

# Buying chairs – what you need to know

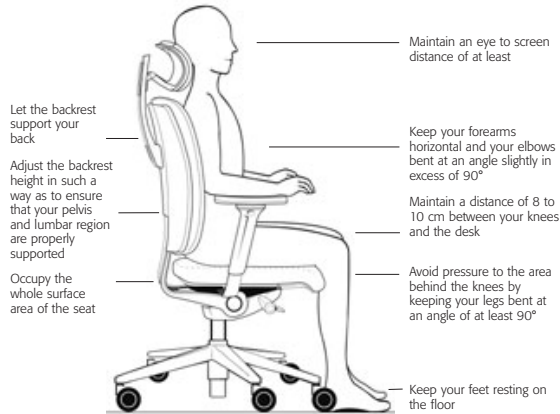
Chairs are an integral component in the quest to achieve the perfect posture. They should be chosen according to the size and shape of the user's body, the functions which they are to perform and the adjustment mechanisms required for the fulfilment of these functions.

A chair is said to be "ergonomic" when it possesses the adjustment mechanisms required to meet the basic rules of ergonomics and when it can be adjusted in line with the size and shape of the user's body in such a way that he or she can be assured of the highest levels of comfort on an everyday basis.

Respecting the rules of ergonomics will help you to stay fit and healthy:

1. Remember to keep moving about on your seat.
2. Lean backwards regularly in order to minimise pressure on your intervertebral discs.
3. Maintain a good sitting position and use a chair which provides plenty of lumbar support.
4. Use a chair with adjustment mechanisms which are accessible from the sitting position.

The best chairs are those with adjustment mechanisms which are accessible from the sitting position. Adjustment mechanisms should be logical, intuitive and easy to operate.



- Maintain an eye to screen distance of at least
- Let the backrest support your back
- Adjust the backrest height in such a way as to ensure that your pelvis and lumbar region are properly supported
- Occupy the whole surface area of the seat
- Keep your feet resting on the floor
- Keep your forearms horizontal and your elbows bent at an angle slightly in excess of 90°
- Maintain a distance of 8 to 10 cm between your knees and the desk
- Avoid pressure to the area behind the knees by keeping your legs bent at an angle of at least 90°

## Choose your level of comfort

### Active comfort

#### Synchro mechanism:



The most ergonomic solution: this mechanism allows the chair to follow the user's movements thanks to the co-ordinated tilting action of the seat and backrest. Tension control on the synchro mechanism can be personalized. The system can be locked, either in any position required or in specific predetermined positions, according to model. For safety reasons, the backrest is fitted with a reverse lock system to prevent it from springing back suddenly.

#### Forward axis tilt mechanism:



This mechanism allows the chair to be tilted backwards around a horizontal axis located towards the front of the seat, enabling the user to keep his or her feet in constant contact with the floor. Tension control can be personalized according to the weight of the user.

#### Central axis tilt mechanism:



Chairs fitted with this mechanism can be tilted backwards around a horizontal axis located centrally beneath the seat. Tension control can be personalized according to the weight of the user.

#### Traditional adjustment mechanisms:



All our swivel chairs are fitted with a gas lift seat height adjustment mechanism. Backrests are adjustable in height and/or tilt to ensure optimum lumbar support.

#### Seat depth adjustment mechanism:



A number of chairs are fitted as standard, or as an optional extra, with a mechanism which allows the depth of the seat to be adjusted by up to 50 mm or 70 mm, according to model.

#### Permanent contact mechanism:



With this mechanism, the backrest remains in permanent contact with the user's back while the position of the seat remains constant. The backrest can be locked, either in any position required or in specific predetermined positions, according to model.

#### A-synchro mechanism:



Chairs fitted with this mechanism are suitable for all types of working position, the independent movement of seat and backrest allowing the seat to be tilted at a negative angle. The backrest permanent contact mechanism is adjustable to any position and tension control can be personalized on some models.



# At-a-glance guide to office chairs

## The ergonomic choice



	Dynamics p. 298-299	Ethics p. 300-301	Milton p. 302-303	Team p. 304 à 307
Synchro mechanism	✓	✓	✓	✓
Visitor chair	✓	✓	✓	✓
Base finish	aluminium	black or chrom	black nylon/grey alu/chrome	black nylon/grey alu/black alu chrome

## Operator



	Operator p. 308-309	Net@work p. 310-311	Primo p. 312-313	Vito p. 314-315
Synchro mechanism	✓	✓	✓	✓
Permanent contact mechanism	✓	✓	✓	✓
Visitor chair	✓	✓	✓	✓
Base finish	black or aluminium	black or aluminium	black	black



	Goblin p. 316-317	Class A p. 318-319
Synchro mechanism	✓	✓
Permanent contact mechanism	✓	✓
Visitor chair	✓	✓
Base finish	black	black



# Dynamics



- Wide angle synchro mechanism (synchronised tilt), lockable in 11 positions, with adjustable body weight tension control and backrest reverse lock system;
- Tilt-adjustable headrest;
- Seat adjustable in depth and tilt (0 to 4°);
- Adjustable lumbar support;
- Grey aluminium base;
- Fabric or corrected grain leather upholstery;
- Width and height-adjustable multi-function arms with depth-adjustable armrests.

Leather models



① With headrest and multi-function arms



② With multi-function arms



③ Without arms



④ Cantilever visitor chair

Fabric models



⑤ With headrest and multi-function arms



⑥ With multi-function arms



⑦ Without arms



⑧ Set of 2 cantilever visitor chairs

5 YEAR GUARANTEE

CORRECTED GRAIN LEATHER (KIPSKIN)

2 choices of fabric colour



Dark blue DY  
Celestial black FA

46 COLOURS

on request - allow 4 weeks for delivery. See p. 346-347

1 leather colour



Black YB  
From stock

1 finish for base



Grey aluminium SB  
From stock



Synchro



Seat tilt 0° to 4°



Adjustable through 50 mm



Adjustable through 50 mm

Ergonomic seating



# Ethics



FIRA  
**BS 5459-2**  
EN 1335-1

- 100% recyclable chair comprising 65% recycled materials;
- Exclusive design – modern and environmentally friendly;
- Upholstered sections of seat and backrest are of clip-on design and can be removed easily when worn or when a change of colour is desired;
- Synchro mechanism, lockable in 5 positions, with adjustable body weight tension control and backrest reverse lock system.
- Height-adjustable backrest;
- Depth-adjustable seat;
- Available with or without headrest;
- Chrome or black reinforced nylon base;
- Fabric or corrected grain leather upholstery;
- Adjustable multi-function or height-adjustable arms;
- Width-adjustable arms available as an option;
- Visitor chairs available in 2 versions: fully upholstered or upholstered seat with polypropylene backrest;
- Optional extra: link for cantilever visitor chairs.

**NB :** Ethics chairs comply with the BS 5459 standard (round-the-clock office use by persons weighing up to 150 kg).



Synchro models with headrest



① With adjustable multi-function arms



② With adjustable arms



③ Without arms



⑦ With arms and upholstered backrest



⑧ With arms and black polypropylene backrest

Synchro models without headrest



④ With adjustable multi-function arms



⑤ With adjustable arms



⑥ Without arms

5  
YEAR  
GUARANTEE

FIRA  
**BS 5459-2**  
EN 1335-1

NPR\*  
1813

3 choices of fabric colour



Black DO From stock  
Blue DR From stock  
Mid grey DS From stock

45  
COLOURS

on request – allow 4 weeks for delivery. See p. 346-347

1 leather colour

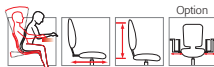


Black YB From stock

2 choices of finish for base



Chrome SQ From stock  
Black nylon SV From stock



Synchro  
Adjustable through 60 mm  
Adjustable through 70 mm  
Adjustable through 70 mm

\*Models with multi-function armrests, and width adjustable armrests.

For prices, optional extras and technical specifications, see separate price guide, page 196.





# Milton



### General information:

- Wide angle - synchro mechanism (synchronised tilt), lockable in 5 positions, with adjustable body weight tension control and backrest reverse lock system;
- Depth-adjustable seat;
- 5 star base in black nylon, grey aluminium or polished aluminium (chrome effect);
- Adjustable multi-function or adjustable designer arms.

### Milton Air :

- Backrest with adjustable lumbar support and stretched fabric cover in very hard-wearing black polyamide;
- Seat upholstered in fabric.

### Milton :

- Height-adjustable backrest.

### Milton Executive:

- very high designed back upholstered in leather or fabric, personalized label (minimum 50 units) please ask us;
- Height-adjustable back.

### Milton cantilever visitor chair:

- Very high designer backrest upholstered in leather or fabric, with personalized badge (minimum 50) – please contact us for further information;
- Height-adjustable backrest.

### Milton 4 leg visitor chair:

- Available on request with fabric upholstery only.

### Milton Air



① With adjustable multi-function arms



② With adjustable designer arms



③ Without arms

### Milton



④ With adjustable multi-function arms



⑤ With adjustable designer arms



⑥ Without arms

### Milton Executive



⑦ With adjustable designer arms  
⑧ With adjustable multi-function arms

### Milton Visitor



⑩ Cantilever fabric or leather - stackable



⑪ 4 leg fabric – stackable with fixed arms (on request)  
⑫ 4 leg fabric – stackable without arms (on request)



2 choices of fabric colour



Celestial black FA  
Black DO

46 COLOURS

on request – allow 4 weeks for delivery. See p. 346-347

3 choices of leather colour



Black YB  
Ivory YC  
Chocolate YE

3 choices of finish for base



Aluminium SB  
Chrome SQ  
Black SV



Synchro



Adjustable through 50 mm



Adjustable through 70 mm

④⑤⑥⑦⑧

Milton and Milton Executive



# Team Executive and Team Progress Air

Ergonomic seating



The Team Executive chair with metal base (SB, SQ or SW) complies with British Standard BS 5459 (24/24h office use, by individuals up to 150 kg in weight).



- General information:**
- Synchro plus mechanism, lockable in 5 positions, with adjustable body weight tension control and backrest reverse lock system;
  - Depth-adjustable seat;
  - Base in black reinforced nylon, grey aluminium, black aluminium or polished aluminium;
  - Fixed, height-adjustable or multi-function arms.

- Team Executive:**
- Seat and backrest fully upholstered in fabric or leather;
  - Height-adjustable backrest.

- Team Progress Air:**
- Backrest: reinforced polyamide frame (which moves in line with the user's body), with black, hard-wearing polyamide stretched fabric covering. Backrest support made from cast aluminium in a grey aluminium epoxy finish.



Operating instructions can be found under the seat. Backrest of Team Progress Air

## Team Executive



Fabric or leather upholstery with ① adjustable multi-function arms or ② fixed arms

## Team Progress Air



③ With adjustable multi-function arms



④ Without arms

## Cantilever visitor models: available with black or aluminium epoxy lacquered bases only.



High back with ⑤ leather or ⑥ fabric upholstery – fabric model sold in sets of 2



⑦ Medium back with stretched fabric upholstery



⑧ Medium back sold in sets of 2



6 choices of fabric colour						3 choices of fabric colour				42 COLOURS	3 choices of leather colour for ①② et ③				4 choices of finish for base				1 mesh colour for ③④ et ⑦		
Black DO	Celestial black FA	Dark blue FB	Dark grey with light grey spots FK	Graphite grey FU	Bright blue FW	Dark blue DY	Celestial black FA	Bright blue FW	on request – allow 4 weeks for delivery. See p. 346-347		Celestial black YB	Ivory YC	Chocolate YE	Grey aluminium SB	Polished aluminium SQ	Black aluminium SV	Black aluminium SW	Black TI	From stock	From stock	From stock

For prices, optional extras and technical specifications, see separate price guide, pages 199 - 200.



# Team Progress and Team Synchro



EN 1335

Manufactured to ISO 9001

Manufactured to ISO 14001

BS 5459

### Team Progress

- Synchro plus mechanism, lockable in 5 positions, with adjustable body weight tension control and backrest reverse lock system;
- Depth-adjustable seat.

### Team Synchro:

- Synchro mechanism, lockable in 4 positions, with adjustable body weight tension control and backrest reverse lock system.

### General information:

- Adjustable lumbar support;
- Base in black reinforced nylon, grey aluminium, black aluminium or polished aluminium;
- Fixed, height-adjustable or multi-function arms.

The Team Progress chair with metal base (SB, SQ or SW) complies with British Standard BS 5459 (24/24h office use, by individuals up to 150 kg in weight).



Operating instructions can be found under the seat

### Team Progress



Ⓜ With adjustable arms



Ⓜ With fixed arms



Ⓜ Without arms



Ⓜ High back sold in sets of 2

### Cantilever visitor models

available with black or aluminium epoxy lacquered bases only.

### Team Synchro



Ⓜ With height-adjustable arms



Ⓜ With fixed arms



Ⓜ Without arms



Ⓜ Medium back sold in sets of 2

5 YEAR GUARANTEE

6 choices of fabric colour



Black DO, Celestial black FA, Dark blue FB, Dark grey with light grey spots FK, Graphite grey FU, Bright blue FW

42 COLOURS

on request - allow 4 weeks for delivery. See p. 346-347

4 choices of finish for base



Grey aluminium SB, Polished aluminium SQ, Black SV, Black aluminium SW

Sur stock



Team Synchro: Adjustable through 75 mm  
Team Progress: Adjustable through 55 mm  
Team Progress: Adjustable through 50 mm



Ergonomic seating