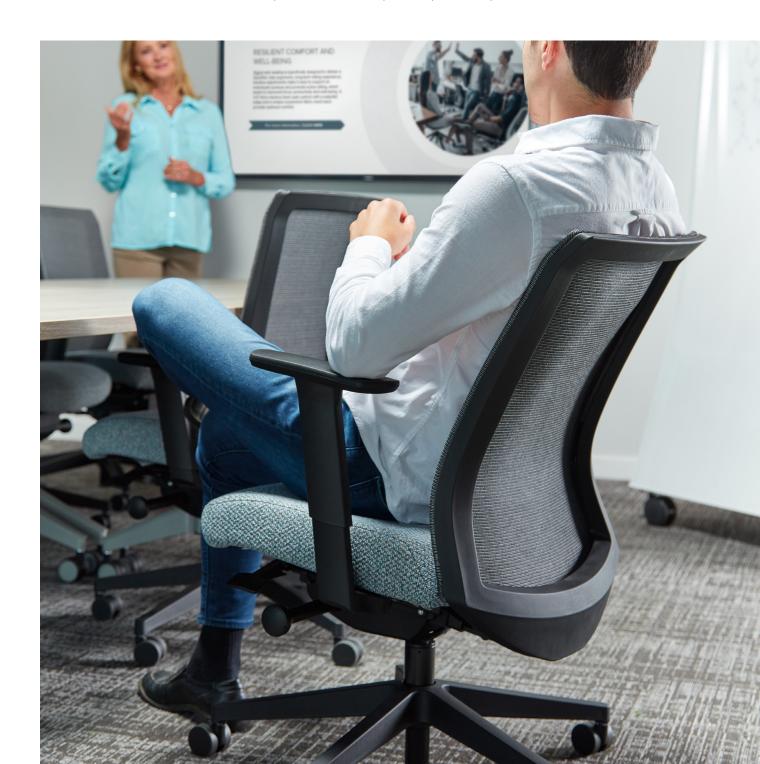


$SIGNIA^{\mathsf{T}}$

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.¹ Reducing ergonomic risk factors can reduce workers' compensation costs, absenteeism and turnover while improving productivity and employee engagement.² 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

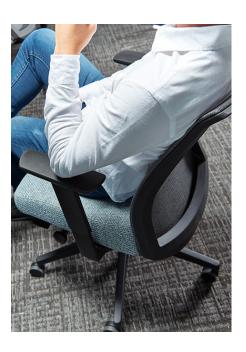
Slide the seat pan to create two to three inches of distance between the edge of the seat and the back of the knees.

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!



4D Arm Height

Position arm so your shoulders are relaxed and forearms are supported. Press the button on the inside of the arm to adjust the height – release to lock in desired position.

1D Arm Height (not shown)

Push the vertical lever on the inside of the arm to adjust the height.

Backrest Forward Tilt - 7 degrees (advanced mechanism)

Turn the knob (located behind the back tension knob) counter-clockwise to tilt the backrest forward; clockwise to reduce the tilt. Tilting the backrest forward provides backrest support when seated in a perching position.

Back Tension - 7 positions

Turn the knob clockwise to increase tension; counter-clockwise to reduce tension. Quick 7-position adjustment.

Seat Height

To lower, lift the lever while seated. To raise, lift the lever with your weight off the seat. Proper seat height allows your feet to be firmly on the floor with hips parallel to or slightly above your knees.

4D Arm Pad Adjustments Depth, Pivot and Width

Press the button located on the inside of the arm pad and apply pressure to move it forward/back, side-to-side or to pivot. Release button to lock arm pad in position.

4D Arm Width

Push down on the width adjustment lever located underneath the arm structure, adjust width to desired position, lift lever to lock.

Seat Depth

Lift the lever to slide the seat forward or backward, allowing 2-3 inches between front of seat and knee backs. Release lever to lock seat in position. Proper seat depth provides support and prevents pressure on the back of knees.

Back Travel Limiter/Back Lock - 5 positions

Turn the knob clockwise to create a greater recline, counter-clockwise to reduce the recline. To lock backrest in the upright position, turn counter-clockwise to the maximum position.



Seat Forward Tilt - 2 degrees (advanced mechanism)

Flip the lever down, lean back to engage the mechanism (wait for click), lean forward for seat tilt. To return to normal position, flip lever up and lean back to disengage (click).

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 quickto-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.

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



