

WORKING SPACE

ERGONOMIC FURNITURE SOLUTIONS

We provide ergonomic furniture solutions which minimise the postural strain associated with sitting to work. We offer outstanding chairs and adjustable workstation furniture and we guide our clients in getting the best from them.

WORKING SPACE

About Working Space

Since 1983 we have offered the very best chairs and equipment designed to minimise postural strain and increase sitting comfort. More important than any piece of equipment, however, is our ability to advise and to provide our clients with effective solutions.

We specialise in solutions related to work and active sitting. This may involve an individual client working at a computer in a home office or multiple users in an orthodox office space.

Our solutions are not confined to typical computer and paperwork tasks: our clients include sculptors and painters, jewellers and watchmakers, laboratory workers and others engaged in specialised tasks. We also have a special interest in solutions for all levels of education.

Furniture design: balance or strain?

Most chair designs ignore the way the human body really works and so encourage postural strain. Most of us are so used to this that we regard it as normal but it is certainly not natural.

Sitting to work requires an active, dynamic and balanced posture but a typical work chair creates a passive, collapsed and fixed position. Sitting to relax requires support and balance so that we can release the body, but a typical relaxation chair does not support correctly and makes balance impossible.

Choosing chairs

The choice of a suitable chair depends mainly upon the context in which it will be used and the height and build of the user. Does the context involve active or passive sitting or perhaps both?

For how long in a typical day will the chair be used? Is a working surface or equipment involved?

No chair does all the work for the user: chairs don't sit — people sit. A good chair is simply one which allows us to sit well in a particular context; a good chair creates choice, allowing us to sit naturally and efficiently.



Sitting to work

Providing solutions to people who wish to minimise strain when sitting to work has always been our particular specialism. We recommend clients to visit us if possible so that we can demonstrate the correct use of a working chair and advise on appropriate working heights. Attention to correct working heights and angles can double the effectiveness of a solution. Clients frequently make very long journeys to take advantage of this service and invariably find it worthwhile.

Work chairs

There are many work chairs available which are described as “ergonomic”: some are downright awful, most are mediocre. Our first choice recommendation is usually an outstanding work chair from a

Danish manufacturer whose products we have offered since 1983 — the EGO work chair range. These chairs offer outstanding ergonomic design and are made to last. They are used and recommended by many medical practitioners. EGO is actually the third generation of the Labomatic Working Chair concept which set new standards when it was introduced in the early 1980s.

Height-adjustable work tables and desks

Correct working height is a very important factor in minimising postural strain. Paperwork and keyboard work demand different desk heights. Our range of adjustable workstation furniture includes designs with simple height adjustment, more sophisticated instant adjustment via crank handle, and sit-stand workstations which permit

the user to move easily and quickly between seated and standing positions.

Chairs for general purpose use

We have a range of chairs designed for what we describe as general purpose use. These are effectively replacements for the conventional fixed-height chair we might use at a table. What makes our chairs different is that they allow and encourage movement.

We can sit for long periods in meetings and conferences. Chairs for this purpose must be designed for balance and support: they must also allow and encourage movement. This is not simply a question of our postural health and wellbeing, but also of our effectiveness and our ability to contribute.

Our range of solutions includes elegant chairs designed for use at a meeting table and practical chairs for conference use which are linkable and stackable.

Kneeling stools

These designs can be useful if used in appropriate circumstances. There are a number of important considerations: the long-term use of kneeling stools can create discomfort for knees and shins; they can be awkward in use; they offer little variety of sitting posture; they tend to encourage a lazier, less lengthened posture than can be achieved with alternative approaches. This is not to say that there is no place for kneeling stools (though we would not usually recommend their use for more than two hours per day) but alternatives are available. The essence of the kneeling stool is the forward-sloping seat and this can be provided by other designs.

Taking your interest further

You will probably find it helpful to talk to us by telephone in the first place and in any case please note that we see clients by appointment only. We are concerned not only to help you to choose the most suitable chair or equipment for your purpose, but also to help you to obtain the maximum benefit from it.



Sitting To Work — a brief guide

The human body is not designed for long periods of static seated work and the chairs and workstation furniture which most of us use make it impossible to achieve a balanced and healthy sitting posture. To correct this we must deal with three essential points.

Sitting balance

Sitting to work demands an active sitting posture but most of us habitually adopt a slouched, passive position. A typical work chair's seat slopes backwards and this actually holds us away from the work and causes us to bend the spine forward to compensate.

Working height

Most of us work at standard-height desks but there is no "Standard Person". A desk which is too low or too high increases postural strain.

Working angle

In writing and reading tasks a flat worksurface forces us to bend forward to accommodate the eye. A sloping surface (15–18 degrees is appropriate) inclines the work towards the eye so that forward bending is unnecessary. In computer-based work the screen must be positioned to avoid strain.

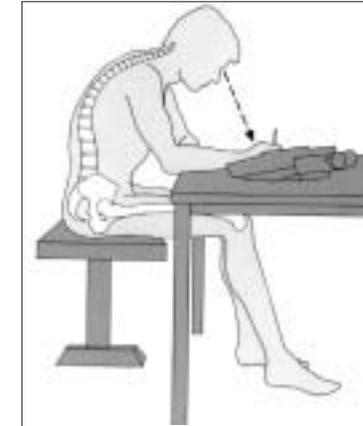
What makes a good work chair?

Look at the first illustration on the right: note the natural alignment of pelvis and spine. Now note the seat angle — the child has tipped the chair forward so that natural balance and support are maintained.

A proper working chair has seat angle adjustment which enables us to achieve this active, balanced position with ease and stability. To be effective the adjustment must provide 10 degrees of “forward-tilt”, measured from true horizontal. It must pivot from the front of the seat rather than the centre — this allows the seat angle to be changed independently of seat height. The chair will also provide extensive backrest adjustment and this must be independent of seat position.



Children often tip their chair forward in order to achieve a comfortable relationship with their work. A proper work chair allows us to achieve this balanced position with ease and stability.



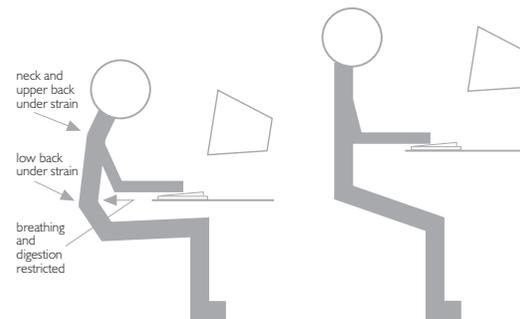
A common sight in every office. The seat height, seat angle and low desk height make strain inevitable.

Typical and ideal

The diagrams on this page illustrate typical and ideal sitting positions for computer-based work and paperwork tasks.

In each case the typical sitting posture involves a distortion of natural balance and a significantly greater load on the spine. The ideal posture uses balance and natural support mechanisms, minimising effort and allowing the hands and arms to work freely.

Computer-based tasks

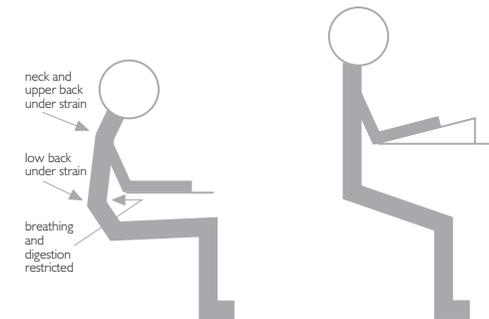


TYPICAL

The typical sitting posture results from a standard backward-sloping seat angle, unsuitable keyboard height, screen height and angle. The ideal sitting balance is achieved with correct seat height and forward-sloping seat angle (+10 degrees), correct keyboard height, screen height and angle.

IDEAL

Paperwork tasks



TYPICAL

The typical sitting posture results from a standard backward-sloping seat angle, low desk height and flat worksurface. The ideal sitting balance is achieved with correct seat height and forward-sloping seat angle (+10 degrees), correct desk height and angle.

IDEAL

The human factor

There is no “Standard Person” — the concept of a standard working height or a standard position for a computer screen makes sense only if we are prepared to ignore the health and wellbeing of those who must use it. Furniture and equipment should serve the interests of the user and no-one should be required to distort and strain their body in order to use equipment of unsuitable height.

Choice

Postural strain is not inevitable: we can make alternative choices. We can choose to become aware of the way we sit, we can choose to use chairs and

equipment which allow us to create balance rather than strain.

There is no great mystery here, just “biomechanical common-sense”. Most of us need a little guidance in making these choices and this is where we can help. We provide chairs and equipment and we provide advice — advice on choosing the most suitable chair, on correct working heights and angles, on using all of these to minimise strain and maximise ease.



EGO — the work chair

EGO sets the standards by which work chairs are judged. It offers remarkable value for a chair of this quality and specification.

Important features:

- The seat angle adjustment operates from the front of the seat, so that the knee-floor distance remains constant. This functions in line with the way the body works and is an essential design feature.
- The seat angle adjustment range provides for ten degrees of forward tilt (measured from the horizontal) and several degrees of negative tilt. Ten degrees of forward tilt is essential for many tasks.
- The backrest adjusts independently of the seat angle.

- The backrest provides subtle control of height and angle.
- Three ranges of height adjustment.
- Three widths and six backrest heights are available (two backrest heights to each seat width).
- Standard and Multi Action Synchro mechanisms are available. The Standard mechanism provides all the essential adjustments and the Multi Action Synchro versions add a facility which allows the user to move freely between active and more passive positions without the need to use the adjustment controls. This encourages movement and variety of position which in turn helps to reduce postural strain.
- Height-adjustable armrest option.

- Seat and backrest upholstery pads can be changed quickly and easily by the user, at relatively low cost.
- Standard and braking castors are available, for carpeted and hard floors.
- High quality construction. Built to last and to be repairable.



EGO price list

model	mechanism	seat width	back height	fabric price groups					
				A	B	C	D	E	L
E2211	standard	1	1	326	343	347	357	400	437
E4211	synchro			461	478	482	492	535	572
E2212	standard	1	2	341	358	362	373	415	453
E4212	synchro			477	493	498	508	550	588
E2223	standard	2	3	370	388	392	403	447	502
E4223	synchro			505	523	527	538	582	637
E2224	standard	2	4	391	409	414	425	469	523
E4224	synchro			526	544	549	560	604	658
E2235	standard	3	5	413	434	440	455	503	596
E4235	synchro			548	569	576	590	638	731
E2236	standard	3	6	437	458	465	479	527	621
E4236	synchro			572	600	607	623	687	765
Height-adjustable armrests: £90.									
Polished aluminium five-star base: +£45.									
High central column +£112 (for use with Standard mechanism chair and glides only). Footring: £69 (for use with high column only).									
Standard castors are for carpeted floors; glides and soft castors for hard floors at no extra cost; braking castors at extra cost.									
Seat widths: 1=46cm; 2=48cm; 3=52cm. Backrest heights: 1=30cm; 2=36cm; 3=40cm; 4=44cm; 5=50cm; 6=56cm.									
This price list is effective from 1/5/2004. E&OE. Prices are exclusive of VAT. ©5/2004. All rights reserved.									

Other Sitting Solutions

While the EGO work chair is our preferred solution for many needs, it is sometimes more appropriate to use an ergonomic stool. We have a number of these solutions.

We also offer outstanding chairs for conference and meeting use. Chairs for this purpose must be designed for balance and support: they must also allow and encourage movement. This is not simply a question of our postural health and wellbeing, but also of our effectiveness and our ability to contribute. We have a range of solutions: they include elegant chairs designed for use at a meeting table and practical chairs for conference use which are linkable and stackable.



Height-adjustable Tables and Desks

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Simple height adjustment

This involves setting the required height in each of the table legs. It provides for adjustment to suit one user for one task. It is not suitable for shared workstations or for a single user who needs to change heights frequently for different tasks.

Variable height adjustment

This is usually operated via a crank handle. It provides for frequent changes of height and is suitable for shared workstation use or for a single user who wishes to use one workstation for both keyboard and paperwork tasks.

Sit-stand workstations

These permit frequent changes between sitting and standing positions and provide the ultimate in flexibility and convenience. The ability to move easily between sitting and standing positions is extremely beneficial in reducing postural strain.

Sit-Stand Working

We can use the best work chair available, we can use it with awareness and considerably reduce the strain of sitting, but it can't change one fundamental point: we simply aren't made for long periods of seated work. Changing frequently between sitting and standing minimises tension and strain.

A sit-stand work table gives us the freedom to work seated or standing and to change between the two as often as we wish. It also allows us to adjust quickly and easily for the task (computer work and paperwork require different working heights).

We have a number of sit-stand solutions. When adjusted to sitting height they look like any other modern desk or work table, but their special

functionality can transform our experience of working.

If you would like to know more about sit-stand working solutions, please contact us.



Services

Here is a summary of the ways in which we serve our clients:

We provide consultancy services.

We assess needs and advise on the creation of effective solutions.

We teach people to make the best use of high quality work chairs and adjustable work furniture.

We supply the hardware: high quality work chairs; adjustable work furniture; storage solutions.

We provide high quality solutions for reception, meeting and social contexts in the workplace and other public spaces.

We have a special interest in ergonomic solutions for every level of education, from kindergarten to university.

We provide solutions for individual clients and for projects which involve many users.

Location

Our office is now in Huntingdon, Cambridgeshire. We continue to provide services to clients in and around Oxford and throughout the UK.

WORKING SPACE

& ALTERNATIVE SITTING

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