

# The Comfy Workplace

Ergonomic | Sustainable | Acoustic | Office Furniture

## Ergonomic Products

[www.comfyworkplace.co.uk](http://www.comfyworkplace.co.uk)

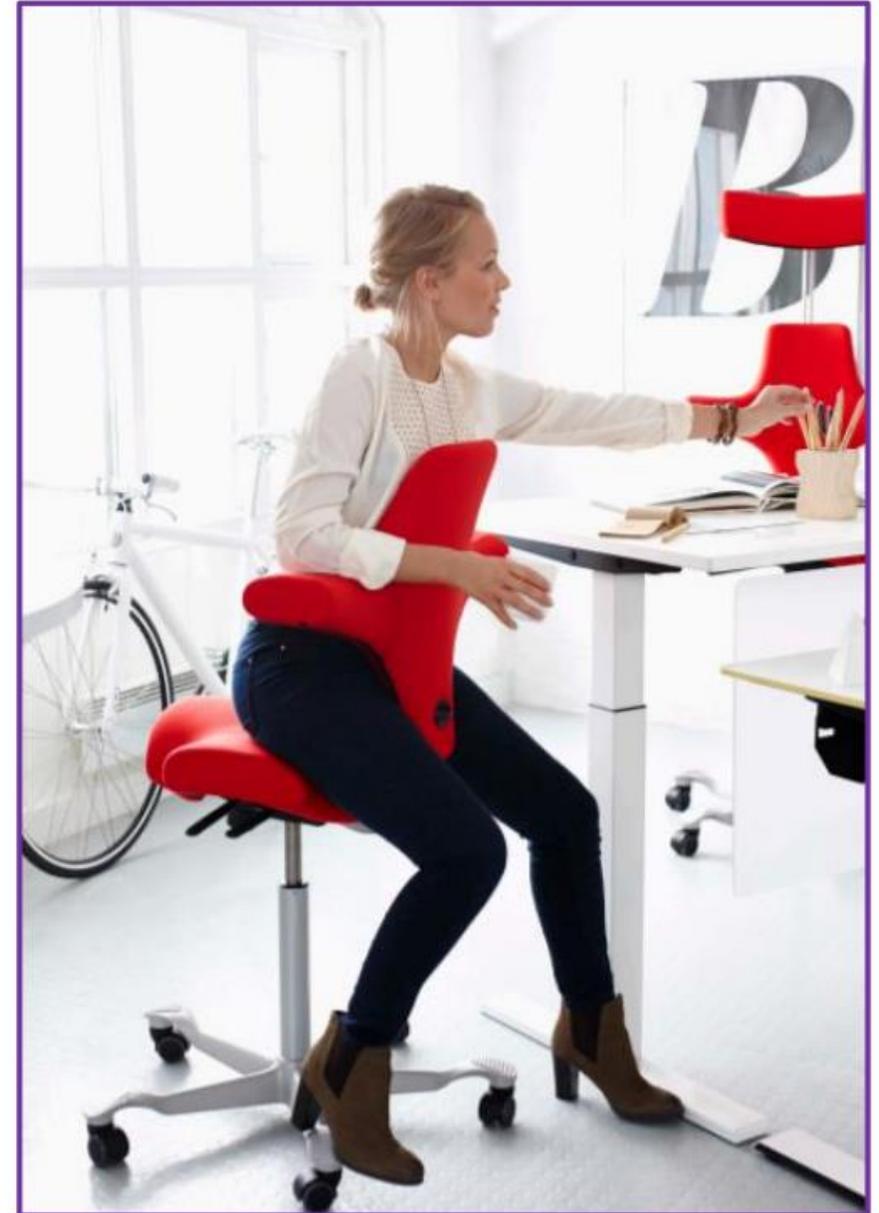
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## CW1 Chair



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### HOW IT WORKS

#### BACKREST ANGLE

The angle of the backrest can be adjusted separately, increasing opportunities to adjust the chair to individual needs, thereby enhancing comfort and support in any position.

#### ARMRESTS

Armrests are optional but are recommended since they provide relief for the shoulders. They can be adjusted by height and width, adjusted by depth and rotated 360 degrees.

#### SEAT

The seat includes a comfort layer, to provide feeling of comfort and better seating experience. The inclined design of the seat reduces pressure on the underside of the thighs, enhancing circulation.

The seat is available in two different sizes, and its depth can be adjusted separately. Both the seat and backrest pads are easily replaced.

#### SEAT HEIGHT

Seat height and depth can be adjusted through simple manoeuvres. The controls can easily be accessed even when seated. Correct height improves blood flow and circulation in the legs while the correct seat angle provides better relief and support. The pictograms on the controls clarify their use.

#### BASE

The base is black as standard and polished aluminium is an option. Raised base with curved arms helps keep feet firmly on the floor.

#### CASTORS

Castors for both for both hard and soft floors are available.



#### NECKREST

The neckrest is an accessory we strongly recommend. It supports the neck, thereby enhancing relief for the entire body. Naturally, it can be adjusted in height and depth.

#### BACKREST

The backrest with its soft curves keeps back in upright position and support the lumbar area, in addition mobilizing arms and shoulders. The height of the backrest can easily be adjusted while sitting in the chair and its tapered design allows the arms to move freely.

The upper part of the backrest features a "Tvedt" cushion, an RH innovation that helps you sit properly and oxygenate better. The back is available in two heights, large and medium.

#### TILT MECHANISM

The tilt mechanism is infinitely adjustable and has an even motion thanks to the "torsion" rod. The tilt mechanism can be locked in any chosen position and the chair follows your slightest movement - regardless of working position. This provides dynamic seating with complete back support, enabling you to always sit upright and breathe properly.

#### TILT RESISTANCE

The resistance of the tilt mechanism is simply adjusted according to body weight and height, ensuring the chair is correctly balanced. This allows it to follow your movements without the need to exert muscular force to push the chair into new positions.

#### LUMBAR SUPPORT

The inflatable lumbar support is standard and provides extra support for the lower back and, consequently, for the entire back. The pump adjusts the amount of air in a lumbar cushion, providing extra support.

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## Sit-Stand Desking

Duo Sit-Stand Desk



### Top 10 Benefits

- ✓ Kick start your metabolism
- ✓ Engage key muscle groups
- ✓ Burn calories
- ✓ Reduce stress
- ✓ Improve blood circulation
- ✓ Improve concentration & collaboration
- ✓ Improve posture
- ✓ Reduce blood pressure
- ✓ Better breathing & oxygen flow to the brain
- ✓ Sleep better



# Ergonomics

**“Musculoskeletal (MSK) conditions affect over 14 million people nationally and are the biggest cause of working days lost in the UK after coughs and colds.”**

***Public Health England***

