

The Science *of Sitting*

Sit Better. Work Better.



Steelcase

Designed for Movement

An ergonomic study into how the body moves when seated

Steelcase studied over 2000 participants across 11 countries to reimagine ergonomic seating that supports dynamic movement and the natural motion of the spine, back and pelvis.

8

hours/day

230

days/year

75,000

hours

40+

years

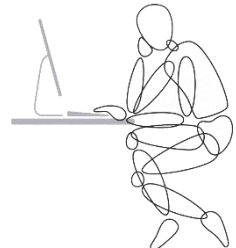
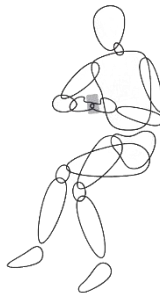
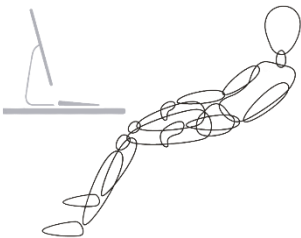
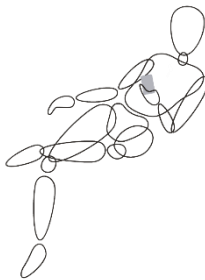
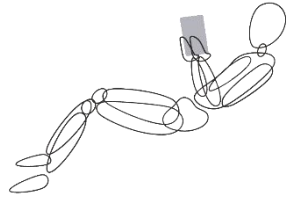
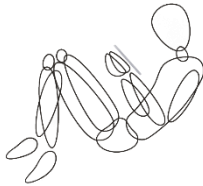
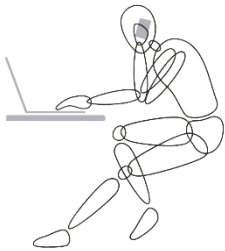
That's how much time we spend sitting at work



Dynamic Movement

Spinal movement is complex and unique.

A well-designed backrest adapts to your movement providing continuous support in every posture.



User Control and Fit

The thoracic and lumbar regions require different levels of support.

Your lower back benefits from consistent firmness, while your upper back needs increasing support as you recline.



Thoracic region



Lumbar region

Orientation to Work

Vision and reach impact posture.

Your spine moves and changes throughout the day. A dynamic backrest should adapt to your spine's changing shape, so you can move naturally and sit comfortably.



Dynamic
movement

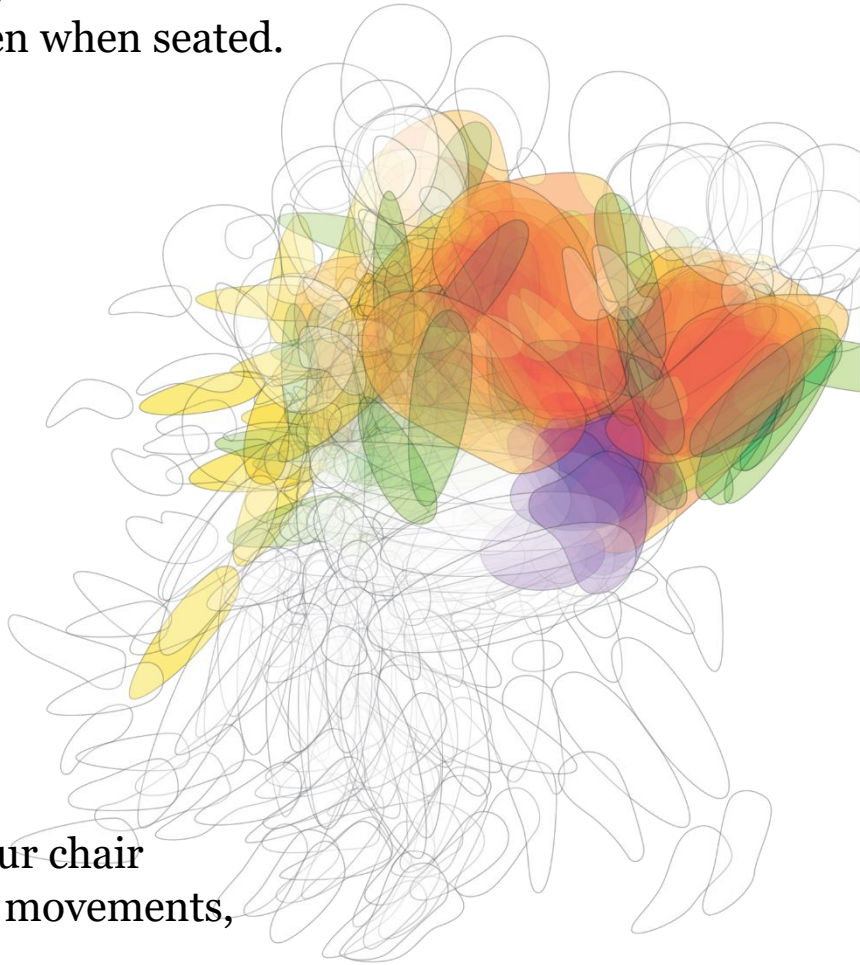


Static
seating



Why Dynamic Movement Matters

Your body is made to move, even when seated.



When your chair supports movements, it helps:

Reduce fatigue by distributing load across muscles and ligaments.

Slow spinal deterioration by encouraging natural posture shifts

Promote blood circulation to the brain and body, keeping users alert

Enhance comfort and productivity throughout the day

Why Orientation to Work Matters

Good posture comes from sitting well and aligning with your work, keeping the spine supported, reducing strain, and promoting healthy movement.

Armrests at or below elbow to keep shoulders relaxed.

Upper and lower back fully supported by the backrest.

Sit high with hips higher than the knees and feet resting on the floor.



Helping the World Work Better

Steelcase is a global design and thought leader in the world of work. Along with our expansive community of brands, we design and manufacture innovative furnishings and solutions to help people do their best work in the many places where work happens.

Explore all high-performance seating at:
steelcase.com/asia-en/high-performance-seating/