

Steelcase®



D0779

Please  
Seating

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Concept and Design / Steelcase  
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Steelcase



## The backrest modelled on your spine

Your choice of office seating is the most important ergonomic decision you'll ever make at work. That's why our goal at Steelcase is to provide healthier seating that will keep you comfortable and productive all day long. We call it High Performance Seating, because if you feel better you'll perform better. Please chairs incorporate the LTC<sup>2</sup> (Lumbar Thoracic Cervical), a mechanism that gives independent support to both your upper and lower back regions.

At first glance you would never guess that such a streamlined backrest could provide such amazing levels of comfort and ergonomics. But it's this balance of style and sitting pleasure – plus its versatility and hand-crafted quality – that makes Please something out of the ordinary.







## Be in motion

At work or at home, we spend most of our time in a seated position. Yet, our bodies and our minds are designed to work best when dynamic and flexible.

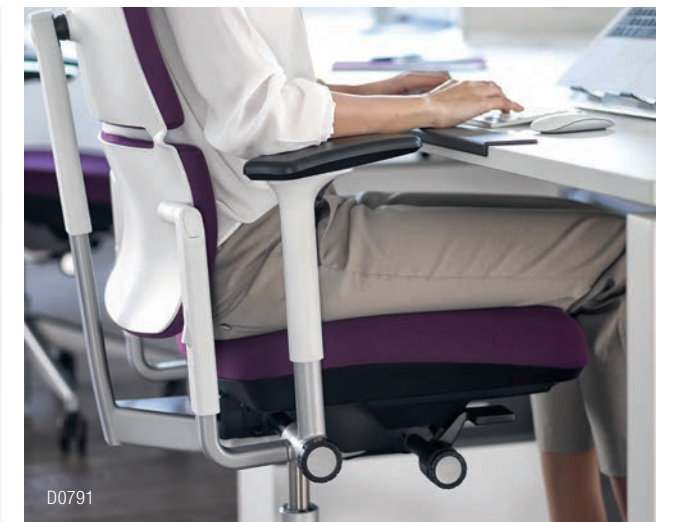
Employees need to be supported by highly ergonomic chairs that support the body as it moves, promote movement and are comfortable for long periods of time. What's more, they need intuitive adjustments to accommodate a wide range of users. These key insights drove the development of the Please chair.

# 75.000

We spend 75.000 hours of our life sitting in the office.



A1992



D0791

# Our unique motion study

At Steelcase we base our seating solutions on a scientific understanding of spinal motion and posture because the user is our research material. That's why we intensively study the ways people sit working individually - and how they move while seated - giving us a deep insight into the biomechanics of the human body in the seated position.

4 YEARS

732 PARTICIPANTS

27 SCIENTISTS

4 UNIVERSITIES

3 DISCOVERIES



1

## THE SPINE DOESN'T MOVE AS A SINGLE UNIT

As you change posture, the upper and lower regions of the spine move independently, not as a single unit. When the top of the spine leans backward, the bottom arches forward.

2

## EACH INDIVIDUAL SPINAL MOTION IS UNIQUE

Each of us has unique spinal motion, a 'spine print' that is as individual as a fingerprint, and changes as our posture varies throughout the day.



3

## THE UPPER AND LOWER BACK REQUIRE DIFFERENT AMOUNTS AND KINDS OF SUPPORT

Our need for upper back support increases when we recline, but our lower spine requirements remain more or less the same.

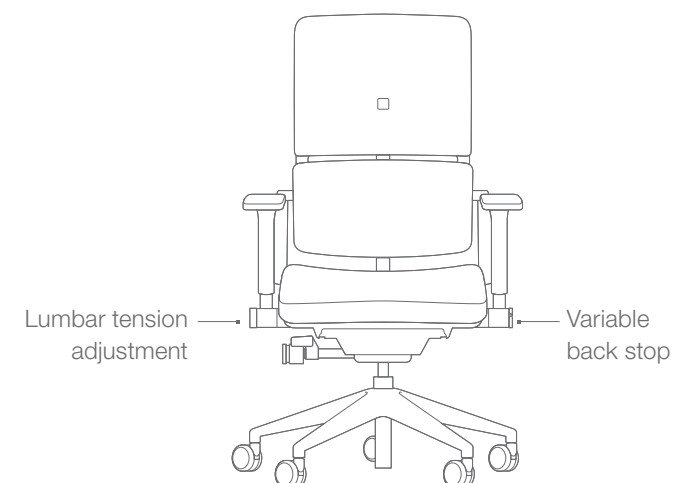
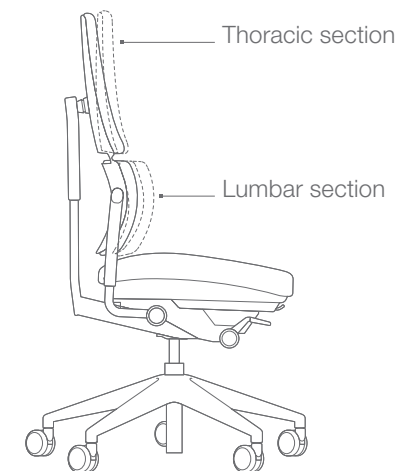




C5629 | PLEASE TASK CHAIR (AT10), FRAMEONE DESK (WY/SL), HIGH DENSITY STORAGE (SW)

## A research based solution

The Please chair was designed to mimic the movement of the spine as you change postures throughout the day.



### 1

#### INTELLIGENT SUPPORT

LTC<sup>2</sup> is a unique, patented synchronised tilting mechanism with two separate backrests. The lumbar and thoracic sections are connected yet they function independently of each other - just like the upper and lower areas of your spine.

### 2

#### MADE-TO-MEASURE COMFORT

The chair adapts itself to the morphology of every user providing a unique backrest support which allows for more freedom of movement.

### 3

#### SEPARATE CONTROLS FOR EACH BACKREST

Thanks to Please's independent and precise upper and lower back controls, any user – regardless their build – will obtain full back support even as they recline.



## A chair for everywhere

Please facilitates task-intensive jobs which involve long periods of sitting, high levels of concentration and heavy computer. While some of us like to sit upright, others prefer a more relaxed, reclined position.

Please recognises that everybody has their own way of working – and their own way of sitting. The chair is designed to support diverse work styles, ensuring lasting comfort and optimum postural support.

Both the Please task chair and Eastside visitor chairs are an excellent seating solution for reception at the desk as well as meetings and everyday group collaboration.



D0788



C5480



D0667

# Adjustability & durability

With an exceptional range of intuitive adjustments, Please delivers full support for various body shapes and sizes.



Seat height



Seat depth



Backrest height



Tilt tension



Armrest height



Variable back stop



Lumbar tension adjustment



Headrest height (option on the task chair standard)

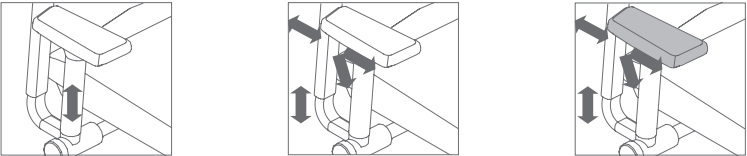




Task chair      Task chair with armrests      Executive chair

ARMRESTS (OPTIONAL)

Task chair



Height adjustable plain arms  
Not for Executive

Height, depth, angle adjustable plain arms  
Not for Executive

Upholstered height, depth, angle adjustable  
Only for Executive

OPTIONS

Base in black plastic, metallic paint, polished aluminium.  
Seat in fabric stitched or in leather.  
Seagull color (backshell, backrest lever, arms and headrest) in option.

DIMENSIONS

	Task chair
Seat height	412-516
Seat depth	395-463
Seat width	460
Back height from seat	645-705
Arm height from seat	195-295
Distance between arms	470

(in mm following EN 1335-1: "Office furniture" \_ Office work chair)

SURFACE MATERIALS

Surface materials shown in brochure:

**FABRIC**

AT02 Atlantic Grey

AT07 Atlantic Purple

AT17 Atlantic Nickel

DB03 Lucia Cloud

RE02 Pumpkin

2044 Gaja C2C Camellia Red

**LEATHER**

0273 Europe Leather Black

**PAINT**

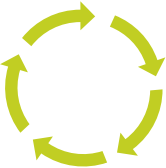
A1 Polished Aluminium

SL Platinum

B7 Seagull

Colors are representative and may vary slightly from actual material.

DESIGNING FOR THE ENVIRONMENT REQUIRES INNOVATIVE THINKING AND SOLUTIONS.



LIFE CYCLE ASSESSMENT

During our products development process we consider each stage of the life cycle: from materials extraction, production, transport, use and reuse, until the end of its life. Thanks to the Life Cycle Assessment (LCA) method, Steelcase quantified Please environmental impacts to set the stage for further improvements. This method, based on ISO 14040 and 14044 and selected by The European Union for environmental evaluation, allows us to quantify the environmental impact of our products throughout their whole lifecycle.

MATERIALS

32% recycled materials, by weight.

100% recycled cardboard and 30% recycled LDPE film in packaging.

PRODUCTION

Assembled in Sarrebourg (France) by Steelcase.

Uses powder-coat paints: VOC-free and free of heavy metals.

TRANSPORT

Assembled in Europe, close to customers.

EcoSmart packaging to keep transport volumes as low as possible and improve filling rates.

USE

Designed for a long product life, with replaceable parts.

Limited substances harmful to health and indoor air quality.

Maintenance information available on Steelcase.com

END OF LIFE

99% theoretically recyclable by weight.

100% theoretically recyclable cardboard and LDPE film for packaging.

Quick and easy disassembly.

Plastic parts clearly labelled for easy sorting and effective recycling.

Designed to ensure responsible end of use strategies - refurbishing, charitable donation or recycling.

CERTIFICATIONS

To show continuous improvements, we communicate Please environmental performance through voluntary environmental labels and declarations. Sustainability related actions and results are communicated in the annual Steelcase Corporate Responsibility report.

PRODUCT

EPD - Environmental Product Declaration

NF Environnement

NF Office Excellence Certifié

Indoor Advantage Gold #02138

MATERIALS

OekoTex 100 - Confidence in textiles

European Eco-Label - for textiles

PLANTS

ISO 14001 - Environmental management system

OHSAS 18001 - Occupational Health and Safety Assessment Series

FIND OUT MORE

Visit **steelcase.com** to discover more about Steelcase’s unique ecodesign strategy.