

Perfect Posture Seating



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Research shows that up to 80% of the population suffer some sort of back pain in our working lives. Are you one of the 80%?

Commonly the cause is related to discs in the back being compressed. Maintaining a seated position combined with leaning forward increases the compression of the discs and the risk of back pain. Bad seating has been shown to speed up disc degeneration.

As more people become chair bound and less active, (75% of the working population), abdominal and trunk muscles slacken, further increasing the instability of the spine and the risk of back pain.

Medical requirements for seating; A tilting seat which allows for a change of position whilst the spine continues to be fully supported in a well-formed supportive back rest. This back needs to be adjustable so it can be fixed at the ideal height and angle for any shape or size of user. The seat pad should be shaped such that the body is held securely in a relaxed position (avoiding slipping forward). In order to support any length of thigh satisfactorily the seat pad also needs to have the option of being adjustable in depth. Armrests have also been found to reduce pressure on the discs, but they need to be available in a variety of heights and shapes.

User Requirements; As work stations are frequently shared by different members of staff, it is important that the chair is easily adjustable to a variety of preferred working positions.

By addressing bad seating issues, we can increase productivity by contributing to a healthier, happier working environment, keeping our clients comfortable, and sometimes solving unappreciated problems! Call us for your survey today? No Obligation!

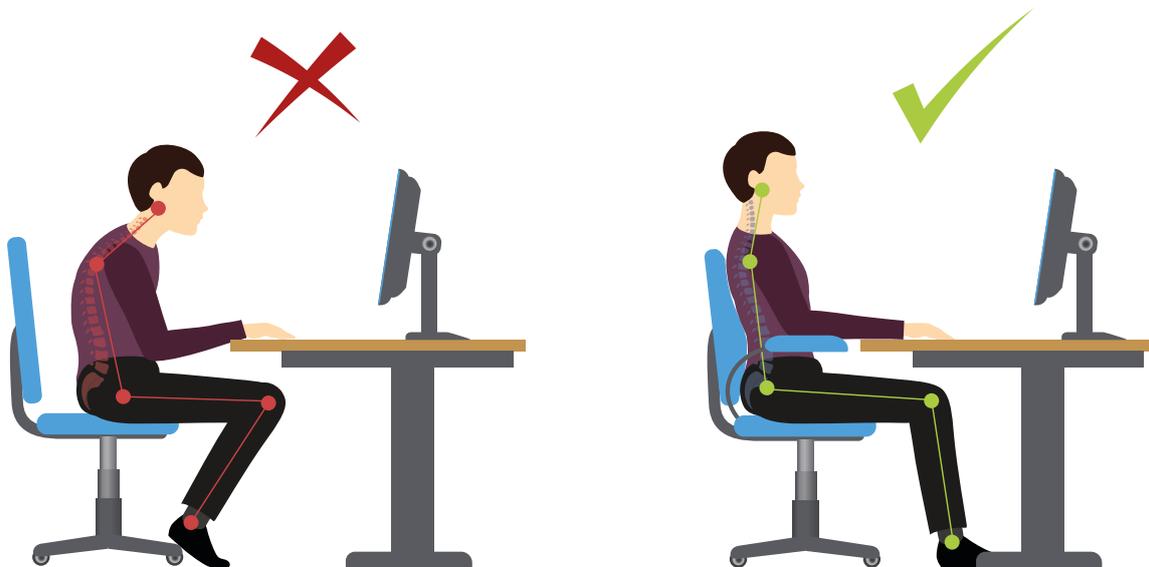
Posture Perfect Seating Program

We provide a FREE seating consultation at your premises, and offer advice upon solutions to meet specific staff seating related problems.

We will recommend a suitable chair based upon the individual needs. You can then try that chair at your workplace FREE for a week to ensure its right for you!

The Posture Perfect Seating Program includes seating options from petite to tall, skinny to not so skinny!

This unique program allows you to see, feel and try your recommended chair for a week in your premises with no obligations.



FREE SEATING CONSULTATION & WEEKS TRIAL - CALL ALEXANDER GREEN TODAY!