



Sitting School

How to maximize the benefits from Scandex Ergonomic chairs:

The human body is not made to constantly stand or sit still; the human frame is designed to move. Yet today many of us spend an ever-increasing portion of our lives confined to a chair and ending our work day with the complaint, "My back is killing me!"

Back pain can, of course, stem from many sources - like injuries, age, and genetic predisposition that we have little control over. But we *do have control* over the choice of chairs that we use.

The Bruno Swedish Ergonomic Office Chair Series 300 is designed to make you sit with a neutral posture that is close to the same posture you have when standing tall and upright with your cervical, thoracic and lumbar spinal curves in a neutral, balanced posture. Like your mother told you, "Sit up straight!"

Sitting on The Björn Ergonomic Saddle Stool *Series 400/600* without a backrest promotes autonomous seating to put you in a *neutral posture* - like how the equestrian sits astride a horse or the classic, cross-legged Buddha pose. Autonomous seating makes more active use of the whole body.

When first using a saddle stool, different muscles in your back and abdomen will be called into play as the spine adjusts to the change in posture. Some discomfort may even be experienced the first few days (or even a week or two) until the core torso muscles have fully adjusted.

To obtain the full benefits from these two different types of chairs, please read and follow the instructions below. And remember not to sit in even the best-designed chair for more than thirty or forty minutes at a stretch.



Bruno Instructions

The Bruno mechanism allows all adjustments of the chair to be made through the use of *just one lever*.

Quick Guide:

1. Twist the lever forward and "open" the chair by pushing back on the backrest.
2. Release lever to lock the chair and move buttocks way back in the seat.
3. Adjust the height of the backrest to fit in the small of your back.
4. Twist lever forward to all vertical and "rock" back and forth until you find a comfortable position of seat and backrest. Release lever.
5. Adjust seat height by twisting lever backwards.

To adjust the height of the backrest:

Unlock lever on back of chair and move the backrest to fit in the small of your back.

Seat height:

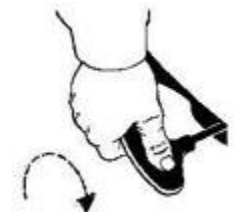
After positioning your buttocks way back in the seat, adjust the seat height by twisting the lever backwards, while raising or lower yourself.



Setting the seat at a height so one's knees are 2-3" lower than the hip - with a slight tilt to minimize pressure under your thighs, and feet flat on the floor - will help preserve the natural lumbar curve and allow the head and spine to remain erect, with the ribcage open for deep and easy breathing.

To adjust angle of seat and backrest:

Twist lever *forward 45 degrees* and adjust seat tilt. Release lever to lock-in the selected seat position. Then, to readjust backrest without changing the tilt of the seat, twist lever just lightly *forward 5 degrees*, until the back is released. Push back on backrest to desired position and release lever.



Alternatively... Freefloat position. Leave the lever turned *all the way forward to vertical*... and the seat and backrest will follow you and maintain contact as you lean forward and back, keeping your back constantly supported.



Björn Instructions

Quick Guide:

1. Legs (thigh) at 45 degrees to the floor.
2. Feet flat on the floor, positioned so *shoulder, hip and heel* are comfortably aligned approximately in a straight line.

Legs at 45 degrees:

To get the full benefit of a saddle stool - obtaining an upright, neutral posture without the need of a backrest - the upper part of your leg (thigh) should be at an angle of approximately 135 degrees to the spine. (*45 degrees to the floor.*) Feet positioned towards the back of the stool so heels, hips and shoulders are aligned.

Sitting in this position you will bend by your hips when leaning forward, while keeping your spine's natural neutral posture.



Seat tilt:

The saddle seat can be tilted 15 degrees forward. Pull up on the lever, adjust tilt then release. A slight forward tilt will promote an upright posture especially when sitting lower than recommended. It also will facilitate getting on and off the seat when set high for a *stand/sit* application... and closer positioning of your legs.

A male user will find relief for pressure on the prostate with a forward tilt.

Sitting low:

You still can benefit from an upright neutral posture by maintaining the 135 degree angle between spine and thigh obtained by moving feet further back under the seat... and tilting the seat forward.

Even with only one foot behind you - the other needed forward (e.g. to operate controls) - your posture will still benefit.



Stand/Sit:



The Björn Saddle Stool Series 400/600 is the ideal (s)tool to allow an occasional rest now and then when the work demands a standing position.

Setting the saddle seat tilted forward - and the seat height set at just slightly below standing - will allow resting by taking weight off legs and feet while "only losing" a couple of inches in height.