



## Spotlight on

# Relate™ Quick Tension™ Adjustment



**Figure 1** Relate work chair with Quick Tension adjustment.

### Chairs that Relate to You

The Relate family of office chairs unites multiple technologies to achieve ergonomically advanced seating—with a focus on individual comfort and control.

### How do you want to work?

Relate work chairs offer users an automatic, weight-activated, ergonomically supportive recline function, along with the benefit of individual adjustability. That is because workers appreciate more support when doing upright tasks like keyboarding, and less resistance when reclining for an extended phone conversation. The Quick Tension adjustment allows five levels of resistance in the chair's weight-activated recline mechanism, so users can pick the setting that's right for their task—and right for them. Quick Tension is another innovative feature of Relate's Body Adaptive Control™ (Figure 1).

### People don't sit still. (And they shouldn't.)

A seated worker is seldom motionless. Workers are constantly moving:

reaching, stretching, bending, turning, and reclining—if their chairs will let them. This is good. Sitting still for a length of time is not a healthy thing. Movement aids circulation and reduces fatigue. In fact, movement is the body's way to get nutrients to vertebral discs, which have no internal blood supply.

### Personal Control, Intuitive Operation, Instant Adjustment

**You're in charge.** With five settings, Quick Tension lets users pick the adjustment that's right for what they are doing or how they feel. Choose position 1 for minimal tension, an easy recline, and a gentle stay-put stopping point. Or select position 5 for maximum upright support. Use the in-between positions according to personal comfort and preference (Figure 2).

### Nothing could be easier. Or faster.

- Reach it without searching. From the upright position users need only drop the right hand to find the Quick Tension lever: beneath



**Figure 2** Relate's Quick Tension lever.



**Figure 3** Five settings for Quick Tension adjustment.

the seat pan just in front of the height-adjustment control. (A study by Des Moines University's Human Performance Laboratory showed that users reached Relate's Quick Tension lever [Figure 3] significantly faster than the tension controls of other chairs.)

- Adjust it without thinking. Backward for more tension; forward for less. What could be easier? Try it once and you have it.
- Do it without straining. Unlike chairs with rotating knobs to be twisted, or handles to be cranked, Quick Tension's flip lever adjusts to all five positions with little effort. Gripping and force are completely unnecessary; wrist strain is never a problem. It's the fast and efficient way to fine-tune your comfort.

### **A Better Idea**

Quick Tension adds a dimension of personal control to Relate's recline mechanism, which responds to a variety of natural behaviors and working postures of the office worker. Once acquainted with its quick and easy operation, users will enjoy the freedom, variety, and increased comfort this innovative feature provides.

### **Ergonomics at Allsteel**

Our ergonomics team studies workers: who they are, the way they work, and what they need to be comfortable and healthy. These insights are built into every product we make. Our commitment to ergonomics is clearly reflected in innovations like Relate's Body Adaptive Control with Quick Tension adjustment.

#### *For more information*

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