



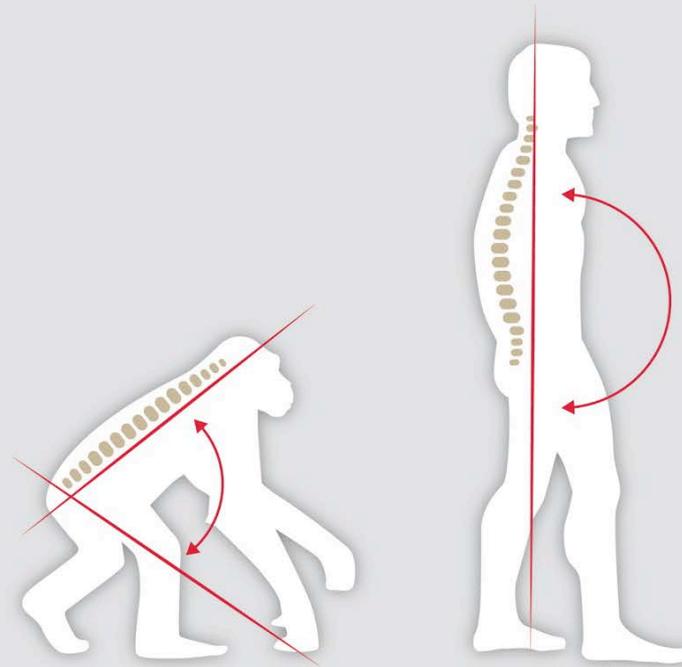
We understand more about sitting

Sitting incorrectly is unhealthy. So is sitting on the wrong chair. That's why we need a new approach to seating. And to movement. This is what we call ERGOphilosophy.

Does sitting damage your health?

Today, one in three working people spends more than nine hours a day sitting down – plus three hours in front of the TV or PC. The result: for many years, backache has been at the top of the list of “lifestyle diseases”.

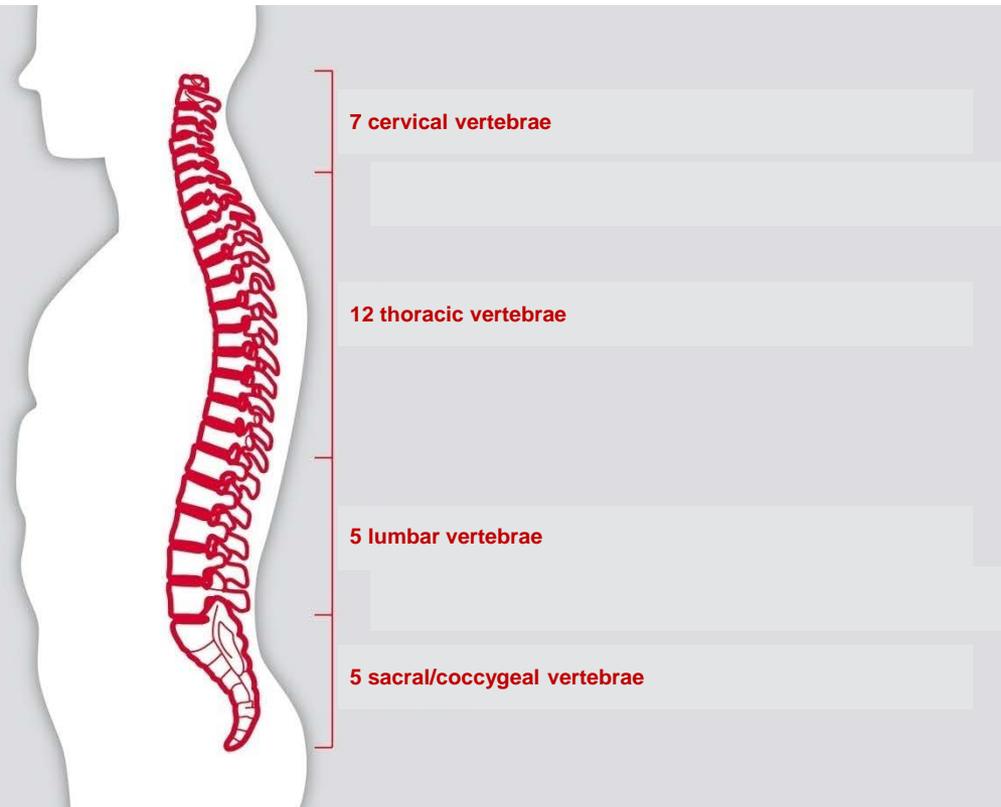
- About 40% of Germans suffer from acute back pain.
- More than 70% find that their back bothers them once a year.
- Around 80% complain of back problems at least once in their lives.



Not made for sitting?

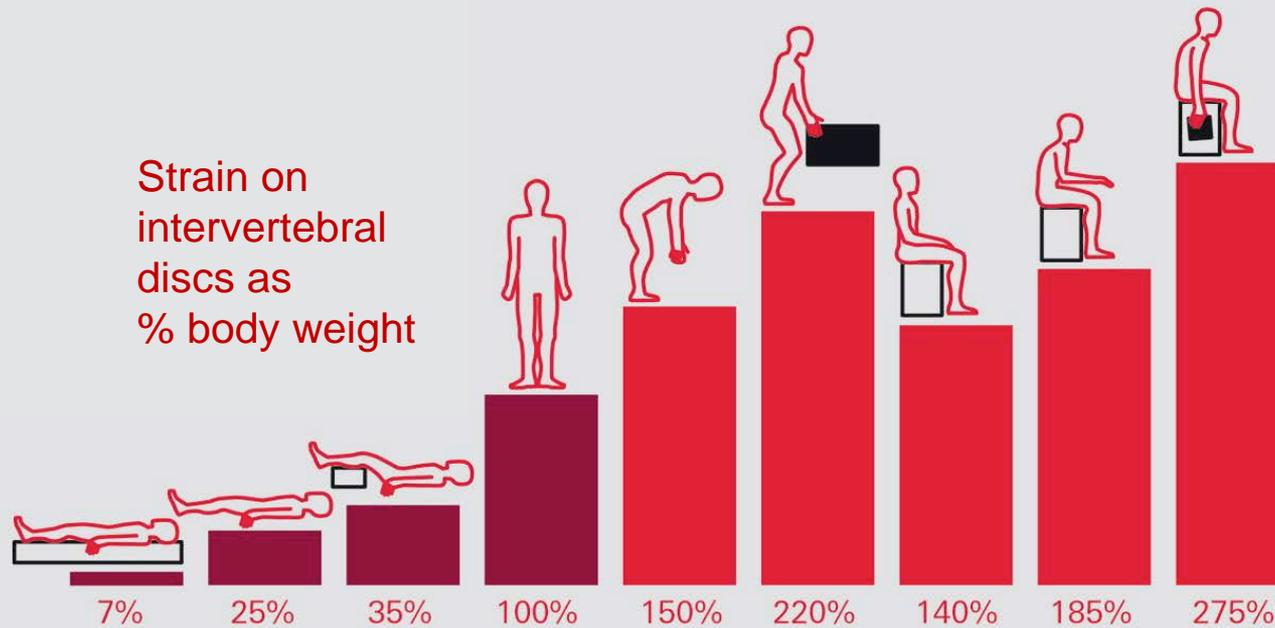
Sitting is one of the most comfortable positions for human beings. Yet evolution did not create humans for this activity. After all, man is a biped.

- The spine: central, semi-rigid axis of the body.
- Function: carries head and body and internal organs.
- Estimated age: around six or seven million years.
- Made early man into a walker and runner.



Composition of spinal column

- 24 vertebrae, together with the sacral and coccygeal vertebrae, form the axis.
- 23 intervertebral discs act as shock absorbers which under regular pressure and relaxation absorb nutrients or release fluid (“sponge principle”).
- Curved like double S-shape, in order to cushion impact and withstand bending forces.
- Ligaments and muscles “stabilise” the backbone.



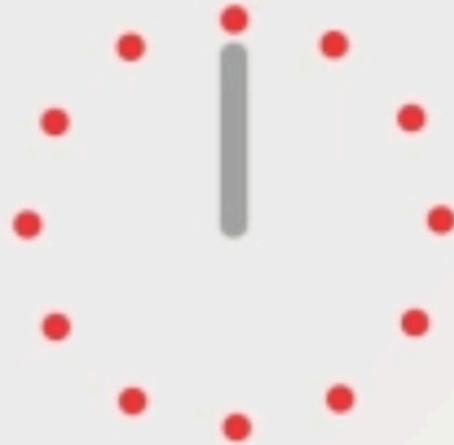
Did you know?

Human beings will try everything and anything to make things easier and more comfortable for themselves. This doesn't always result in the desired effect. Sometimes it even increases the pressure on them.

Who sits down anyway?



Little children will do everything they can to get on their feet. But as soon as they are upright, they have to learn to be sedentary. Sitting becomes the preferred position; the seated profession becomes a matter of course.



- Around 17 million Germans work in an office.
- Office workers spend 80,000 hours of their working life sitting down.
- On average, people spend 9.5 hours a day sitting down.
- Between 2 and 3 million employees in manufacturing jobs sit down to work.
- Around 11.3 million school students attend lessons for up to 8 hours on chairs.
- 2.5 million uni students sit down in lecture halls and seminar rooms.

Sitting: the figures



What are the consequences of sitting for long periods of time?

Sitting has become second nature for human beings, with all the attendant risks for body and soul. Because insufficient movement, unhealthy workloads and stress more and more lead straight to the doctor's surgery.

- 64% of all reported back pain is treated medicinally.
- In 61% of cases, physiotherapy is prescribed.
- To relieve discomfort, 49% put their trust in massage.
- In 44% of cases of back pain, doctors reach for the needle.
- And every year 400,000 people have a back operation.



What do the experts advise?

Sitting used to be a discipline for people. Now it's time to give people back their freedom – by “sitting dynamically”.

- When sitting, the spinal column should as far as possible maintain its physiological shape.
- Change your sitting position frequently.
- Avoid prolonged, rigid positions.
- Sit actively, dynamically, because only movement can prevent (need for more blood at the same time as increased blood flow).



Sitting doesn't just mean sitting

A positive business climate promoting more movement in the workplace is at the root of it all. That is evident in every detail, because the difference starts with the chair.

- An office chair allows you to sit actively and dynamically.
- Has an open seat angle.
- Effortlessly adjusts to the size of the sitter.
- Is characterised by simple operation (user-friendliness).
- Impresses by its design and craftsmanship.



What does ergonomics mean?

There are various health risk factors that are closely associated with the way we work. Ergonomics is designed to minimise stress in the workplace by means of human-oriented work equipment, correctly used, and to promote the motivation to perform well.

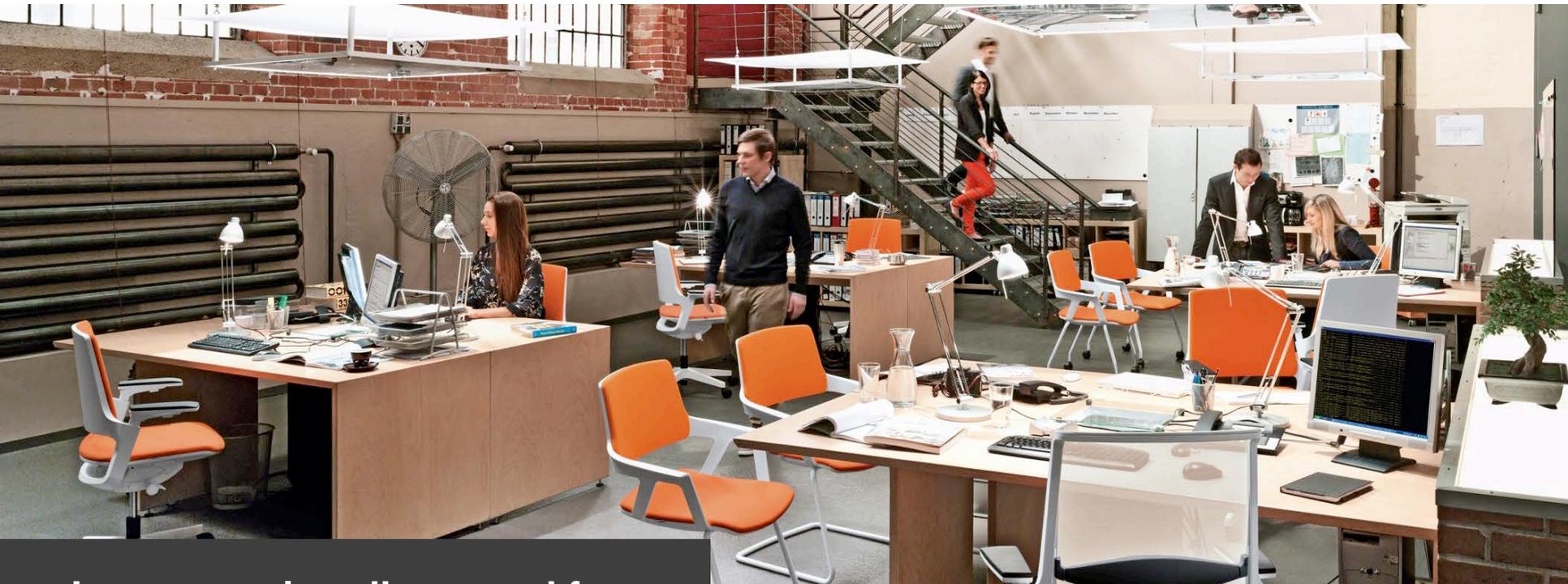
- Ergonomics comes from the Greek terms ergon (work) and nomos (law, rule).
- At the beginning of the fifties, ergonomics became accepted as part of occupational science.
- Ergonomics investigates the relationships between human beings, machines, environment and tasks.
- Psychosocial workplace design also counts as an ergonomic prophylaxis.



So what can I do?

It's not just your personal "movement tally" that decides whether sitting becomes stressful. "Sitting better" is also a question of adjustment. The Five Factors principle.

1. Office swivel chair and work table must be adjusted to the right height.
2. Use as much as possible of the total seat surface and backrest (at least 60% of the thigh).
3. Sit upright.
4. Sit actively and dynamically.
5. Use all the "sitting aids", such as armrests or keyboard wrist rests.



Is ergonomics all we need for our wellbeing?

Office work has changed, and with it, the importance we attach to the nerve centres of the economy itself. The result: offices that more and more are configured in line with criteria for wellbeing.

- Chairs are one of the components necessary for prevention, but not the only one.
- Lighting, air conditioning, sound insulation all have an influence on performance.
- Social factors, tasks and workflow, and organisation of work all have an “ergonomic system” effect.



What does interstuhl's ERGOphilosophy contribute?

Design and the desire for aesthetics are high on everyone's agenda. The feel-good factor determines the commitment and motivation in a person's working life. And so an office chair must also respond to the needs of people, and offer more than simply perfect ergonomics and first-class technology for body and soul. Interstuhl chairs do this; they enhance the quality of life.

Active seat depth adjustment (ASTIV)

Numerous technical innovations

Body-float synchronous mechanism

Air pressure lumbar support

Best possible combination of design,
quality and function

National and international

awards

well conceived recycling

concepts

Top comfort thanks to

simple adjustment to any body shape

But what does ERGOphilosophy
really mean?

At interstuhl, when we talk about ergonomics, we are not just talking about the ergonomics of seating, or reducing stress and strain. We are targeting the whole system of individual, company and society. We call this attitude ERGOphilosophy.



Who benefits from
ERGOfilosophy?

A good chair must never cramp the sitter, and never force someone to sit in a fixed position. Staff benefit, because they are no longer trapped; employers benefit, because their “human capital” remains mobile; and society benefits because it saves money.



The individual

The trend is clear: work-life balance and wellbeing are becoming influential factors in recruitment and personnel management. This is where employees benefit.

- Greater appreciation of performance.
- A “healthier” way of working thanks to appropriate interior design.
- Ergonomic design leads to more movement.
- Increases personal job satisfaction.



The employer

The future belongs to employers who stimulate the creativity and motivation of their employees without losing sight of their health, physical fitness and work-life balance.

- Dynamic sitting encourages focused work and raises efficiency.
- Reduces absence from work due to illness.
- Integrates committed, motivated and qualified staff.
- Minimises cost of production downtime.



Society

Back pain costs society dear. Musculoskeletal disorders still number among the most frequently made diagnoses – with immense costs for the healthcare system.

- Occupational health and safety reduces medical expenses.
- Each visit to the doctor only further “inflames” the explosion of costs in the healthcare system.
- The costs to society as a whole run into billions.
- Prevents premature retirement from the labour market.



How does interstuhl help?

Human beings have very different needs. And this applies to seating too. But we certainly do not differentiate in terms of quality.

- Office chairs that encourage the body to move – even when it is seated.
- interstuhl chairs are based on the latest findings in ergonomics, medicine, technology and occupational psychology.
- They fulfil every conceivable demand in terms of functionality, ergonomic quality, comfort and design.
- Chairs encourage you to “sit moving”.



Does interstuhl only sell office swivel chairs?

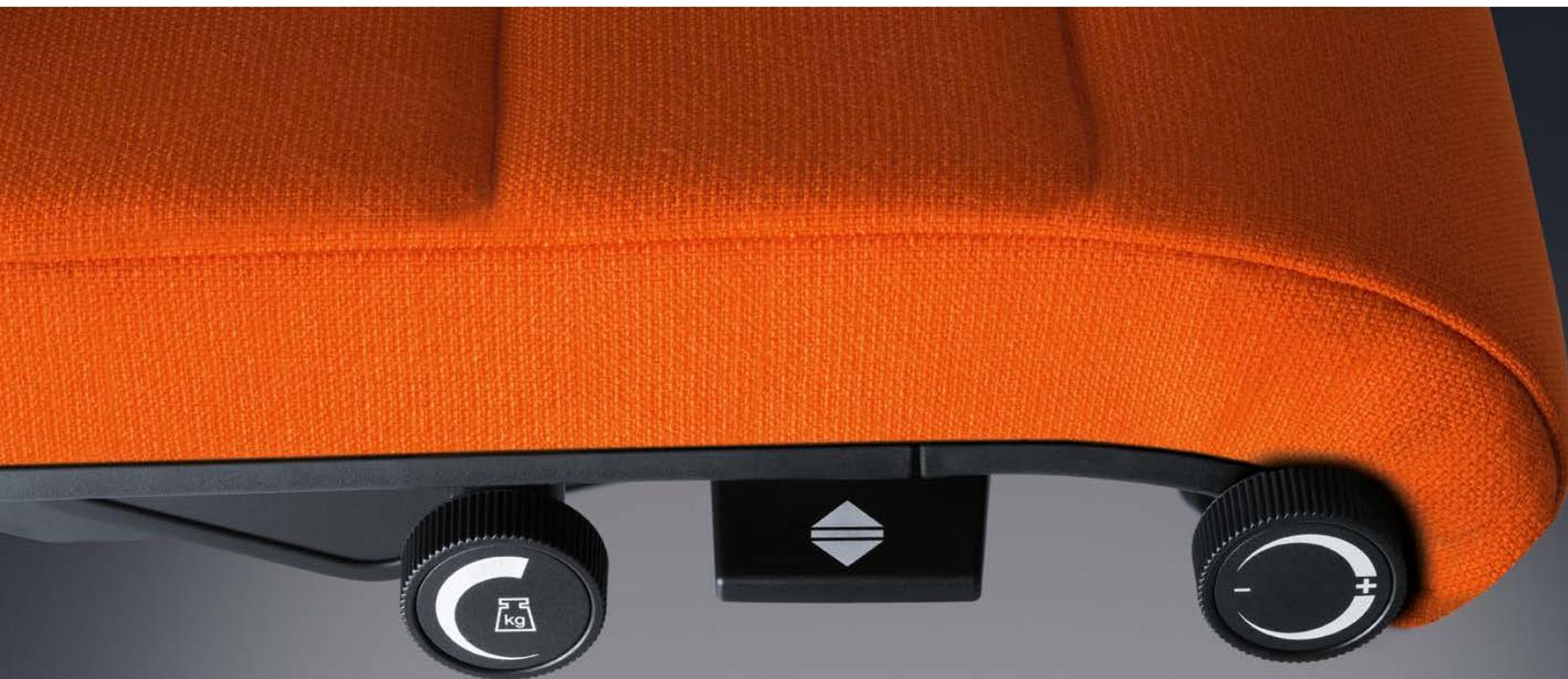
Interstuhl has been setting standards in seating for many years. In the office, conference room, seminar room or waiting area. All our seating solutions fulfil the highest demands in terms of quality, comfort and design. Whether it's an entry-level model or a top-of-the range product for a high performer, our claim – the one we make for all our chairs – is the same: we understand more about seating.

... die mit ihnen alles macht,
was Sie brauchen...



How does the
technology help me?

The whole secret of dynamic sitting is to be active. So your next sitting position is always the best one. That's no problem with our synchronous mechanism. interstuhl has developed even more "dynamic" for you.



Well, what do I have to do?

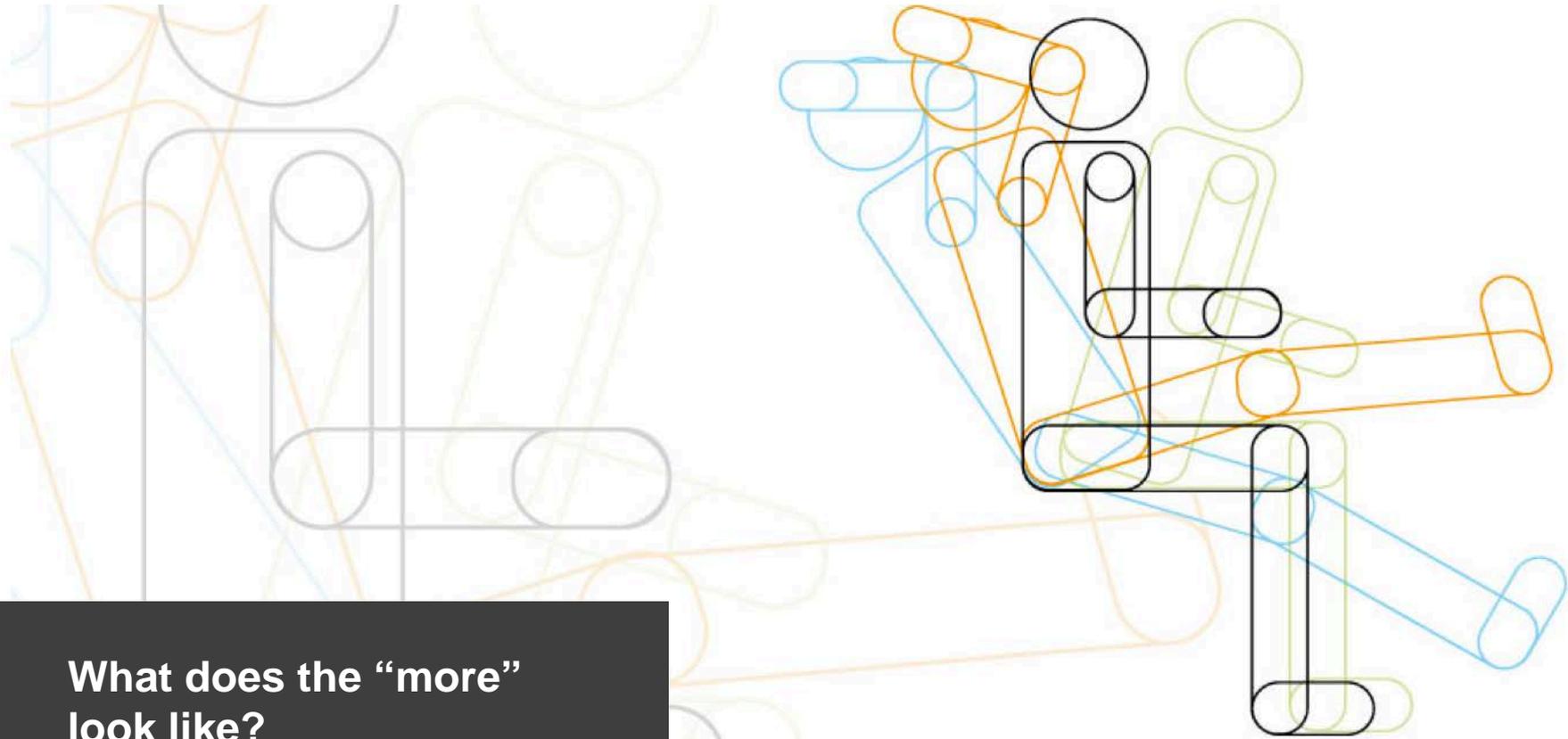
Sitting is not rocket science. Or philosophy. Sitting should be a simple matter, liberating, comfortable and right. Without complicated equations, or thick operating manuals. This point of view is what sets our chairs apart. So that you can find the correct seat adjustment right away.



Why does interstuhl understand more about sitting?

If you really have to sit, then do it right. That's what we have been working for for generations. It's paid off. Simple for everyone.

- High level of scientific/medical expertise in seating.
- Co-operation with the Fraunhofer Institute IAO.
- Integration of the latest developments in the world of work (smart working) into the development of products.
- Exceptional vertical integration (production know-how)



What does the “more” look like?

The whole range of interstuhl seating leaves nothing to be desired. But just how you sit is completely up to you.

- Permanent contact backrest
- Synchronous mechanism
- Seat depth spring action
- Autofit system
- Body-float synchronous mechanism
- Stepless seat height adjustment
- ASTIV active seat depth adjustment
- Backrest height adjustment
- Weight regulation
- Seat inclination adjustment, rear
- Seat inclination adjustment, front
- Lumbar support
- Air pressure lumbar support
- Head and neck rest
- Armrests 2D / 3D / 4D
- Seat depth adjustment
- Visible control panel



Where can I actually see all this?

Carrying out research and development of innovative, ergonomic seating concepts is hard work. The results of these decades of work can be seen in the new interstuhl arena. That is where you can experience for yourself how our chairs uncomplainingly cope with any pressure giving you the freedom to increase movement in the office.