BACK CARE SEATING
Ergonomic Seating
Height-adjustable desks
Height adjustable foot rests
Specialist seat Pads

Body Shape Assessment

Body Assessment is a matter of understanding both Size (Limb Measurements) and Body Shape, (Displacement of Body Volume).

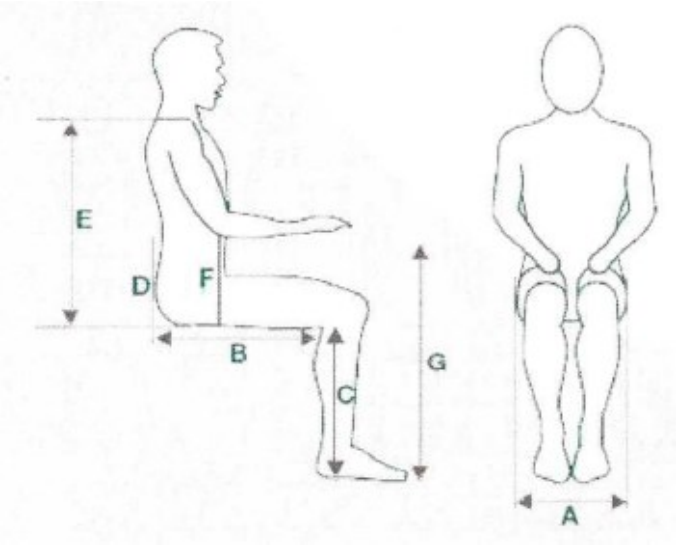
Anthropometric Limb Measurements

Do the lengths of your limbs or torso influence the adjustability of your chair or workstation?

The following information is for general guidance in proposing the model and options that best suit the intended occupant and task. For the medium sized person working in general office environments, the HF 2, HF 4 and HF 5 models have sufficient flexibility to meet their needs. However, slimmer, lighter or larger users may find the other models more suitable.

For those people with a medical condition or severe back problems, professional advice should be taken.

Complete the **red boxed** areas of this form to assess your individual requirements.



Name:	
Position:	
Department:	
Date:	

Dimension	Description	User Data in mm
A	The widest part of the thighs (width between armrests).	
B	From the rear of your back to behind the knees when sitting upright (seat depth)	
C	From the heel to the underside of your thighs (seat height)	
D	From the base of the thigh to the small of the back (lumber vertebrae) whilst sitting (lumber support height)	
E	From the seat to the top of the shoulders (backrest height)	
F	From the seat to the under your elbow with your arm slightly bent (armrest choice)	
G	Keyboard or Desk Height (requirement for footstool or height adjustable desk)	

Brief description as to the nature of the problem (i.e. area of back, neck, previous medical treatment):

Back Care Seating

Sonametric Measurements
What body shape are you? How do your proportions or body volume displacement affects your interface with your furniture?

Body Weight and Mass
Office Seating has to be able to withstand kinetic movement of weight – both inertial and gravitational mass. Components are thereby subject to substantial forces, or need to be able to respond to subtle forces. Body weight in kg is therefore a key indicator as to chair suitability.

H: Body Weight in kg:

Although individuals might possess different proportions of torso and limb length, their overall height also determines the resultant fulcrum effect of the body's mass. Overall body height also helps to cross-reference measurements B, C, D and E.

I: Body Height in mm:

Sonatonomics
Research has shown that certain personal characteristics might affect the location and extent of your Body Volume displacement. Your personal body shape and furniture suitability might well depend on your gender, anthropological genealogy or age.

Frequently Asked Questions:
Q: I am 6ft 7in and need a chair with good support
A: Your limb measurements will indicate to us if you may benefit from a longer gas-lift, taller backrest or adjustable desk.

Q: I have a specific problem with my coccyx
A: We manufacture a coccyx cushion with an 11" seat tilt or a cut-out seat pan that can be permanently placed on your new chair.

Q: I am slim and find most seats to be too big
A: We have 4 different seat sizes for people of different shapes. The shorter seat has dimensions to a smaller depth and width.

Q: Why would I need a head rest?
A: Some individuals need a head or neck support in order to alleviate injury or muscle stress. The head is one of the heaviest parts of your body, but correct posture should promote natural support from your neck.

Body Shape
Although individuals are different heights, they also vary in accordance with body shape. Some individuals have a differential in Upper Body Volume (A), some in Lower Body Volume (B), and some a more Proportional Body Volume distribution (C).
Please indicate which Body Shape you are by circling the image or indicating Row Number and Body Column Number.