details. That's why we call ourselves *experts in seating*. We know the ins and outs of the various industries we develop our products for. Even yours. So we work every day to ensure that you experience this too. That, while you're sitting, you really feel that we're thinking along with you... and ahead. We find solutions to problems you didn't foresee yourself. With an eye for detail, with passion and inspiration. Sitting comfortably so you can concentrate on doing your job. That's our promise to you.

a chair for every workplace

There's simply no such thing as one universal (work) chair, perfect for every user and work environment. Different requirements apply to a chair in a workshop than to an office chair.

At Score, we made a distinction between four major branches – Dental, Medical, Industry and Office – each with their own specific work stations and associated activities. So we developed a range of seating solutions that take into account both workplace-related requirements and the wishes of the user. After all, sitting comfortably and ergonomically while working are paramount at Score.

“Precision work in awkward positions? No problem on a working chair from Score.”





dental

Dentistry is a sector all its own. Intensive treatments where you, as a dental care professional, regularly have to twist and turn in difficult positions in order to do your job properly. A chair or saddle chair that supports you well is absolutely essential. But not every seating solution is up to this challenge! 70% of dental care professionals regularly have back problems; and you certainly don't want that. That's why we developed ergonomic chairs and saddle chairs that you can sit on comfortably and ergonomically. Even for longer periods at a time and if you have to twist and turn in difficult positions. They provide your body with the right support so you can easily change position or move around the workspace. For example, to grab another instrument or take a quick look at an X-ray. This is how we ensure you are relaxed and full of energy at work so you can focus on your patient.



medical

The seating solutions must also meet specific requirements in medical work environments. Because a waiting room chair is not a phlebotomy chair and a chair in the operating room is very different from a chair behind the reception desk. That's why we developed a range of seating solutions for hospitals and other medical environments. Our upholstery is, among others, urine, blood and mould resistant. For example, PUxx can be cleaned with 70% alcohol, so this upholstery meets the highest hygiene requirements. Score takes the staff's healthy working posture and comfort into account. Whether you're a nurse, doctor or laboratory technician, a chair that offers you the right support is super important. So you have enough energy left after a day's work to enjoy life.



industry

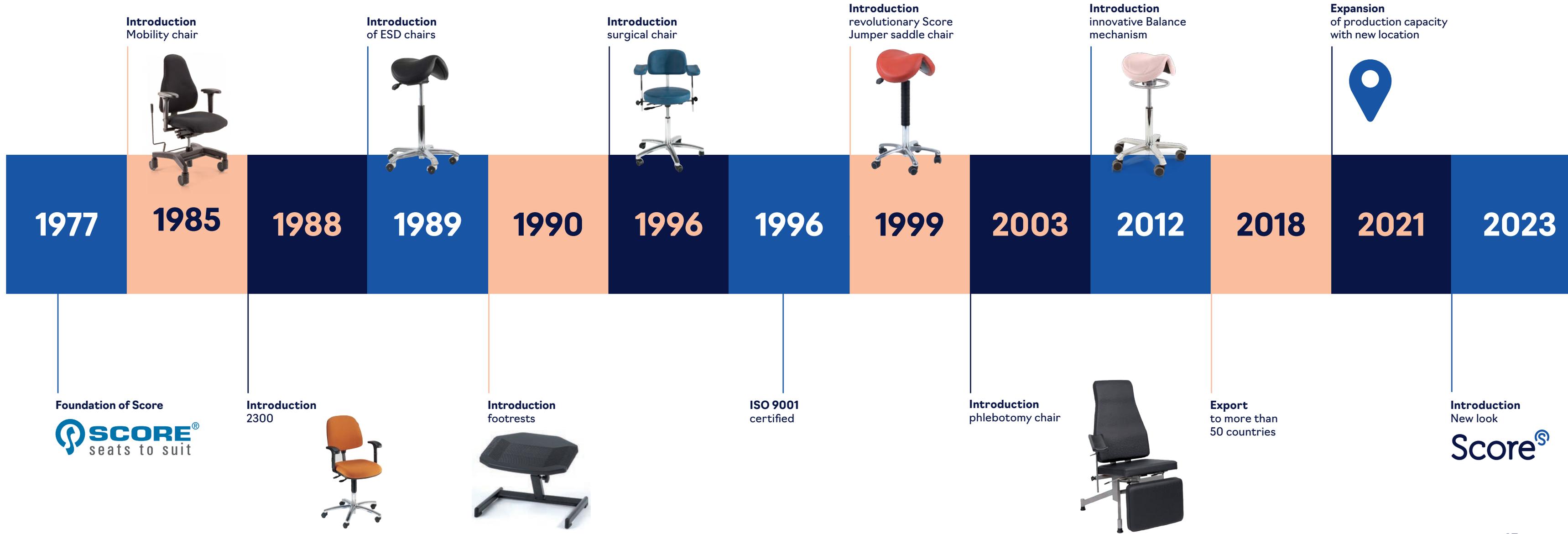
Only the best is good enough for you. That's why we developed Polyurethane seating solutions that are perfect for demanding work in industrial workplaces, including ESD and cleanroom laboratories. They are resistant to chemicals and are easy to keep clean. Chairs that can take a beating, made of an aluminium base combined with a seat and back made of PU (Polyurethane) or beech. Materials that you can use for years, even under extreme conditions. For workplaces in electronics, we have ESD chairs that safely discharge built-up voltage to the floor. Especially for cleanrooms, we have chairs with a HEPA-filter to collect all undesirable dust particles. Robust chairs that you will still sit comfortably on after hours of work.



office

More and more companies are investing in the health and vitality of their employees. This is especially important in the office, because office workers – working hours and private time combined – sit an average of more than ten hours! And that's not good for our bodies. We're happy to offer you the possibility of working alternately between standing and sitting. On a saddle chair, for example! Because it actually combines the best of both worlds: on the one hand, the healthy posture of standing and, on the other hand, the stability and comfort of traditional sitting. Whether you sit on a saddle chair or a regular chair, when you sit properly and your body gets the support it needs, you can relax longer and no undesired tension builds up in your muscles causing neck and shoulder complaints. They provide the right support which in turn promotes energy and concentration levels. We've got your back!

expert in seating since 1977



Of course, our work does not stop at developing, producing and exporting chairs. We also give advice, think along and answer every question you have. That's service.

service and warranty

Score chairs are made with craftsmanship from high-quality durable materials in our own factory in Tolbert and are exported to more than 50 countries. Our chairs have a standard 5-year warranty. Ask about the exact conditions.

extensive score dealer network

Score supplies nationally and internationally through selected dealers only. There's always a Score dealer nearby. Well-trained workplace advisors at Score can advise on the best seating solution for your specific workplace in consultation with the Score dealer.

fast delivery program

Through our special fast delivery service, we ship a selection of high-demand chairs within 3 business days. Ask about the exact conditions.

trial period

See an interesting seating solution? Ask your dealer about the possibilities to try out a product.

showroom

You're also welcome to visit our showroom, which makes it very easy to compare a number of different seating solutions. If you make an appointment in advance, our experts will be happy to discuss all the advantages and features of the products you're interested in.



own product development and production

Bending steel, welding seams, drilling holes: a good product is perfect down to the smallest detail. That's why everything is done with equal care at Score: from assembly to packaging. In our own factory in Tolbert, our technical professionals work on our products with great precision. Products we developed ourselves! And our factory and office are located right next to each other. This means the communication lines between our product developers and production employees are short, allowing us to respond quickly to dealers and customers. We all work with heart and soul on new seating solutions that meet the current ergonomic standards and we keep everything in-house. We enjoy working together and being inspired, but we're also specialists and convinced of our expert craftsmanship. We pave our own way. That's Score!



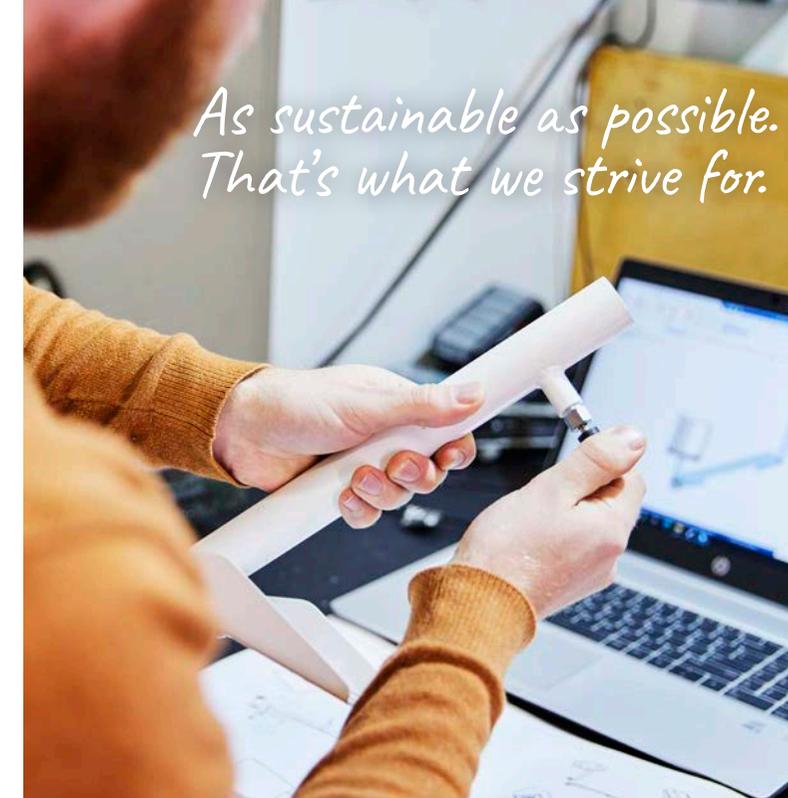
NEN-EN-ISO 9001 certification and quality management system

The success of a company is all about keeping your promises. Our promise is to manufacture high-quality seating solutions with respect for our environment. That's what Score stands for.

We guarantee the quality of our products with, among other things, our ISO certification. The quality management system helps us keep our organisation healthy. This allows us to continuously improve both the process quality and the quality of our products and services.

Thanks to this system, it's clear to everyone what we do, how we do it and that we comply with the applicable laws and regulations. It also helps us to further develop our organisational policy, to motivate and train our employees, to increase our quality awareness, to maintain lasting relationships with dealers and to increase general customer satisfaction.

*As sustainable as possible.
That's what we strive for.*



durability and sustainability equal quality

When you choose Score, you choose durability. Our products are super strong, solid and safe so you can use them for decades to come. Made from materials that can take a beating and are produced sustainably as much as possible. For example, our energy comes from the solar panels on our roof, our building is well insulated and we replaced all fluorescent bulbs with LED. We carefully select our metals, fabrics and plastics one by one and work closely with our suppliers. As sustainably as possible. That's what we strive for.



Check
scoreseating.com
for our entire
product range!



sitting comfortably in demanding workplaces

The work chairs from our Score Pro 4400 Line are robust and durable but at the same time incredibly comfortable. Ideal for industrial work environments as well as laboratories and (ESD safe) workplaces, because they're very suitable for this demanding work.

The PU (Polyurethane) seat and back feel wonderfully soft, while the material is resistant to various chemicals and very easy to clean. That will sit well with you. The chairs from this line are available with a footring or footboard, so they're suitable for high workplaces. There's also the option of ordering the chair with armrests and/or a sliding system, which increases the seat depth by a maximum of 7 centimetres.

- Ⓢ Durable, strong and comfortable
- Ⓢ Very easy to clean
- Ⓢ Also available in an ESD version



score pro 4400



- For work surfaces from 70 - 85 cm
- Soft PU seat and back
- Also available in an ESD version

score pro 4401



- For work surfaces from 80 - 100 cm
- Soft PU seat and back
- Also available in an ESD version

score pro 4402



- For work surfaces from 90 - 115 cm
- With footring
- Suitable for high workstations

score pro 4408



- For work surfaces from 90 - 115 cm
- Trumpet feet
- Soft PU seat and back

sturdy, durable and compact

A versatile, beautifully designed work chair suitable for various workplaces? Our Score Spirits are eye-catching, durable and solid all-round work chairs with an affordable price. You'll find them, for example, in laboratories, schools, hospitals and call centres.

The distinctive backrest gives your shoulders extra freedom of movement. Score Spirit Line chairs are made of PU (Polyurethane) and beech, which is strong and yet very soft to the touch. And that's not all: this material is also super easy to keep clean and it's very durable. Perfect, right? That's the spirit!

- ☞ Durable, sturdy work chair
- ☞ Extra freedom for your shoulders
- ☞ Easy to clean



score spirit 1500



- Strong, light and compact
- For work surfaces from 70 - 85 cm
- Also available in an ESD version

score spirit 1501



- For work surfaces from 80 - 100 cm
- Strong, light and compact
- Equipped with a height adjustable footring

score spirit 1502



- For work surfaces from 90 - 115 cm
- Strong, light and compact
- Suitable for high workstations

score spirit amazone



- Three variants: three working heights
- Also available with lumbar support
- Resistant to many chemical substances

indestructible work chairs

A no-nonsense work chair, suitable for a large part of the working population. Ergonomically shaped, super durable and equipped with all the functions you need: that's the Score Ergo Line.

The Score Ergo Line chairs were developed to suit many different people with various professions in all kinds of environments. Ideal for every work environment (even ESD). The various models are equipped with a footring or a footboard, which makes this chair ideal for high workplaces up to 115 centimetres! So everyone's friend without having to compromise on quality and craftsmanship.

- Ⓢ All-round work chair
- Ⓢ Adjustable for optimal sitting comfort
- Ⓢ Suitable for a variety of work places



For advice, please contact one of our advisors.

score ergo 2300



- Various hardwearing materials available
- No-nonsense office chair
- Also available with armrests

score ergo 2301



- Higher than the Score Ergo 2300 and with a footring
- No-nonsense office chair
- Robust, functional design

score ergo 2302



- The tallest of the Score Ergo Line chairs and with a footring
- Choice of 19 colours
- For every (high) working setting

score ergo 2308



- With an in height adjustable footboard
- With trumpet glides
- Ergonomic and multi-adjustable

the dynamic shape of sitting

Experience the comfort of a saddle chair! On the ergonomically shaped saddle seat, you automatically assume a healthy sitting position when your feet are firmly on the floor and you sit on the right height. Your back relaxes in a natural way, which not only improves your breathing but is also good for your circulation and digestion. And you're also very mobile on a saddle chair. The Score Jumper and Score Amazone are our saddle chair super stars.

Choose from our various mechanisms, including our unique Balance mechanism that allows the seat to move subtly along with you. We also have the cheerful Score Jolly and the compact Score Polo. They're available in a variety of designs and with various accessories and mechanisms. Score has thought of everything!

- Ⓢ Promotes a healthy back and sitting posture
- Ⓢ For good breathing, circulation and digestion
- Ⓢ Available in various versions and with our unique Balance mechanism



score amazone



- Narrower seat to reach a larger hip angle
- Choice of 3 types of mechanism, additional lumbar support and armrests
- Saddle seat also available in Polyurethane (PU)

score jumper



- Wider seat for broader support
- Also available in multiple fabrics and colors
- Also available with a black base

score polo



- Light in weight and easy to clean
- With a flexible base
- Light weight and easy to stow away

score jolly



- Soft bicycle-type seat
- 2 mechanism options, Fixed or Balance
- Convenient, comfortable, practical and compact

*“Recovering from my work?
No need. My chair by Score
actually gives me energy to spare!”*



work comfortably standing up

Does your profession require a lot of standing and do you get home after a work day with tired legs and/or feet? You can prevent this with a Score Standing Aid. They're ideal for people with jobs that can't be performed well or aren't allowed to be performed while sitting. A Standing Aid is also a great solution if you work in a place with little legroom or if you just like to vary between sitting and standing work. The Steady model even has a folding base that's also a handy footrest. Now that's comfortable!

- Ⓢ Ideal for standing professions
- Ⓢ Alternate between standing and sitting while you work
- Ⓢ Ideal for workplaces with little legroom

score sit-stand 232



- Height adjustment 58 - 84 cm
- The seat is in hardwearing anthracite Polyurethane (PU)
- Adjustable seating angle

score sit-stand 2232



- Height adjustment 60 - 85 cm
- Loaded braked castors
- Adjustable seating angle

score sit-stand steady



- Height adjustment 66 - 83 cm
- In hardwearing anthracite Polyurethane (PU)
- Foldable base

stools for every situation

Who has never sat on one? Our Score Base Line stools set the standard for stools. Simple but super functional. A durable stool with a seat made of beech, PU (Polyurethane) or Stamskin with an extra strong frame. You'll mainly find these compact, practical stools in schools and training centres. Robust, stackable, and available in a variety of cheerful frame colours. The Steps model even has footbars at four different heights. Handy!

One stool for spaces where young and older children as well as adults can sit comfortably. We've said it before. They're simply essential.

- 🌀 The standard among stools
- 🌀 Robust, stackable and floor friendly
- 🌀 Available in various cheerful frame colours

score base 240



- Stackable up to 5 stools
- Available in seat heights 50, 55, 60 and 65 cm with a foot bar
- Floor friendly

score base steps



- Stackable up to 5 stools
- Same seat heights as Base 240, but with foot bars at 30, 34, 38 and 42 cm from the top
- Floor friendly

Would you like to be informed about our latest news? Sign up for our newsletter.



stools for dynamic sitting

You can do just about anything with the Score Opti Line stools. You can move to the left and right, up and down, and even opt for a footring for high workplaces. A durable stool with a seat made of beech, PU (Polyurethane) or Stamskin, depending on the work environment. There's even an ESD safe version, for example. They're real all-rounders you can use as a side stool or work stool.

- 🔄 Dynamic stools with an array of options
- 🔄 Suitable as a work stool or side stool
- 🔄 Also in an ESD version

score opti 2200



- All-round stool
- For work surfaces from 70 - 85 cm
- Ring-shaped gaslift lever and small base

score opti 2210



- Higher than the ordinary Score Opti 2200
- For work surfaces from 80 - 100 cm
- Ring-shaped gaslift lever and small base

score opti 2212



- The tallest of the three Score Opti variants
- For work surfaces from 90 - 115 cm
- Ring-shaped gaslift lever and small base

support for your feet, rest for your legs

Do you have a high workplace and are you unable to reach the floor with your feet while sitting? Then you need a footrest. An essential item if your feet are dangling above the floor when you're sitting with your upper and lower legs in a right angle. This optimises your circulation and prevents restless legs.

We sold hundreds of thousands of the successful Score Basic 952 worldwide and we have its improved successor: the Score Pro 952. It's practical and durable, you can easily adjust the height and inclination with your foot and we even have versions for ESD safe workplaces.

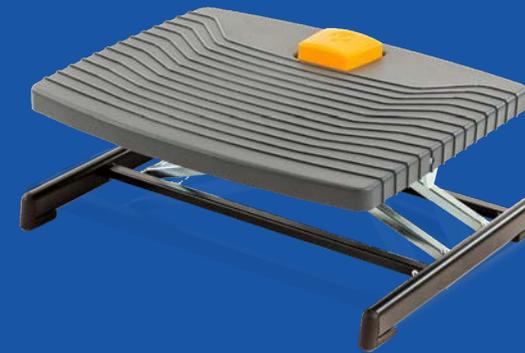
- Ⓢ The solution for dangling legs
- Ⓢ For optimal circulation
- Ⓢ Easily adjustable with one foot

score pro 952



- High-quality footrest
- Easy to operate by foot
- Also in ESD safe design

score pro 959



- Higher and larger than the Score Pro 952
- Footboard measure according to DIN 4556
- Also in ESD safe design



score basic 950



- Practical footrest
- Operate by hand
- Also in ESD safe design

score basic 952



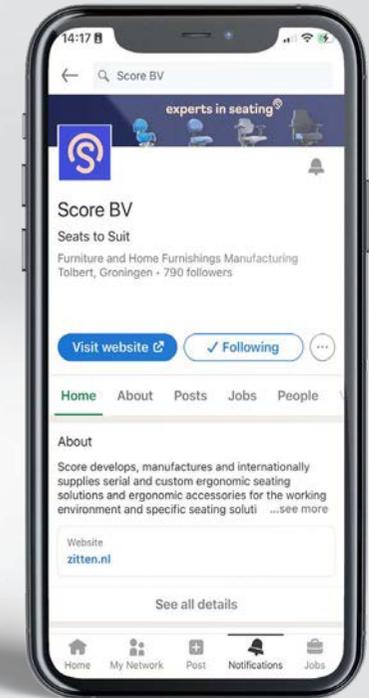
- Tilttable footboard
- Foot operated
- Also in ESD safe design

score discus 250 T



- Designer footrest
- User-friendly
- With gaslift, adjustable from 15 - 25 cm

Follow us on
LinkedIn,
Facebook and
YouTube.



a wide variety of conductive chairs

A large part of our range of sitting solutions is suitable for ESD safe workplaces. These special versions are constructed from conductive materials and fabrics that can transfer electrical charges safely to the floor or a grounded point in the workplace. Ideal when static electricity caused by, for example, friction between different materials can be detrimental to electrostatic-sensitive components.

- Ⓢ Ergonomically designed, super wear-resistant and multi-adjustable
- Ⓢ Various ESD safe seating solutions suitable for the most diverse workplaces
- Ⓢ Available in 2 types of ESD upholstery Dralon and the easy-to-clean Leatherette



Wondering if any of
these chairs/stools
would suit you?
Ask a dealer for
the possibilities

score pro 4400 esd



- For work surfaces from 70 - 85 cm
- Soft PU seat and back
- In Polyurethane ESD

score pro 4401 esd



- For work surfaces from 80 - 100 cm
- Height-adjustable footring
- Robust and durable

score pro 4402 esd



- For work surfaces from 90 - 115 cm
- Solid and sturdy
- Resistant to various chemicals

score pro 4408 esd



- For work surfaces from 90 - 115 cm
- Height-adjustable footboard
- With ESD trumpet glides

score spirit 1500 esd



- For work surfaces from 70 - 85 cm
- A backrest with a sophisticated design for more shoulder freedom
- Also suitable for Cleanrooms

score spirit 1501 esd

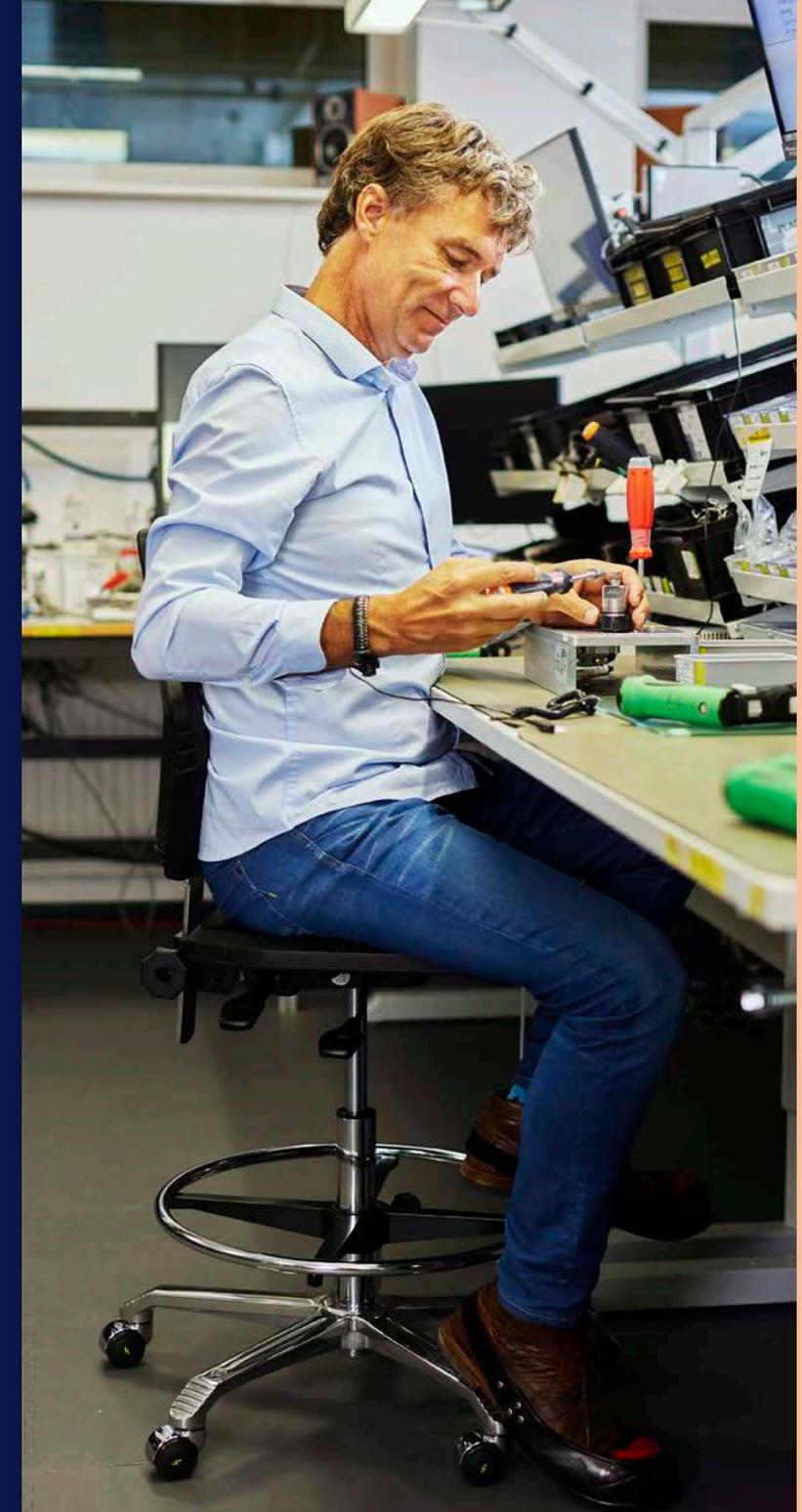


- For work surfaces from 80 - 100 cm
- Strong, light and compact
- Height-adjustable footring

score spirit 1502 esd



- For work surfaces from 90 - 115 cm
- Optionally available with ESD armrests
- Perfect for high workstations



“Thanks to my ergonomic chair from Score I can relax at and enjoy the campsite.”

For advice, please contact one of our advisors.



score ergo 2300 esd



- Various ESD hardwearing materials available
- Ergonomic and multi-adjustable
- Also available with ESD armrests

score ergo 2301 esd



- With a footring
- Choice of an adjustable or fixed seating area
- Robust, functional design

score ergo 2302 esd



- Perfect for high workstations
- Available in the upholstery in Dralon or Leatherette ESD
- For every working setting

score ergo 2308 esd



- With adjustable footboard
- Also with ESD trumpet glides
- Ergonomic and multi-adjustable

score at work esd



- Fully modular
- Three different mechanisms
- Available in the upholstery in Dralon or Leatherette ESD

score at work 01 esd



- Higher version with adjustable footring
- Recyclable
- Easy to assemble

score at work 02 esd



- Fully modular
- Optionally available with an inflatable lumbar support
- Optional available with a sliding seat for more seat depth (+ 7 cm)

score at work 08 esd



- With ESD trumpet glides
- With footboard
- Perfect for high workplaces

score 5000 esd



- For people up to 120 kg
- Equipped with a Ø 70 cm aluminium base
- Optional with ESD trumpet glides

score 5000 enforced esd



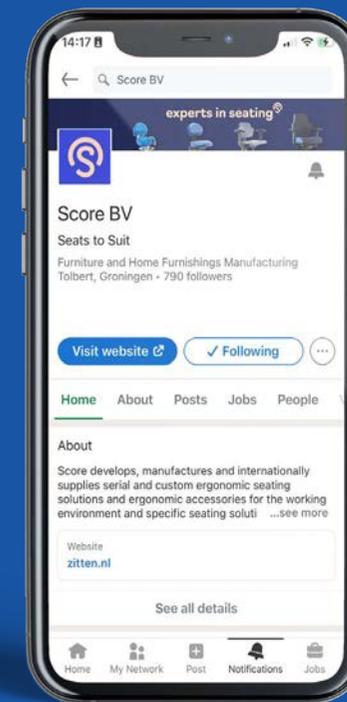
- For people up to 120 kg
- Optionally available with an inflatable lumbar support
- Seat angle adjustment in 3 positions

score maxx m esd



- Also available in Small or Large
- For people up to 250 kg
- Including armrests

Follow us on
LinkedIn,
Facebook and
YouTube.



score sit-stand 2232 esd



- Alternating standing and sitting work
- Height adjustment 60 - 85 cm
- In antistatic, conductive ESD Polyurethane (PU)

score opti 2200 esd



- Alternating standing and sitting work
- Also available in the upholstery Dralon and Leatherette ESD
- Also available in other heights

score amazone esd



- Narrower seat to reach a larger hip angle
- Choice of 3 types of mechanism, additional lumbar support and armrests
- In Dralon or Leatherette upholstery

score jumper esd



- Promotes active sitting posture
- Wider seat for broader support
- Choice of 3 types of mechanism, additional lumbar support and armrests

score medical 6101 esd



- Round seat \varnothing 40 cm
- Made of Leatherette ESD
- Also available in other heights

score medical 6211 esd



- Made of Leatherette ESD
- Comes with backrest
- Two mechanism options, Fixed or Tilting seat

score medical 6300 esd



- Ergo shape seat (recess) \varnothing 40 cm
- Ring shaped gaslift lever, easy to reach
- Available with foot control

score medical 6311 esd



- Ergo shape seat (recess) \varnothing 40 cm
- Comes with backrest
- Two mechanism options, Fixed or Tilting seat

“Life is just more fun when you feel fit. Thanks to my Score chair, I still have enough energy left to garden.”



score pro 952 esd



- High-quality footrest
- Easy to operate by foot
- Compact and robust

score pro 959 esd



- Higher and larger than the Score Pro 952
- Individual adjustment of height and inclination
- Footboard measure according to DIN 4556

score basic 950



- Practical ESD footrest
- Manual height adjustable
- For high workplaces

score basic 952



- Tilttable footboard
- Foot operated
- Robust and practical

sitting dust-free, working comfortably

Anyone who works in a cleanroom, knows how important it is that the room is and stays dust free. We developed our Cleanroom chairs especially for these workplaces.

The chairs are available in ESD Leatherette or PU (Polyurethane). The upholstered version has an HEPA filter, so the air that is displaced when sitting down is always filtered. That just sits better!

- Ⓢ Available in ESD Leatherette and Polyurethane
- Ⓢ Equipped with HEPA-filter
- Ⓢ For Cleanroom environments



Choose your product
and configure it
with our handy
product configurator!



score ergo 2300 cleanroom



- Equipped with a HEPA-filter
- In black Leatherette ESD
- With adjustable seat angle and backrest for optimal back support

score ergo 2301 cleanroom



- Equipped with a footring
- Choice of an adjustable or fixed seating area
- Robust, functional design

score ergo 2302 cleanroom



- Perfect for high workstations
- Back height and back angle adjustment
- Optionally available with a sliding seat for more seat depth (+ 7 cm)

score ergo 2308 cleanroom



- Equipped with a height-adjustable footboard
- Equipped with ESD trumpet glides
- Available with armrests

score amazone cleanroom/esd



- Narrower seat to reach a larger hip angle
- Choice of an adjustable or fixed seating area
- Optionally available with a lumbar support

score jumper cleanroom/esd



- Promotes active sitting posture
- Wider seat for broader support
- Choice of 3 types of mechanism, additional lumbar support and armrests



Check scoreseating.com for our entire product range!



People generally spend more time sitting than standing. At home, but mainly at work. And that's not good for our bodies. At Score, we focus on seating solutions, because we believe that sitting should also be healthy.

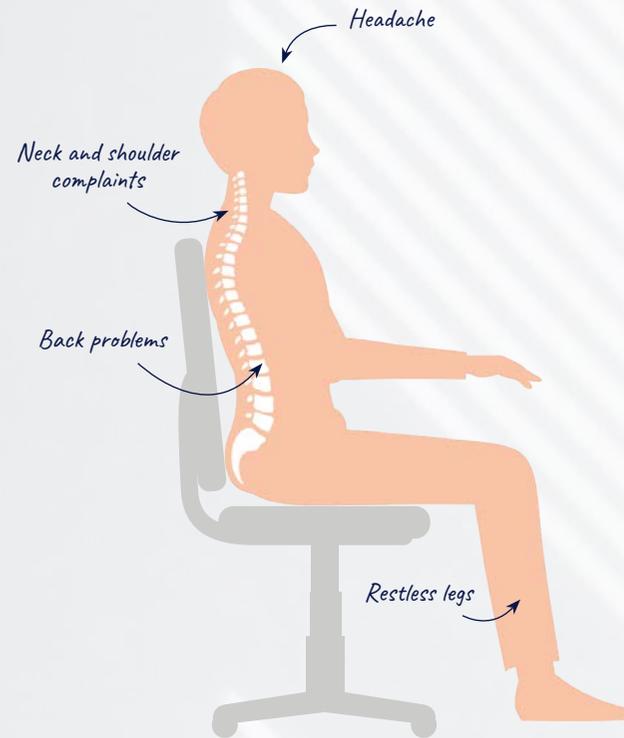
Sitting comfortably makes work more pleasant and you can concentrate better. After a workday you have more energy left to do fun things and you prevent physical problems. Because employees who sit a lot – have to stand for a long time or make repetitive movements for their work – often force their body into a certain position for a long period of time. When that posture is wrong, it quickly leads to physical irritation and fatigue, which in the longer term can lead to physical complaints, with long-term sick leave as a possible result.

Investing in 'good sitting posture' is a golden investment for companies and quickly pays for itself. It's one of the few affordable ways to increase employee productivity and prevent sick leave.

Happy employees, happy employers!

Our solutions to the law of cause and effect

Standing or sitting slightly incorrectly can have big long-term consequences. In the diagram on the right you will find an overview with complaints, causes and a possible solution. Do you have another problem or a question about it? Feel free to contact us. Our well-trained workplace advisers are experts on sitting and will be happy to advise you on the best seating solution for you and your specific workplace.



Complaint

Restless legs, irritation and loss of concentration

Irritation and loss of concentration

Neck and back problems

Fatigue and loss of concentration

Neck and shoulder complaints

Restlessness, lack of concentration and neck and shoulder complaints

Back complaints and fatigue

Cause

Seat is too high, feet don't touch the floor so no possibility to shift position and inhibits blood circulation

Seat depth is too small, so no possibility to shift position

The lack of a (non-adjustable) backrest, resulting in a bent trunk position, unilateral load on the joints and muscles in the back and more difficult breathing due to compression of the abdominal cavity

Unstable chair or seat, the body is constantly trying to find balance

Chair is not rotatable, resulting in uneven strain on the joints and intervertebral discs of the spine and on the ligaments and muscles in the back

The lack of - or inability to adjust - armrests, the body unconsciously searches for possibilities to rest the weight of the arms

Backrest does not provide sufficient support to the lumbar region, which puts too much strain on the spine because it cannot assume its natural position

Solution

Adjust a higher work chair, place a seat to the right height or a separate footrest with foot control

If possible, increase seat depth. Otherwise a work chair with sliding seat

Work chair with adjustable backrest

Work chair with a sturdy and stable base

Rotatable work chair

Install height and width adjustable armrests

Work chair with an ergonomically shaped backrest that fits into the lumbar region

A good work chair helps you stay focused, even after hours at your desk or precision work in the same position. It supports you in the right places and prevents physical irritations, muscle pain and fatigue and is easy to adjust so it suits you optimally in terms of height, seat depth and inclination.

The seat should be large enough to move easily and the fabric durable. And it has to be easy to clean. In demanding working conditions with, for example, chemical substances, the chair's material must be robust yet comfortable. PU (Polyurethane) is a perfect example. It's strong yet soft, incredibly durable and easy to keep clean. Finally, the chair must be stable and your feet must be able to reach the floor. If you are quite tall, the seat depth must be extendable so your upper legs get enough support.

Stepless backrest with an even curve that supports the lower part of the back and lumbar region

Inclination of the backrest and seat can be easily adjusted

The backrest and seat are quick and easy to adjust in height

Seat depth large enough to shift position regularly, for tall people with extendable seat

Rotates smoothly, has a 5 star base and a circumference that suits the situation



Wider backrest and seat for large and/or tall people

Armrests can be adjusted in height, width and depth

Almost flat seat that is rounded at the front extra wide for large people

Easy to clean, material that is not too rough and not too smooth

Solid footrest with generous size

When people start a new job, they often just take their seats and the focus is more on their new colleagues and the work rather than on how they sit. This makes sense. Nevertheless, it is important to also pay a little attention to how you sit, and to adjust your chair properly.

Important for an optimal sitting posture is that you sit relaxed. For this, your joints should be in a neutral position – i.e. not at an uncomfortable angle. Sitting in the same position for long periods should require as little muscle strain as possible. And you should have room to vary your posture while sitting. The latter means that the seat is large enough and that you have enough room to move your feet. And then, of course, there are the settings of your chair. We'll go through those in the steps opposite.



Set your chair to the correct height

Just sit down and relax your shoulders. Place your hands on the work surface and make sure your forearms are at a 90-degree angle to your upper arms when setting your correct seat height.



Set your footrest

If you sit at the correct seat height, your hip and knee joints will form a right angle and your feet will be flat on the floor. Is the latter not the case (dangling legs)? Then you need a footrest.



Set your back support

Adjust the height of your backrest so the curve fits nicely into the curve of your back. This way, the backrest fits nicely and supports your back in the right place.



Set your armrests

Adjust your armrests to the correct height, width and depth. Relax your shoulders and let your arms hang down and rest your forearms on the armrests so your upper arms and forearms form a 90-degree angle.

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