Ergonomic design can provide a comfortable and healthy sit. HON strives to meet your needs using the following design principles: Support, Movement, and Intuitiveness.

**Support**
Seating is designed to support the human body.

- **A. Lumbar Support** helps maintain curvature of the spine for healthy posture.
- **B. Seat Width** considered to comfortably fit multiple sizes.
- **C. Seat Depth Adjustment** supports legs without contact between front of seat and the back of the knees.
- **D. Armrests** support forearms while allowing shoulders to be relaxed.
- **E. Seat Height Adjustment** allows feet to rest firmly on floor with knees at about a 90° angle.

**Pressure Distribution**
Curvatures and materials are designed to maximize comfort by reducing pressure points and minimizing local fatigue... providing maximum comfort while at work.

**Posture**
Seating is designed to properly support postures that promote health.

**What is Active Sitting?**
Reclining, changing postures and fidgeting in your chair to reduce static postures.

**How Adaptable Chair Design Supports Active Sitting**
- **Engineering** - Thoughtfully designing natural movement into seating. Recline and tension options are available to support multiple postures and work styles.
- **Materials** - Inclusion of materials that provide continuous support. Flexing materials allow support to move with you as you move.

**Beyond the Desk**
Seating is designed in a variety of styles to meet work needs and encourage movement throughout the office.

**Movement**
Seating is designed to support active sitting because prolonged sedentary behaviors can be harmful and should be avoided.

**Adjustment Design Goals**
- Consistent and expected location of controls
- Graphic indicators when needed
- Passive automatic adjustments when possible

**Automatic Adjustments**
Materials or chair mechanisms designed to adjust as you sit and move with no manual input needed.

- There’s nothing to learn and no need for readjustments, allowing you to focus on what you’re doing. This includes options like: weight-activated controls or enhanced mesh materials that cradle your body.

**Personalized Adjustments**
User manually adjusts chair features to fit their body, posture and preference. This can include options such as: adjustable arms, lumbar support, tilt tension and seat height.

**Intuitiveness**
Seating is thoughtfully designed to be easy to use.