

Ergonomics and Seating

Allsteel strives to design human-centric seating, incorporating ergonomics seamlessly.



ALLSTEEL DESIGN PRINCIPLES:



POSTURE

Seating is designed to properly support postures that promote **health**, which encourages **productivity**.



PRESSURE DISTRIBUTION

Seat curvatures are designed to provide a foundation that **minimizes fatigue** and **reduces pressure points**.



INTUITIVE

Controls are thoughtfully designed to be **easy to use**.



MOVEMENT

Seating is designed to support **active sitting**, as prolonged sedentary behaviors can be harmful and should be avoided.

LUMBAR SUPPORT

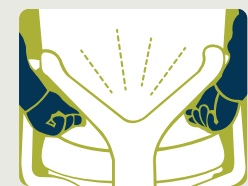
Helps maintain curvature of the spine for healthy posture.

There is no **"one right way"** to provide lumbar support.



WHAT WE WANT

WHAT WE TRY TO AVOID



MANUAL ADJUSTMENT

User physically adjusts the lumbar support to fit body and posture.

OR



AUTOMATIC ADJUSTMENT

Materials and structures designed to adjust to lumbar as you sit and move, no manual input needed.

SEAT SUPPORT

WHAT WE WANT

Evenly distributed pressure



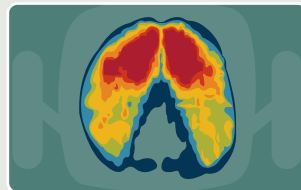
LOW PRESSURE



HIGH PRESSURE

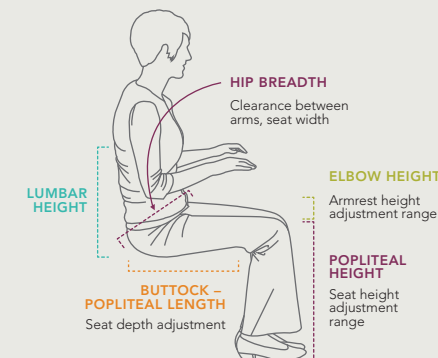
WHAT WE TRY TO AVOID

High pressure on buttocks and front of thighs



RANGE OF SUPPORT

Seating is designed to meet the needs of the 5th to the 95th percentile. But that doesn't mean just height and weight!



ADJUSTMENT DESIGN

1

Consistent and expected location of controls

2

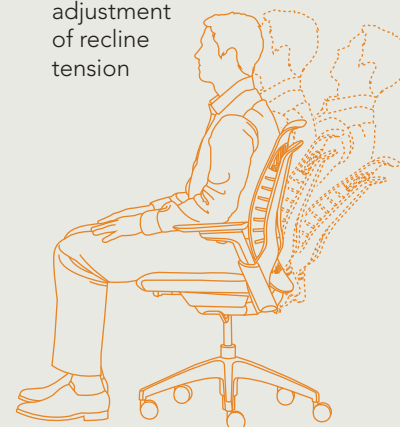
Graphic indicators when needed

3

Passive, automatic adjustments when possible

WEIGHT-ACTIVATED CONTROL

Automatic adjustment of recline tension



BENEFITS

Never have "free-fall" feeling or forceful recline

Adapts to small and large users by using the sitter's weight to adjust tension

Promotes movement by encouraging supported recline

ACTIVE SITTING

= reclining, changing postures, and fidgeting in your chair

ADAPTIVE SUPPORT

Moves with you as you change postures



PERSONALIZED RECLINING

Assisted by proper tension adjustment and synchronized movement between the seat and the back (synchro-tilt)

SEATING OPTIONS

Variety of chair styles made to meet work needs and encourage movement throughout the office

