

just sit comfortably on a ESD or cleanroom work chair of score









dental medical industry office





experts in seating (S)

Doing your job with ease. If you can do that then you're a true professional. This also applies to all our expertise. You don't notice it – and that's exactly what makes the difference. Because after a day of sitting at work on one of our seating solutions, you still feel great. No lower back pain. No sore shoulders. No restless feeling in your legs. Because we're professionals who invisibly take care of other professionals. And we're very proud of that. With us you'll be sitting pretty.

Take a seat.

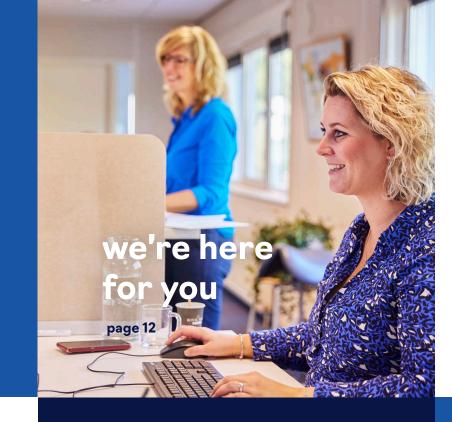






score makes the difference

page 6





page 16



upholstery and colours

page 60



Sitting ergonomically so you can work comfortably and feel fit and flexible. That's our goal. To achieve this, we develop and manufacture ergonomic work chairs that really make a difference. Exercise is important, but we believe sitting has to be healthy as well.

'We' are the approximately sixty problem solvers who are Score. We develop and manufacture our seating solutions in our own factory in Tolbert, in the province of Groningen in the Netherlands. We apply the most recent ergonomic standards, the latest techniques and best materials while taking all the challenges faced by people in sedentary professions into account. People stand at centre stage with us. Or better said, sit!



our own path

At Score, we like to do things our own way. Maybe our designs aren't trendsetting, innovative or super modern, but they are solid, robust and a little quirky. Solid chairs that you can literally use for decades. We don't follow the crowd but pave our own way! We listen to our customers' experiences and base our plans on what they tell us. When we see opportunities for improvement, we investigate together to see how they can be implemented. This has made us a reliable player in the market over the years.

our mentality

We value our relationships very much. Connecting people with short communication lines, honest and transparent; that's what we stand for. We want the best for everyone, both internally — for our colleagues — and externally — for dealers and customers who takes a seat on our products. If you are able to enjoy doing the things that are important to you, and we can contribute to that in our own way, then we're satisfied.

Score

we take the burden off you

You deserve the perfect work chair. One you never have to worry about. This may sound a bit vague, but what matters is that our craftsmanship takes the burden off of you. There's always room for improvement. Whether it's our processes, products or your sitting posture. Because we may have great ideas, but it's your experience that counts. We improve ourselves by listening - to the market, to the developers of new technologies and to you as a user. Learning by listening. That's Score.



our promise

We're problem solvers. Every component in our products has a function and everything is there for a reason. Because quality is all about the details. That's why we call ourselves experts in seating. We know the ins and outs of the various Industries we develop our products for. Even yours. So we work every day to ensure that you experience this too. That while you're sitting, you really feel that we're thinking along with you... and ahead. We find solutions to problems you didn't foresee yourself. With an eye for detail, with passion and inspiration. Sitting comfortably so you can concentrate on doing your job. That's our promise to you.

There's simply no such thing as one universal (work) chair, perfect for every user and work environment. Different requirements apply to a chair in a workshop than to an office chair. At Score, we made a distinction between four major branches - Dental, Medical, Industry and Office – each with their own specific work stations and associated activities. So we developed a range of seating solutions that take into account both workplace-related requirements and the wishes of the user. After all, sitting comfortably and ergonomically while working is paramount at Score. Whatever you do, wherever you work.

Dental, Medical, Industry, Office

We have a suitable seating solution for (almost) every workplace. Even if you work in a cleanroom or ESD safe space. We have developed ergonomic chairs for these workplaces, made of different materials. You can provide them with handy options for extra support, they meet ESD and Cleanroom requirements and of course fit perfectly. This way we ensure that you can sit energetically and relaxed so you can focus entirely on your job.

We've got your back!



Of course, our work does not stop at developing, producing and selling chairs. We also give advice, think along and answer every question you have. That's service.

service and warranty

Score work chairs are made with craftsmanship from high-quality durable materials in our own factory in Tolbert and are exported to more than 50 countries. Our chairs have a standard 5-year warranty. Ask about the exact conditions.

extensive dealer network

Score supplies nationally and internationally through selected dealers only. There's always a Score dealer nearby. Well-trained workplace advisors at Score can advise on the best seating solution for your specific workplace in consultation with the Score dealer.

fast delivery service

Through our special fast delivery service, we ship a selection of high-demand chairs within 3 business days. Ask about the exact conditions.

trial period

See an interesting seating solution? Ask your dealer about the possibilities to try out a product.

showroom

You are also very welcome in our showroom, where you can easily compare a number of different seating solutions. From ESD safe to Cleanroom work chairs and from the Score Spirit Line to the Score 4400 Pro Line, with footring, footboard or other options: if you make an appointment in advance, our experts will discuss all the advantages of the work chairs you are interested in.



own product development and production

Bending steel, welding seams, drilling holes: a good product is perfect down to the smallest detail. That's why everything is done with equal care at Score: from assembly to packaging. In our own factory in Tolbert, our technical professionals work on our products with great precision. Products we develop ourselves! And our factory and office are located right next to each other. This means the communication lines between our product developers and production employees are short, allowing us to respond quickly to dealers and customers. We all work with heart and soul on new seating solutions that meet the current ergonomic standards and we keep everything in-house. We enjoy working together and being inspired, but we're also specialists and convinced of our expert craftsmanship. We pave our own way. That's Score!





the chair for esd safe workplaces

These special versions are constructed from conductive materials and fabrics that can transfer electrical charges safely to the floor or a grounded point in the workplace. Ideal when static electricity caused by, for example, friction between different materials can be detrimental to electrostatic-sensitive components.

You'll be sitting pretty with Score!



a functional friend for all

A no-nonsense work chair, but ergonomically designed, provided with all the functions you need and suitable for almost everyone who works in an ESD safe environment: that is the Score Ergo 2300 ESD. An antistatic, conductive work chair that we have been supplying for decades and that we are very proud of. And as accumulated static electricity is safely dissipated through the conductive parts in the chair, it is perfect for ESD safe working environments.

- **©** Gaslift height adjustment
- **S** Back height and back angle adjustment
- No-nonsense work chair for anyone working in an ESD safe working environment
- § Functional and robust craftsmanship

upholstery

See all colours and upholstery options on page 60.

Oralon ESD and Leatherette ESD

Dralon ESD and Leatherette ESD

Dralon ESD and Leatherette ESD

mechanism



angle (F)





options and accessoires

















brake loaded, Ø 50 mm,

score ergo 2300 esd

score ergo 2301 esd













a functional friend for all

No-nonsense work chair, but ergonomically designed, provided with all the functions you need and suitable for almost everyone who works in an ESD safe environment: It is a real friend for all - without compromising on quality and craftsmanship. We can supply it in three different colours of Dralon or Leatherette, and as accumulated static electricity is safely dissipated through the conductive parts in the chair, it is perfect for ESD safe working environments.

- § Ergonomically designed, ultra-hardwearing and multi-adjustable
- Robust, functional design
- **S** For ESD safe working environments
- The Score Ergo ESD has proven itself for years

upholstery

See all colours and upholstery options on page 60.

Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD

mechanism



Fixed seat angle (F)



options and accessoires













Soft castors, Ø 50 mm, ESD (except Ergo 2308 ESD)

brake loaded,

specifications









score ergo 2308 esd



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the chair that works for you

Are you looking for an ESD safe chair that suits your build, sitting posture and personal preferences in every way? The Score at Work ESD is the most individually adjustable work chair of the Score family. It is antistatic, highly conductive and fully modular, so the individual components are interchangeable and can be replaced separately if necessary. Armrests, a sliding seat and a special ergonomically shaped backrest and an inflatable lumbar support for your lower back: the sky is the limit with the Score at Work ESD. This chair was made for you!

- Available in various ESD fabrics
- Seat slider
- **©** Gaslift height adjustment
- § Fully modular with interchangeable components

upholstery

See all colours and upholstery options on page 60.

Oralon ESD and Leatherette ESD

Dralon ESD and Leatherette ESD

Dralon ESD and Leatherette ESD

mechanism







options and accessoires









lumbar support







Soft castors, brake loaded,

score at work esd

score at work 01 esd













the chair that works for you

Are you looking for an ESD safe chair that suits your build, sitting posture and personal preferences in every way? The Score at Work 02 ESD is the most individually adjustable work chair of the Score family and the tallest of the three variants. You can put it together as you wish with upholstery in all types and colours, and it has no fewer than three unique mechanisms that perfectly support your body in all respects. This chair was made for you!

- Seat slider
- **©** Gaslift height adjustment
- S Easy to assemble
- Three unique mechanisms

upholstery

See all colours and upholstery options on page 60.

Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD

mechanism







options and accessoires









lumbar support











brake loaded,

specifications









score at work 02 esd

score at work 08 esd



our camouflaged powerhouse

Do you have a taller or broader build and therefore want a chair that can take some rough treatment? Then the Score 5000 is perfect for you. This powerhouse is more spacious than the average work chair, but no one will notice. The ideal chair for people up to 120 kilos. We even have a heavier version for people up to 150 kilos. Thanks to the Score 5000's various adjustment options, you'll be sitting super comfortably.

- Strong and robust ESD safe chair, suitable for a variety of working environments
- S ESD safe office chair for people with a slightly broader stature
- G Gaslift height -, back height and back angle adjustment
- S Extra comfortable thanks to many adjustment possibilities

upholstery

See all colours and upholstery options on page 60.

Onalon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD

mechanism





Synchromatic

seat angle (T) (only for 5000

options and accessoires











Ø 50 mm, ESD





brake loaded, Ø 50 mm,

score 5000 esd

score 5000 enforced esd











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comfortable seating on an ultra-strong design

If you work in an ESD safe area and have a slightly larger or heavier than average build, you don't want to have to worry about whether your chair will 'hold' you. With the seats from the Score MaXX ESD you have no worries at all. People up to 250 kg can sit on it without a care in the world: it is made of high-quality, durable material that gives a firm, secure and comfortable feeling while sitting. The Score MaXX ESD is available in Small, Medium and Large.

- S Carefree seating on the Score MaXX ESD, even for those with a heavier stature
- Strong and functional, durable and ergonomic
- A range of adjustment possibilities to give your body perfect support
- Gaslift height -, back height and back angle adjustment

upholstery

See all colours and upholstery options on page 60.

Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD



Dralon ESD and Leatherette ESD

mechanism



Adjustable seat angle (T)

options and accessoires





score maxx small

score maxx medium

score maxx large









score medical 6101/6211 esd

the stool for a medical setting

A medical, ESD safe working environment calls for very specific furniture. These work chairs and stools not only have to be compact and manoeuvrable, but also perfectly cleanable, antistatic and highly conductive. That is precisely why we have developed the Score 6101 ESD and the Score 6211 ESD. It is perfect in terms of both materials and comfort. It is easy to pick up, is very comfortable and is made of ultra-strong, hardwearing leatherette. This is the ideal stool for brief examinations or general use in medical examination rooms and laboratories.

- S Easy to clean, made of hardwearing materials
- Antistatic and good conductivity
- S Extensively tested
- © Comfortable and durable

upholstery

See all colours and upholstery options on page 60.

(O)

Leatherette ESD



Leatherette ESD



Leatherette ESD

mechanism







Fixed seat angle (F)

seat angle (T) (only for Medical 6211)

options and accessoires







Ø 54 cm







Soft castors, ø 50 mm, ESD

Soft castors, brake loaded, ESD

Trumpet glides,













a medical miracle among stools

Are you looking for a stool for an ESD safe working environment? Then the Score 6300 ESD or the Score 6311 ESD a good choice. Antistatic, highly conductive and versatile with a special, ergonomically shaped seat that prevents tingling legs while sitting. Perfect for use in medical, ESD safe workplaces. The tabouret is easy to pick up, comfortable to sit on and easy to keep clean. It is covered in black leatherette, and both the components and the upholstery ensure a continuous controlled discharge.

- S High quality
- **§** Gaslift height adjustment
- S Ergo shape seat (recessed edge) Ø 40 cm
- § In black leatherette ESD
- Antistatic, good conductivity and can be fitted with a 1Mohm resistance

upholstery

See all colours and upholstery options on page 60.

industry

Leatherette ESD



Leatherette ESD



Leatherette ESD

mechanism



Fixed seat angle (F)



Adjustable seat angle (T) (only for Medical 6311)

options and accessoires



Ø 54 cm





Aluminium base, Ø 67 cm









Soft castors, ø 50 mm, ESD

Soft castors, Trumpo brake loaded, ESD

Trumpet glides, ESD

Work surface height 70 - 85 cm Height adjustment 48 tot 61 cm

score medical 6300 esd



score medical 6311 esd











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the dynamic shape of sitting

When you think of a saddle chair, what first comes to mind is the Score Jumper or the Score Amazone. On the ergonomically shaped saddle seat, you automatically assume a healthy sitting position when your feet are firmly on the floor. Your back relaxes in a natural way, which not only improves your breathing but is also good for your circulation and digestion. And you're also very mobile on a saddle chair. It's perfect for people who spend a lot of time at a desk or at a computer in ESD Protected Workplaces (EPA).

- Alternating between standing and sitting
- § For good breathing, blood circulation and
- S Available in a high and low model
- Alternating between standing and sitting

upholstery

See all colours and upholstery options on page 60.

Dralon ESD, Leatherette ESD and PU ESD

Dralon ESD, Leatherette ESD and PU ESD

Dralon ESD, Leatherette ESD and PU ESD

mechanism







Fixed seat angle

options and accessoires







Soft castors.





specifications









score amazone esd



sitting comfortably in demanding workplaces

Our Score Pro 4400 ESD safe work chairs are robust and durable but at the same time incredibly comfortable. Ideal for industrial work environments as well as laboratories and (ESD safe) workplaces, because they're very suitable for this demanding work. The PU (Polyurethane) seat and back feel wonderfully soft, while the material is resistant to various chemicals and very easy to clean. That will sit well with you. The chairs from this line are available with a footring or footboard, so they're suitable for high workplaces.

- S Very easy to clean
- PU seat and backrest
- Gaslift height -, back height and back angle
- Many configurating options

upholstery

See all colours and upholstery options on page 60.

PU ESD industry

PU FSD

mechanism



options and accessoires













Soft castors, Ø 50 mm,

brake loaded,

Work surface height 70 - 85 cm

score pro 4400 esd





score pro 4401 esd









sit comfortably on a robust work chair

The perfect chair for demanding work situations? Our Score Pro 4400 ESD safe work chairs are robust and durable but at the same time incredibly comfortable. The Score Pro 4400 Line chairs are available in various heights and even an ESD safe version. For high workplaces, we have a model with a footring or footboard to support your feet. It's also available with a sliding system, which increases the seat depth by a maximum of 7 centimetres.

- S Very easy to clean
- PU seat and backrest
- **G** Gaslift height -, back height- and back angle adjustment
- Many configurating options

upholstery

See all colours and upholstery options on page 60.

(O) PU ESD

PU ESD

mechanism





options and accessoires













Soft castors, Ø 50 mm,

brake loaded,

specifications







score pro 4402 esd

score pro 4408 esd



the right chair for the right spirit

Looking for an ESD safe, attractively designed work chair suitable for almost all working heights? That has to be one of the Score Spirit ESD: an eye-catching, durable and solid all-round work chair with a nice price. Because we can deliver it in three different heights and you can adjust it to your personal sitting position, it makes it suitable for almost everyone. It is antistatic and highly conductive and therefore perfect for environments where ESD sensitive components are handled. That's the spirit!

- Strong, light and compact
- § Hardwearing and resistant to many chemical substances
- Perfect for high workplaces, for active yet comfortable seating
- Gaslift height adjustment

upholstery

See all colours and upholstery options on page 60.

(O)

PU ESD



PU ESD



PU ESD

mechanism





Fixed seat angle (F)

options and accessoires











Soft castors, Ø 50 mm,

brake loaded,



score spirit 1500 esd

score spirit 1501 esd

score spirit 1502 esd











a moment's rest for standing jobs

Do you stand up a lot at work and regularly come home with tired legs and/or feet? With the Score sit-stand stool 2232 ESD that is a thing of the past. Ideal for people who work standing up in an ESD safe environment and if you work in a place with little legroom. The Score sit-stand stool 2232 ESD is height-adjustable up to 85 centimetres, has an extra robust base, is antistatic and highly conductive, and has an adjustable seat angle. That makes it just a little bit more comfortable.

- Robust, extra-large frame
- Adjustable seat angle
- § In antistatic, conductive Polyurethane (PU)
- Standing sitting down and sitting down standing, ideal for standing jobs

upholstery

See all colours and upholstery options on page 60.

(O) PU ESD

PU ESD

PU ESD



options and accessoires





Soft castors, brake loaded, ESD

mechanism

Trumpet glides ESD

be informed about our latest news?



Work surface height

80 - 100 cm

Height adjustment 60 - 85 cm











a stool with options

The Score Opti 2200 ESD is also suitable for ESDsafe areas. It is height-adjustable, available with soft castors or trumpet glides. The Score Opti 2200 ESD is ultra-compact and easy to store. It has a ringshaped gaslift and it is suitable for almost everyone. In terms of material, you can choose between Dralon ESD, leatherette ESD and Polyurethane (PU) ESD as well as several different colours, depending on the material selected.

- S ESD safe all-round stool
- § Height-adjustable by gaslift height adjustment
- S Antistatic and good conductivity
- Also available in different heights

upholstery

See all colours and upholstery options on page 60.

Dralon ESD, Leatherette ESD and PU ESD



Dralon ESD, Leatherette ESD and PU ESD



Dralon ESD, Leatherette ESD and PU ESD

mechanism



Fixed seat angle (F)

options and accessoires







base, Ø 54 cm









score opti 2200 esd

score opti 2210 esd









the solution for a high workplace

The Score Pro 952 and the Score Pro 959 are practical, durable, safe and comfortable to use. The height and angle can be easily adjusted with one foot, and they are equipped with a hardwearing non-slip footboard. The footboard is maintaining optimal blood circulation in your legs so that you can sit in a healthy, active and ergonomically responsible way, even at a high workplace. At home, in the office, at the checkout or on the assembly line and even in hospitals and ESD safe areas.

- S Easy to operate with the foot
- Sustainable materials
- © Compact and robust, safe and user-friendly

adjustments

score pro 952





Height adjustment, 8 - 30 cm

Adjustable tilt angle, 0° - 90°

score pro 959

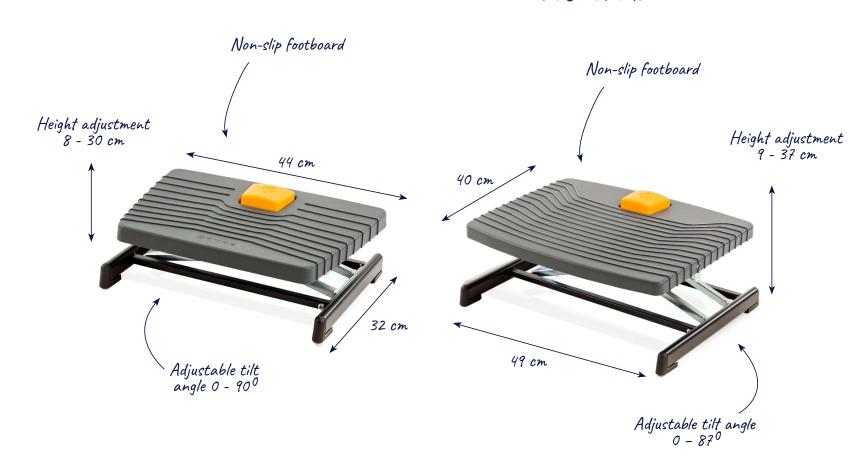




Height adjustment, 9 - 37 cm

Adjustable tilt angle, 0° - 87°

score pro 952 score pro 959 Higher and larger than the Score Pro 952









the basic among the score footrests

The Score Basic 950 and the Score Basic 952 are simple but indispensable footrests for high workplaces that prevents your legs from dangling above the floor. They are practical, durable, compact and robust. They are equipped with a wear-resistant non-slip footboard and the height and inclination angle are easy to adjust. This prevents restless legs so that you can sit in a healthy, active and ergonomically responsible way, even at a high workplace. At home, in the office, at the checkout or on the assembly line and even in hospitals and ESD safe areas.

- Practical footrest, for varied high workplaces
- Sustainable materials
- © Compact, practical and robust
- S Also suitable for ESD safe areas

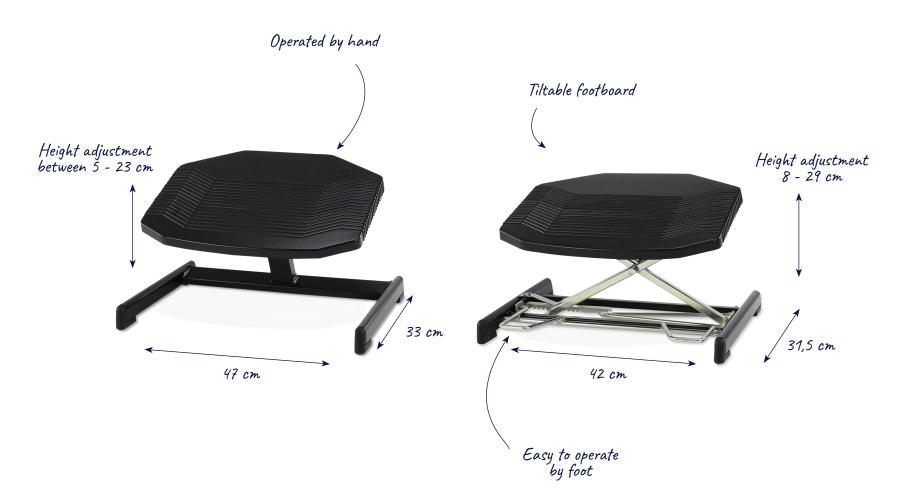
score basic 950 score basic 952 adjustments

score basic 952





Height adjustment, 8 - 29 cm







filtered ergonomics on a cleanroom work chair

Where is it more important to be able to work dust-free than in a cleanroom? We also developed a line of ideal seating solutions for this. These unique work chairs have a seamless seat and back made of artificial leather and a built-in HEPA-filter, so the displaced air is always filtered immediately when sitting or moving. This makes it impossible for dust particles to enter the room, which is of course extremely important in a cleanroom.

You'll be sitting pretty with Score!



a functional friend for all

A no-nonsense work chair, but ergonomically designed, provided with all the functions you need and suitable for almost everyone who works in a Cleanroom environment: that is the Score Ergo 2300 Cleanroom. An office chair that we are very proud of and that we have fitted with a HEPA-filter that traps dust particles in the seat. The Score Ergo 2300 Cleanroom is a real friend for all - without compromising on quality and craftsmanship. We can supply it in black leatherette ESD, which is perfect for Cleanrooms.

- S Ergonomically designed, ultra-hardwearing and multi-adjustable
- Gaslift height -, back height and back angle adjustment
- S Extensively tested and complies with applicable standards, seat is fitted with HEPA-filter

upholstery

See all colours and upholstery options on page 60.

Leatherette ESD



Leatherette ESD



Leatherette ESD



mechanism

Fixed seat angle (F)



Adjustable seat

options and accessoires







Armrest 5,







brake loaded, Ø 50 mm, ESD

brake loaded,

score ergo 2300 cleanroom

score ergo 2301 cleanroom

Higher than the Score Ergo 2300 Cleanroom















a functional friend for all

A no-nonsense work chair, but ergonomically designed, provided with all the functions you need and suitable for almost everyone who works in a Cleanroom: that is the Score Ergo 2300 Cleanroom. An office chair that we are very proud of and that we have fitted with a HEPA-filter that traps dust particles in the seat. We can supply it in black leatherette ESD, which is perfect for Cleanroom settings.

- Gaslift height -, back height and back angle adjustment
- Seat is fitted with HEPA-filter
- § Ergonomically designed, ultra-hardwearing and multi-adjustable

upholstery

See all colours and upholstery options on page 60.

(D)

Leatherette ESD



eatherette ESD



Leatherette ESD

mechanism







Adjustable seat

options and accessoires









brake loaded,

specifications







score ergo 2302 cleanroom

score ergo 2308 cleanroom

The tallest of the Score Ergo Cleanroom-chairs



the dynamic shape of sitting

Together with the Score Jumper, the Score Amazone is a prince among the saddle chairs. Ideal for ergonomic work in various working conditions. The seamlessly covered antistatic and highly conductive saddle chairs are perfect for Cleanroom and ESD protected workplaces (EPA), and the saddle shape of the seat tilts your pelvis, and your back automatically adopts a correct, natural posture. This is not only better for your breathing, but also for your blood circulation and digestion.

- Seamless upholstery
- Seat fitted with HEPA-filter
- Promotes a healthy back and sitting posture, for good breathing, blood circulation and digestion

upholstery

See all colours and upholstery options on page 60.

(O)

Leatherette ESD



Leatherette ESD



Leatherette ESD

mechanism





angle (F)

options and accessoires





round and smooth, Ø 50 cm





Ø 50 mm,





Soft castors. brake loaded,

specifications











score jumper cleanroom

score amazone cleanroom

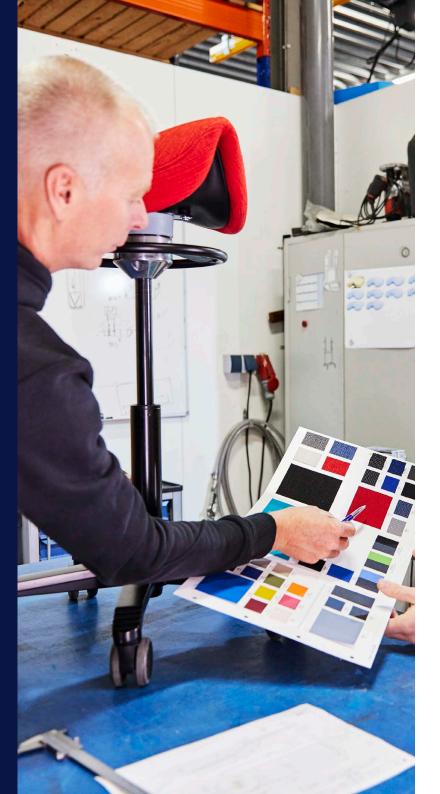


Fabrics and materials: a world of possibilities

Water resistant Conductive Fire retardant Ventilating Each fabric and each material has its own unique properties. Handy, because the many various working environments require different seating solutions. But we think further than just the practical aspects. Many of our fabrics and materials are available in a wide range of colours you can choose from. Because we like to give people as many options as possible, so they get a chair that suits them even better. Here's a list of all of them.

Our chair, your fabric

Want to send us your own fabric? Even that's possible at Score. If you purchase and deliver the fabric to us (minimum roll width of 1.40 metres), we'll use it for the upholstering. There is an additional cost; you can find the details on our website. We cannot be held liable for the warranty, product quality and processing of the fabric. Want to learn more or discuss? Feel free to contact us. We're here to help you find solutions.



ESD dralon

Available in the branches:



industry

Available in the colours:





Material: Dralon-Bekinox Weight: 560 g/m²

Characteristics: • Durable synthetic Antistatic

Very wear and tear resistant

Easy to clean

· Water and dirt repellent

PU SP ESD

Available in the branches:





dental medical industry

Material: Polyurethane

Characteristics: • Resistant to various chemicals

· Soft to the touch

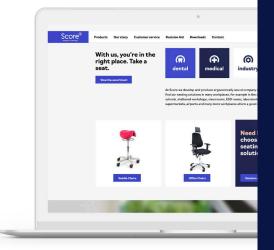
· Easy to clean

· Can take a beating

Durable

Compose your own product with our handy product configurator!





ESD leatherette

Available in the branches:



industry

Available in the colours:



K07

PVC/CO/RES Material:

630g/m2, +/-50 g/m2 cotton knit Weight:

Characteristics: • Antistatic

· Easy to clean

· Water and dirt repellent

Large surface area

People generally spend more time sitting than standing. At home, but mainly at work. And that's not good for our bodies. At Score, we focus on seating solutions, because we believe that sitting should also be healthy.

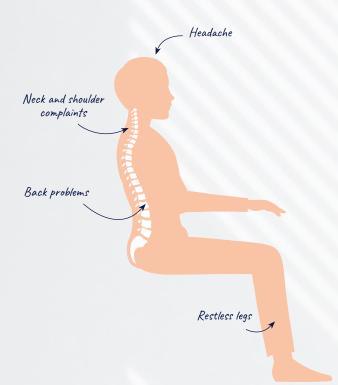
Sitting comfortably makes work more pleasant and you can concentrate better. After a workday you have more energy left to do fun things and you prevent physical problems. Because employees who sit a lot — have to stand for a long time or make repetitive movements for their work — often force their body into a certain position for a long period of time. When that posture is wrong, it quickly leads to physical irritation and fatigue, which in the longer term can lead to physical complaints, with long-term sick leave as a possible result.

Investing in 'good sitting posture' is a golden investment for companies and quickly pays for itself. It's one of the few affordable ways to increase employee productivity and prevent sick leave.

Happy employees, happy employers!

Our solutions to the law of cause and effect

Standing or sitting slightly incorrectly can have big long-term consequences. In the diagram on the right you will find an overview with complaints, causes and a possible solution. Do you have another problem or a question about it? Feel free to contact us. Our well-trained workplace advisers are experts on sitting and will be happy to advise you on the best seating solution for you and your specific workplace.



Complaint Cause Solution Restless legs, irritation Seat is too high, feet don't touch the floor so no Adjust a higher work chair, and loss of concentration possibility to shift position and inhibits blood place a seat to the right height or a separate footrest with circulation foot control Seat depth is too small, so no possibility to Irritation and loss If possible, increase seat depth. of concentration shift position Otherwise a work chair with sliding seat Neck and back problems The lack of a (non-adjustable) backrest, resulting in Work chair with adjustable a bent trunk position, unilateral load on the joints backrest and muscles in the back and more difficult breathing due to compression of the abdominal cavity Unstable chair or seat, the body is constantly trying Work chair with a sturdy Fatique and loss of concentration to find balance and stable base Rotatable work chair Neck and shoulder Chair is not rotatable, resulting in uneven strain on complaints the joints and intervertebral discs of the spine and on the ligaments and muscles in the back Restlessness, lack of The lack of - or inability to adjust - armrests, Install height and width the body unconsciously searches for possibilities adjustable armrests concentration and neck to rest the weight of the arms and shoulder complaints Back complaints Backrest does not provide sufficient support to the Work chair with an and fatigue lumbar region, which puts too much strain on the ergonomically shaped backrest that fits into the lumbar region spine because it cannot assume its natural position

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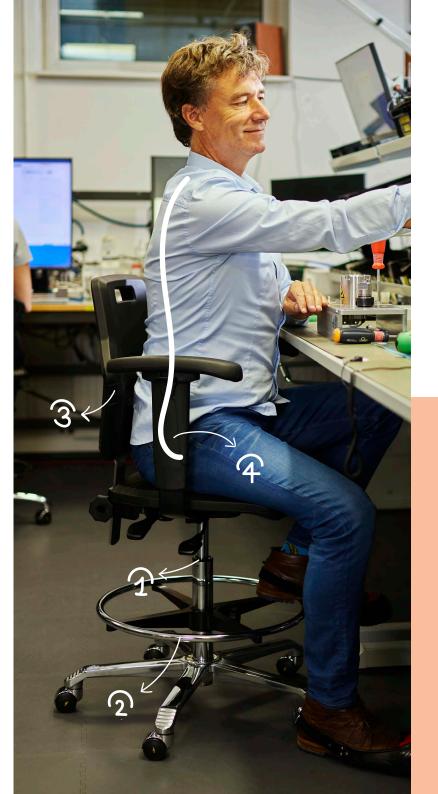
A good work chair helps you stay focused, even after hours at your desk or precision work in the same position. It supports you in the right places and prevents physical irritations, muscle pain and fatigue and is easy to adjust so it suits you optimally in terms of height, seat depth and inclination.

Being able to move on the seating material without sliding off is also important. And it has to be easy to clean. In demanding working conditions with, for example, chemical substances, the chair's material must be robust yet comfortable. PU (Polyurethane) is a perfect example. It's strong yet soft, incredibly durable and easy to keep clean. If you have a high workplace and your feet don't touch the floor, choose a footrest or a chair equipped with a footring or foot plank. If you are quite tall, the seat depth must be extendable so your upper legs get enough support. And what about electrostatic conduction? Our ESD safe chairs allow the current to dissipate safely. This prevents damage to electrostatic-sensitive components. No need to worry about that. We make sure everything is as it should be.



When people start a new job, they often just take their seats and the focus is more on their new colleagues and the work rather than on how they sit. This makes sense. Nevertheless, it is important to also pay a little attention to how you sit, and to adjust your chair properly.

Important for an optimal sitting posture is that you sit relaxed. For this, your joints should be in a neutral position - i.e. not at an uncomfortable angle. Sitting in the same position for long periods should require as little muscle strain as possible. And you should have room to vary your posture while sitting. The latter means that the seat is large enough and that you have enough room to move your feet. And then, of course, there are the settings of your chair. We'll go through those in the steps opposite.





Set your chair to the correct height

Just sit down and relax your shoulders.

Place your hands on the work surface and make sure your forearms are at a 90-degree angle to your upper arms when setting your correct seat height.



Set your footrest

If you sit at the correct seat height, your hip and knee joints will form a right angle and your feet will be flat on the floor.

Is the latter not the case (dangling legs)?

Then you need a footrest.



Set your back support

Adjust the height of your backrest so the curve fits nicely into the curve of your back. This way, the backrest fits nicely and supports your back in the right place.



Set your armrests

Adjust your armrests to the correct height, width and depth. Relax your shoulders and let your arms hang down and rest your forearms on the armrests so your upper arms and forearms form a 90-degree angle.



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