

Office chairs and hybrid working: which chairs work well and why?



Katharine Metters
Posturite Head
Consultant



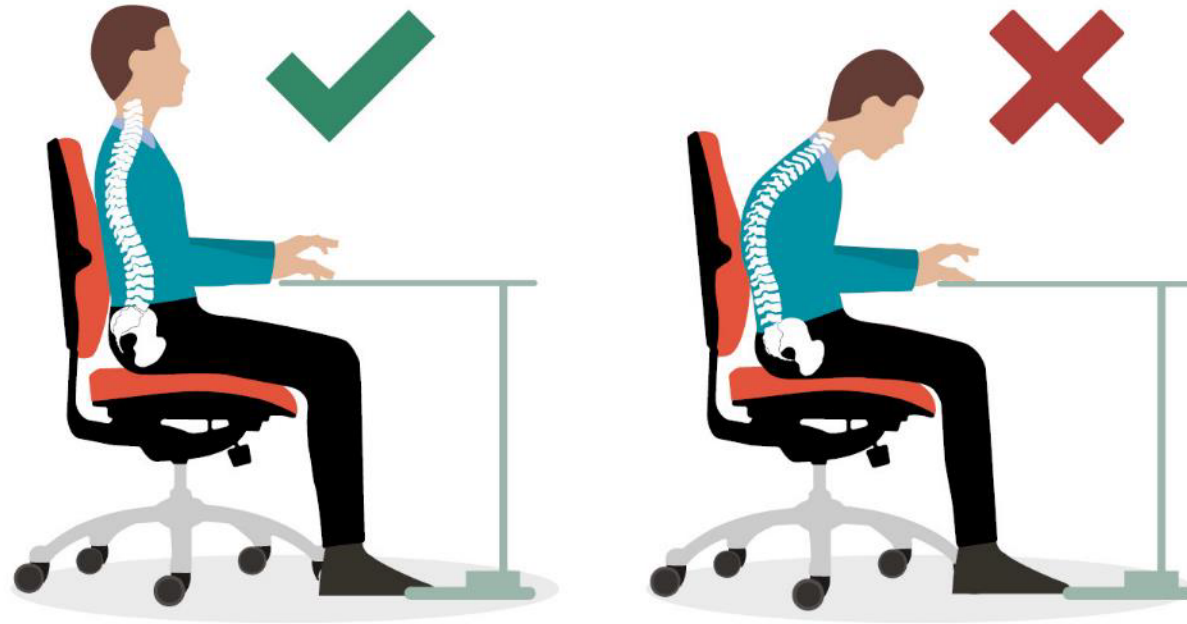
Scott Bottomer
Key Account Manager
& Seating Specialist



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Good vs bad sitting positions



Good supported position

- As the body is supported, it does not have to work hard to maintain the position
- Achieving a good position enables the joints and tissues to be efficient and work without strain or pressure points.

Poor or ill supported position

- Lack of support body requires the body to work hard to maintain a working position, creating fatigue often leading to tissue discomfort and strain.
- Poor working postures place the joints in less effective positions which can create strain and fatigue in the tissues adapting to working in less optimal ways.

Sitting height



Seat depth



Backrest height



Backrest tilt



The features
and functions
to be mindful of
when exploring
task chairs



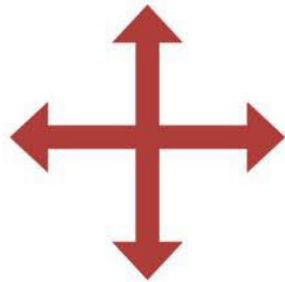
Ergonomic =
suitable for the user



Pad dimensions
and ranges



Core adjustments
(posture)



Movement
mechanism



Support
additions



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How hybrid working prompts us to think differently about chair options



Defined hybrid spaces



8hr office
single user



8hr office multi-
user (hotdesking)



Touch down multi-
user (hotdesking)



Homeworking



Meeting room
(collaboration)



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Why certain chairs are more suited to particular work environments



8hr office single user

- One user / one chair
- Set core adjustments once
- Peripheral adjustments daily
- Increased ownership / care
- Increased life span of chair



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- Peripheral adjustments daily
- Increased ownership / care
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Optimal chair:

- Traditional levers
- Personalized settings
- Tension-able movement
- Choice of pad size / type
- Less ongoing curative £

My suggestions:

- RH New Logic
- Positiv P-Sit





8hr office multi-user

- Multiple users / one chair
- Set core adjustments daily
- Peripheral adjustments daily
- Less ownership / care
- Reduced life span of chair



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Boss Tauro



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8hr office multi-user

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Optimal chair:

- Plug and play seating
- Fewer adjustments
- Auto-tension movement
- 50th centile pad size / type
- More likely need of curative £

My suggestions:

- HAG Sofi
- Boss Tauro

Touch down multi-user

- Multiple users / one chair
- Likely little adjustment used
- Used for short periods of time
- Possibly not DSE task areas
- Reduced life span of chair

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Optimal chair:

- Plug and play
- Minimal adjustments
- Auto-tension movement
- Smaller pads?
- Differentiate from 8hr

My suggestions:

- Haworth Nia
- HAG Capisco Puls





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Meeting room/collaboration

- Multiple users / one chair
- Little adjustment used
- Used for short periods of time
- Likely not DSE task areas
- Possible long duration sitting



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HAG Tion

Meeting room/collaboration

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The optimal chair:

- Think padding
- Seat height to match desk
- Autonomous movement
- Freedom for upper body
- Less adjustment means improved sustainability story

My suggestions:

- HAG Tion
- Boss Ola

Homeworking

- One user / one chair
- Domestic FIRA regs
- Likely aesthetic preference
- What if user leaves?
- How does the user purchase?
- Timeframes

Homeworking

- One user / one chair
- Domestic FIRA regs
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Optimal chair:

- Domestic fabric / foam
- Traditional levers
- Tweakable adjustments
- Less ongoing curative £
- In-stock models

My suggestions:

- Homeworker
- Homeworker Plus



How chair manufacturers have adapted to a changing market



Fewer new products released



Repurposed product lines for homeworking



Sustainability



Price increase across the board

Parting thoughts

Hybrid working can offer a greater variance in working environments

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Match the task at hand with the most appropriate space and equipment

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By selecting a chair with features and functions that serve each space optimally, benefits to health, productivity, usability, sustainability and budget can be achieved



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Employees need a reason to go to the office





Email our Seating Specialist at:

scottbottomer@posturite.co.uk

Email our Head Consultant in Ergonomics at:

katharinemetters@posturite.co.uk

posturite.co.uk