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Allsteel office chair manual

The quality and comfort of your office chair affects your health and productivity. With so many options, though, picking the right one for you isn't easy. This graphic from Office Chairs Unlimited can help.Most of the pointers are ones we've noted before in our guide to ergonomically optimizing your workspace: Arm rests should keep your elbows bent 90 degrees, seat height and back rest height should be adjustable, etc. The graphic lays it all out visually so you can see what you need to look for in an office chair at a glance (or even print this out and take with you when chair shopping). If you're someone who spends most of your day sitting at a desk, chances are you know how awful it Read moreIn addition, I found this guideline on proper seat depth helpful:A good guideline is while seated to have three- or four-fingers width distance between the back of your knees and the front edge of the seat. Seats that are too long for you could make you sit forward, straining your legs and back. Seats that are too close to your knees, on the other hand, can cause circulation problems, Lifehacker reader nacoran notes.Ideally you'd find a desk that's the right height too. You can have circulation problems from…Read moreSo be like Goldilocks and find the "just right" office chair for you (or take a look at the five most popular office chairs): You spend hours at a time at your desk, so hopefully you're sitting in a comfortable chair. If…Read moreInfographic: Looking for a New Office Chair | Office Chairs Unlimited Your office chair is arguably where you spend the majority of your time in a given week, which makes finding the right office chair a rather important task. Maybe you're on the hunt for a great office chair to upgrade your work office or you need one for your work station at home. Office chairs have come a long way and there are a lot of options to choose from. The office chair can go a long way in helping to alleviate the stress of your workday. Your choice can come down to many factors, including support, style, and comfort. Whether you go with a chair that can keep you comfortable and cool, a chair that provides your body with extra comfort and support, or a chair that keeps your body active, we've provided you with the information to make the best decision for yourself. Your body and brain will thank you. Steelcase Gesture Office Chair You have a lot of options when it comes to finding the right office chair now. If you're looking for one for great lumbar support, Gesture is the best option. The highly-rated office chair is great for people of all different sizes, it provides healthy postures, adjustable height and depth, and comfortable foam seating. Flash Furniture Black Mesh Swivel Office Chair This Flash Furniture Mid-Back Swivel Ergonomic Task Office Chair has a leather upholstered seat that features a waterfall front edge that removes pressure from the lower legs and improves circulation. The chair easily swivels 360 degrees to get the maximum use of your workspace without strain. This mesh task chair provides exceptional support to the hard-working professionals, its transparent mesh across the back allows air to circulate, keeping you cool no matter how high the pressure gets. Smugdesk Ergonomic Office Chair This Smugdesk Ergonomic Office Chair High Back Mesh Office Chair is designed following the principals of ergonomics, ensuring everything is meticulously crafted to ensure maximal comfort and support. It features an integrated lumbar pad, constructed from high-density foam that molds to the lower back, offering greater comfort, reducing pressure and pain. In addition, the adjustable neck support offers cervical support for the upper spine. With the padded pillow and reinforced framework mesh back, it fits your body curve to provide an extra comfortable experience. Gaiam Classic Balance Ball Chair Work can be tough, and being uncomfortable can make your workweek much more difficult. This Gaiam Classic Balance Ball Chair helps you strengthen your core and give you a tiny workout while you're working at your desk. This balance-ball chair is an alternative option to the traditional office chair, and great for people who work from home. It is created by leading health and fitness experts to improve overall well-being and provide an active outlet for having to sit for long periods of time. This chair helps to boost energy levels and increase productivity with an active body and a focused and engaged mind. Looking for more office and desk guides? Find more on our home section. Editors' Recommendations "Compared to other chairs in this market, we would gladly rest our behinds in this chair permanently." Very customizable solid ergonomics The Plus 8 is a very sturdy chair despite its thin and stylish look. Just about everything related to the chair is adjustable and with many fabric designs and support options to choose from, each chair is truly unique. Compared to other chairs in this market, we would gladly rest our behinds in this chair permanently. Besides – the Plus 8 is made in Sweden (as with all Kinnarps office furniture), and some of the coolest furniture designs come from this area of the world. To purchase this chair please e-mail info@kinnarpsusa.com Located in Sweden, Kinnarps is one of Europe's largest office furniture manufacturers specializing in desks, chairs and other related products and dÃ©cor. Luckily there is a distributor here in the US – albeit only one – where you can find some of their great products.Based on the well proven 600 Free Float and 8000 Sychron range, the Plus 8 office chair from Kinnarps continues the brand tradition of being ergonomically correct and artistically designed. The Plus 8 differs from the 600 Free Float and 8000 Sychron chair in that the arm rests are dynamic, offering even more customizability to the user than previous models. While many people may feel $800 is too much to pay for an office chair, keep in mind that besides looking great, a chair of this quality can actually increase productivity and will last many years.The Plus 8 office chair is constructed using polypropylene and polyamide materials while the seat base is made of recycled polypropylene, reinforced with wood flour to increase durability. The head rest and base are connected via a metal composite. All major components of the chair are made from recycled products and remain recyclable. Everything about the Plus 8 is adjustable, including optional features, making for a potentially expensive product. You can decide to purchase the chair with the optional arm rests and head rest, or you can even buy the chair in leather giving it a more executive look and feel to the overall design. The headrest adjusts fore-and-aft positions, and although the angle can be modified, unfortunately the height cannot be adjusted for taller people. The armrests are height adjustable via a switch located in the front of the arm rest. You can even adjust the lateral position of the armrest by means of the adjusting wheels located under the seat. To adjust the lumbar support, simply press the catch located on the rear of the back rest and you can adjust the backrest to suit. You can adjust the seat forward or backwards to give correct thigh support. Even the chair's tilt resistance is adjustable to the individual's body weight. Two unique features we found particularly useful are the Free Float Function – allowing the backrest and seat to follow the movement of the body independently, and the Sychron Function – allowing movement of the backrest relative to the seat (fixed ratio of 1, 5:1). This means when you lean backward the backrest follows while the seat only tilts a little bit, and when you lean forward the seat will move forward with you independently of the backrest. Our Plus 8 office chair came fully constructed since it came from a local dealer. However should you order this chair over the internet or phone, you can expect the chair to come in about 5 separate parts; the back rest, seat, wheels and base and the arm rests. Construction should take no longer than any other chair; about 10 minutes. The Plus 8 is a very aesthetically pleasing chair and looks like a piece of art in any office setting. Our chair came in a Navy blue fabric, but there are many different colors and styles to choose from, including leather. The Plus 8 feels very firm and unforgiving with its initial setting, so expect to spend some time adjusting its many features to fit your body weight and posture style. The headrest can be positioned perfectly but may be considered too firm for some. Also the armrests could be sturdier. While the armchair offers great adjustability, it unfortunately means there are also more ways for it to accidentally slide out of position. The Free Float and Sychron functions are nothing short of amazing, moving fluidly with your body. Compared to most other office chairs, we found the Plus 8 to be refreshingly comfortable, even after continued use. The Plus 8 is a very sturdy chair despite its thin and stylish look. Just about everything related to the chair is adjustable and with many fabric designs and support options to choose from, each chair is truly unique. Compared to other chairs in this market, we would gladly rest our behinds in this chair permanently. Besides – the Plus 8 is made in Sweden (as with all Kinnarps office furniture), and some of the coolest furniture designs come from this area of the world.

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