



# SIGNIA™

## Ergonomic Overview

### INVESTING IN ERGONOMIC SEATING

Sitting in the same position at work exerts pressure on the spine and can cause back, shoulder and neck pain.<sup>1</sup> Reducing ergonomic risk factors can reduce workers' compensation costs, absenteeism and turnover while improving productivity and employee engagement.<sup>2</sup> Signia task seating is a fully ergonomic chair that supports the user's posture and relieves pressure points for optimal comfort.



## ERGONOMIC FEATURES

[Signia™ task seating](#) is specifically designed for long-term sitting. Its intuitive adjustments support a range of postures for the various activities performed at a desk. Being able to sit and move correctly increases blood flow, keeping users energized. Fully ergonomic chairs like Signia should have the following features:



### Adjustable Arm Rests

With relaxed shoulders and elbows bent about 90 degrees, position the arm rest directly under the arms to prevent shoulder and neck pain during extended periods of typing. (4D arm shown)



### Forward Tilt

Tilt the backrest and the seat forward to reduce pressure on the lower back, ensure proper posture and enhance blood flow to the legs and feet while in a perched position.



### Adjustable Seat Height

With feet flat on the floor, adjust the seat so that knees are parallel to the hips, thighs and floor. If the chair is too high, it can cause pressure behind the knees and hinder circulation; too low, the knees will be higher than the hips, shifting body weight backward and placing pressure on the sitting bones.



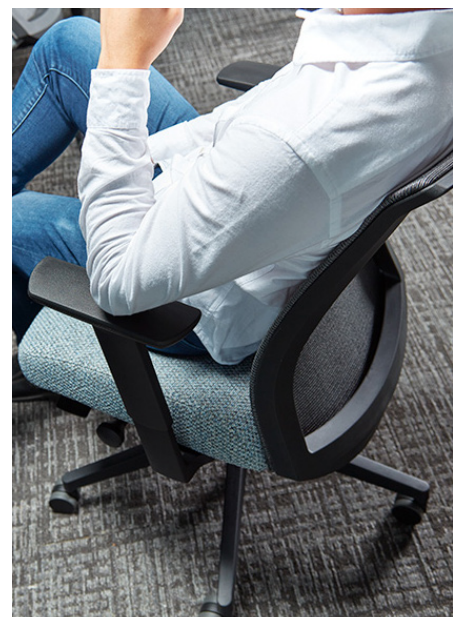
### Adjustable Seat Depth

Slide the seat pan to create two to three inches of distance between the edge of the seat and the back of the knees. Proper placement allows the legs to settle in a position that facilitates proper blood flow and prevents strain on the legs and back.



### Ergonomic Seat Cushion

Once seat depth is adjusted, allow the knee bend to naturally follow the waterfall-shaped edge of the seat cushion. Foam padding should provide comfort yet be rigid enough to avoid “bottoming out.”





# How to Adjust Signia™ Seating

## SEE IT IN ACTION!



## ERGONOMIC FEATURES - SIGNIA GOES ABOVE AND BEYOND

Signia has additional ergonomic features that quickly and accurately adjust for added benefits.



**Back Tension Adjustment:**  
Control the amount of resistance needed for reclining with seven quick-to-adjust positions (7 positions in 7 seconds).



**Back Travel Limiter:**  
Control the amount of back recline desired with an easy-to-access, five-position limiter. Back position stops succinctly at each recline position.

<sup>1</sup> <https://preferredergonomics.com/blogs/news/6-health-benefits-of-ergonomic-chairs-at-work>

<sup>2</sup> <https://ergo-plus.com/workplace-ergonomics-benefits/>, <https://mcclureergonomics.com/how-ergonomics-benefits-companys-bottom-line/>

