Ergonomics & 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.

**WHAT WE WANT**
Evenly distributed pressure

**WHAT WE TRY TO AVOID**
High pressure on buttocks and front of thighs

**SEAT SUPPORT**

**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

**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!
- Hip breadth
- Seat depth
- Armrest height
- Elbow height
- Popliteal height (seat depth adjustment)
- Lumbar height

**ACTIVE SITTING**
- reclining, changing postures, and fidgeting in your chair

**ADAPTIVE SUPPORT**
- Move with you as you change postures

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

**PERSONALIZED SEATING**
- Variety of chair styles made to meet work needs and encourage movement throughout the office

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

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