

## What to do when Bad Seating happens to you

The Complete and Authoritative How-To Guide to Diagnosis, Treatment and Recovery from Bad Seating







**Did you know that thousands of people suffer from Bad Seating everyday?** You may be one of them. In fact, you may be asking yourself right now — how do I go about finding the right seating care professional? Who do I turn to? What do I do?

If you, or someone you love, is wrestling with Bad Seating, this may be the most important piece of self-promotional marketing you'll ever read.

Take the self-assessment questionnaire to diagnose how severe your case of Bad Seating may be. **Sit back, take a deep breath, relax (if your chair will let you) and check all that apply:**



- 
- Do you have a nervous, even anxious feeling when approaching your chair at the start of a work day?
  - Does your chair creak and groan every time you move, as if it resents you?
  - Do you sit in the same position for so long that your co-workers check you for a pulse?
  - Does your chair function best as a place to hang your jacket?
  - Do you find yourself bringing in pillows to make your chair more comfortable?
  - Do you sometimes worry that your boss may call you into a meeting just after your legs have fallen asleep?
  - Do you arrive home after an 8-hour day and wonder to yourself, “Why couldn’t I have married a massage therapist?”
  - Are you susceptible to thoughts such as taking your chair and throwing it off the highest point of your building?

If you answered ‘yes’ to 1-3 symptoms, you are in need of Alive Seating in your very near future.

If you answered ‘yes’ to 4-6 symptoms, you are in dire, perhaps instant need of Alive Seating.

If you answered ‘yes’ to 7-8 symptoms, check your pulse, your current chair may have already done you in.

## What's Alive Seating™?

The average person spends a total of 9 years of their life seated at work. We'll allow a brief moment while that sinks in ... okay now? Okay. You're alive, right? Then your chair should be alive too (though not 'alive' in a creepy sort of way). Your chair should move and support you through good days and bad, in sickness and in health, through various movements and postures.

**You too can improve your seated life by making sure your chair follows the four simple principles of Alive Seating.**

- Movement**
- Orientation**
- Fit**
- Sustainability**







## **Movement**

Moving while you sit can help reduce stress on your spine, bring oxygen to your muscles, and increase blood flow to your brain. All good reasons to make movement a healthy part of your work day.

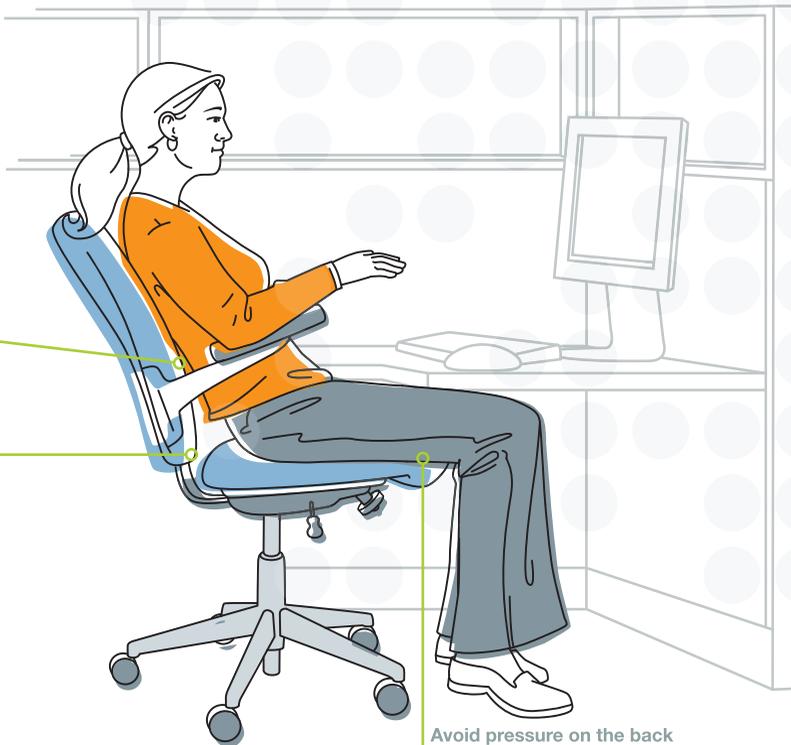
## Bad Seating pitfalls to avoid



Avoid working for long periods in the same position.

Avoid lower back sag because your chair leaves you hanging.

Avoid having a gap between your back and the chair.



Avoid pressure on the back of your legs where they touch the hard seat edge.

Avoid conforming to your chair because your chair can't conform to you.



Avoid a chair that can't move with you.

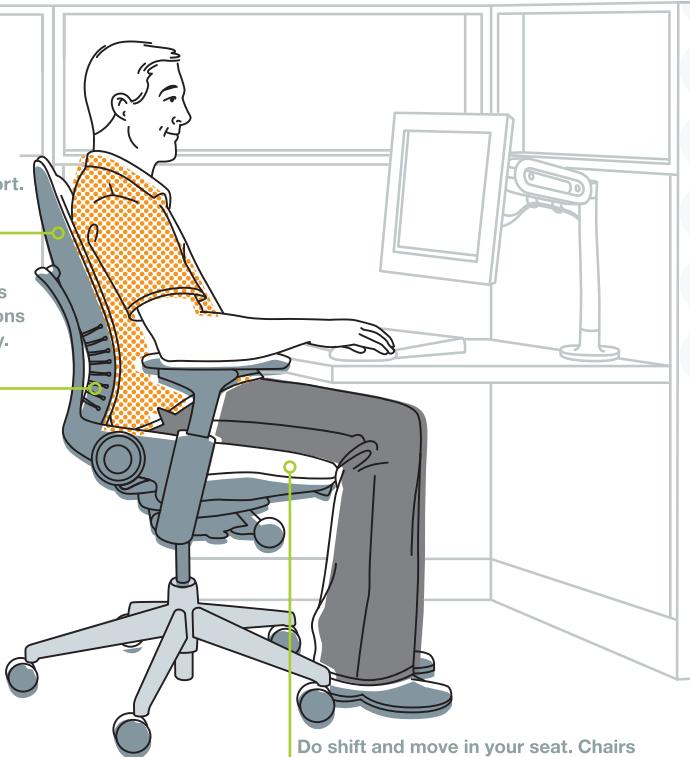


Avoid sitting on the edge of your seat, away from the backrest.

## Feel alive again with Alive Seating

Do use the chair's backrest for support.

Do feel the chair change with you as you change positions throughout the day.



Do shift and move in your seat. Chairs with LiveSeat™ technology flex to fit your unique indent.

Do feel the chair hugging your back and moving with you. Chairs with LiveBack® technology hug your back and flex with you as you move.

Do recline in your chair often and feel your lower back supported.

Do feel comfortable leg support without pressure. Chairs with a Flexible Seat Edge automatically flex down as you move to avoid pressure points.



**Note from the Ergonomist:** It's not only about sitting. If you can, work standing for part of the day to vary your posture and reduce static load on the spine.



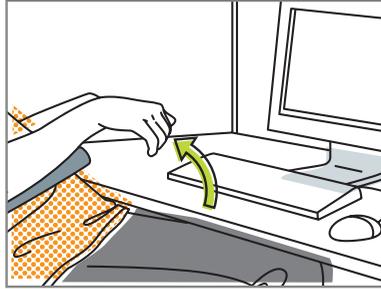
## **Orientation**

All work chairs will tell you they let you recline. But ask yourself, is simply reclining enough? Don't settle. What you need is a chair that lets you keep working from any position, so you can recline whenever you want. Tell your chair that you need to stay oriented to your work no matter what.

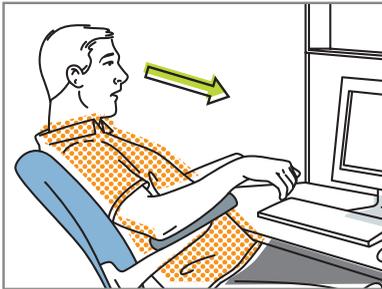
## Put your chair to the test



1. Put your hands on your keyboard.



2. Recline in your chair. What happened to your hands? Did they come off your keyboard or did you stretch to still reach your keyboard?



3. While reclining, look at your computer screen. Is the screen too far away? Do you strain your neck forward to see it (a.k.a. do the turkey neck)?



4. Now check your armrests. When you recline in the chair, do the armrests go up in the air? Hmm ... they're not very useful in that position are they?

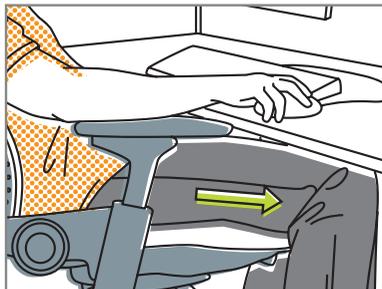
**If you answered yes to the questions above, your chair lets you recline, but it doesn't help you work while you recline.** And isn't that kind of why your boss hired you — to work, right? Bad Seating has let you down again.



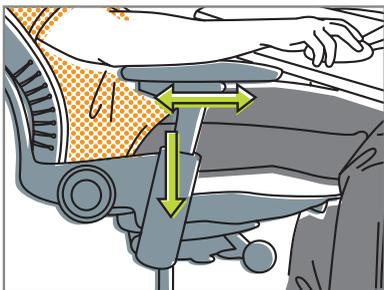
## Orient yourself with Alive Seating



1. From any position, your eyes stay within a comfortable viewing distance of your screen, you don't have to strain your neck or eyes.



2. You stay close to your desk because the seat glides forward, so you can easily reach your keyboard and mouse.



3. The chair's armrests don't recline with the chair, but stay parallel with the floor and can be repositioned so you always have arm support.



4. You can comfortably work while you recline, meaning you change posture more often. And because you can change postures more often you'll feel better — maybe more productive.

**Note from the Ergonomist:** Laptops give you lots of flexibility, but ergonomically, they're not ideal for long periods. An external monitor and an external keyboard will help improve your orientation to work even more.





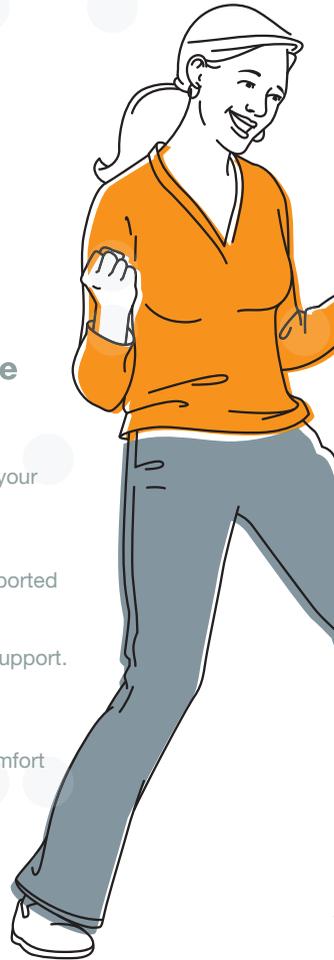
## Fit

Let's face it, not all chairs are supportive partners. Some chairs force you to make all the compromises, they're not willing to change to meet your needs. You may have silently suffered through a one-sided relationship with a chair. But you deserve better.

## Ask yourself, is your chair willing to make these adjustments for you?

1. Adjust its arms in four directions (height, width, pivot and depth) to support your arms properly. Chairs with arms that adjust to come in over the seat keep your elbows close to your sides, where they belong.
2. Adjust its seat depth in or out to fit your leg length so your legs are fully supported without pressure points.
3. Adjust its back tension to your body weight so you get the right amount of support.
4. Adjust its lumbar support height to fit your lower back.
5. Have individual upper and lower back controls for truly customized back comfort (if it's an especially caring chair).

**Or does your chair force you to adjust to it and call you a 'ninny' when you complain of discomfort?**





**You deserve a chair that wants to make you happy and adjusts to fit you.** Say 'good-bye' to self-centered Bad Seating.







## **Sustainability**

A happy relationship with your chair starts with love. But we're not only talking about loving how comfortable you feel. After all, you wouldn't want to spend your days with a chair that makes you feel good but isn't so good to the environment.



## To find a chair you can love, look at its credentials.

**Materials Chemistry** analysis carefully examines the chemical makeup of products and production processes — at the molecular level — and evaluates those chemicals against 19 human and environmental health criteria.

**Lifecycle Assessment (LCA)** looks at every stage in a product's lifecycle to measure and identify ways to minimize a product's impact on the environment — from raw materials to production, transport, use, and end of life.

**Recycling and Reuse** is easier and more effective when products are designed for a long life, and can be quickly disassembled for recycling. The Steelcase Environmental Partnership Program can help make 'good-bye' easier by connecting you with resources to recycle or reuse your chair.

**Cradle to Cradle Certification<sup>SM</sup> (C2C)** means you don't just have to take the chair's word for it when it comes to environmental considerations. (If your furniture is C2C Certified, you can be confident it's huggable\*).

\* For further information on huggable furniture, ask to receive a copy of *Hug Responsibly: A Hugger's Guide to Friendly Furniture*.



**Congratulations, you now have all the tools you need to cure yourself of Bad Seating.** By putting the four easy principles of Alive Seating into practice, you're on the road to becoming a more fulfilled, shall we say, more alive sitter.

You may be thinking, 'right, but how do I find a chair that will take the Alive Seating journey with me?' Not to worry. There are caring, supportive chairs out there waiting to meet you.

**To find your Alive Seating match visit [steelcase.com](https://www.steelcase.com).**

Chairs with Steelcase's Alive Seating technology, left to right: Leap<sup>®</sup>, Think<sup>®</sup>, Amia<sup>™</sup>, Siento<sup>®</sup>, Move<sup>®</sup>





Love how you work.™

**Steelcase®**

Item # 07-0006467 11/07 ©2007 Steelcase Inc. All rights reserved. ♻️ This brochure was printed on 100% post-consumer, chlorine free, recycled paper made with wind power. Trademarks used herein are the property of Steelcase Development Corporation or of their respective owners. To earn your B.S. in Bad Seating, send your questionnaire results to [itookthetest@steelcase.com](mailto:itookthetest@steelcase.com)