Ergonomic Seating Overview

We Know Ergonomic Seating

Few things in the workplace evoke a stronger physical and emotional attachment than a person’s chair. It is the center of work—and perhaps the single most important component of a healthy working environment. Good ergonomic seating enables concentration and minimizes the distractions that stem from being uncomfortable.

Researchers have found that 75 percent of work in industrialized countries is performed while seated. We know the effects of seating can be especially detrimental if done for extended periods of time without posture changes.

With over three decades of ergonomic seating knowledge and research, and a history of strong global design, engineering, and manufacturing, Haworth has curated a family of task chairs to help your employees stay healthy, comfortable and productive.

Standards

Haworth always considers global ergonomic requirements in our chair development process, in addition to the following North American standards:

- Canadian General Standards Board: CGSB-44.232-2018
- Canadian Standards Association: CSA-Z412-2017
- HFES 100-2017
- Business and Institutional Furniture Manufacturer’s Association: BIFMA G1-2013

These chair standards are intended as a reference and starting point for design. They propose dimensional specifications based on body dimensions of the 5th percentile (small) female to the 95th percentile (large) male. (Refer to graph above.)

This range covers approximately 95 percent of the population and is intended to meet the minimum requirements of users. Haworth’s ergonomic seating products are based on state-of-the art research and are designed to exceed standards, meeting the needs of a broad range of users.
Design of Chair Controls

By design, ergonomic seating incorporates a range of adjustability. Users need to be able to access easy adjustment capabilities to support changing task-specific postures. In our chair development process, our research focuses on the user, resulting in intuitive controls that require minimal force to operate.

Desirable control features include:

- Low hand and finger forces to operate
- Majority of adjustments achievable while seated
- Intuitive control motion
- Consistent control location

The importance of control design and consistency increases as chairs are shared between people. This is a common requirement in multi-shift situations, such as customer support operations or call centers.

To access Haworth’s complete Ergonomic Seating Guide, Click Here.
How They Compare

A chair is a personal choice, and our portfolio offers a variety of options. All Haworth high-performing ergonomic task chairs are supported by our 12-year, 24/7 warranty, and they share a focus on environmental responsibility.

<table>
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<tr>
<th>Family Options</th>
<th>Form®</th>
<th>Zody®</th>
<th>Very®</th>
<th>Soji®</th>
<th>Improv® H.E.</th>
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<td>Task Chair</td>
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<td>Task Stool</td>
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<td>XL Task Chair</td>
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<tr>
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<th>Mesh Back</th>
<th>Knit Back</th>
<th>Back Jacket or Upholstered</th>
<th>(Tag)</th>
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<tr>
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<th>Thoracic</th>
<th>Lumbar (Asymmetrical Adjustment)</th>
<th>Lumbar (Height-Adjustable)</th>
<th>Pelvic</th>
<th>(Flipper)</th>
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<tr>
<th>Arms</th>
<th>4-D</th>
<th>3-D</th>
<th>Height-Adjustable</th>
<th>Fixed</th>
<th>No Arms</th>
<th>(Flipper)</th>
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<tr>
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<th>Extended/High-Seat Height Range</th>
<th>Gel Seat Insert</th>
<th>Materials and Finishes</th>
<th>Plush Back</th>
<th>Plastic Base</th>
<th>Aluminum Base</th>
<th>Upholstery, Leather (Seat)</th>
<th>Upholstery, Faux Leather (Seat and Back)</th>
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<tr>
<th>Sustainability</th>
<th>BIFMA level® Certification</th>
<th>level 3</th>
<th>level 3</th>
<th>level 3</th>
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<th>level 1</th>
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All task seating is manufactured in the USA. Chairs fit the 5th–95th percentile, up to 325 lbs., and ship completely assembled within a standard three-week lead time.
Rotary Chairs
Task and Conference Seating
Fern

Fern is the world’s first chair designed with edgeless comfort. Inspired by nature, Fern provides new levels of all-day comfort, regardless of size, posture, or work mode. Research-driven, Fern’s ergonomic innovations provide total back support and responds to your every movement.

Features:

• Wave Suspension™ provides total back support, from the pelvic and lumbar region to the neck
• Edgeless design provides responsive comfort and full range of movement
• Height-adjustable lumbar support accommodates any user
• 4D height-adjustable arms move fluidly fore, aft, side to side, and pivot
• Synchronized 3-point tilt enables comfortable, relaxed posture
• 5-position back stop adjusts from upright to reclined
• Forward tilt allows the seat pan to move 5° downward for upright postures

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Certifications and Awards

Red Dot Award
Interior Design's Best of Year Award
International Design Excellence Awards - Bronze
Core77 Design Award
BIFMA LEVEL 3 Certified
GREENGUARD Certified
Zody

The result of years of research in wellness and comfort, Zody is a high-performance task chair that blends science-based wellness and comfort with global style. With its patented lower back support and a host of ergonomic refinements in a sleek, sustainable design, Zody offers personalized comfort and adaptability for any environment.

Features:

- Pelvic and Asymmetrical Lumbar (PAL) provides independently adjustable support for each side of the lower back
- 4D arms fluidly adjust in height, side to side, front to back, and arm cap pivot position; also available with fixed or height-adjustable arms
- Optional headrest for contoured ergonomic support of the head and neck
- Tilt tension control, seat height, multiple position back stop, seat depth, and forward tilt
- Waterfall seat edge minimizes pressure on the back of the legs
- Forward tilt allows the seat pan to move 5° downward for upright postures

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Certifications and Awards

- Interior Design's Best of the Decade Award
- IIDEXCanada Gold Innovation Award
- Best of NeoCon - Silver Award
- BIFMA LEVEL 3 Certified
- GREENGUARD Gold Certified
The Very task chair was designed with patented lumbar support, asymmetrical control, and supportive back in mesh, knit, or upholstered materials to enhance comfort. Easy-to-use adjustments let each person tune the chair to fit their needs. Very seminar and conference chairs provide intuitive recline and side-to-side torsional flex to increase mobility and comfort.

Features:
- Three-point tilt enables a comfortable, relaxed posture
- Pneumatic seat height for lower limb comfort
- Asymmetrical adjustable lumbar accommodates the spine’s natural curve
- 3” seat-depth adjustment

Certifications and Awards
- Red Dot Award
- Best of NeoCon – Gold Award
- BIFMA Certified
- GREENGUARD Certified
Soji

From the second you sit down, Soji brings your body and mind into sync. Soji is a highly-adjustable task chair with more ergonomic options than most in its class. Designed for a wide range of people, spaces, and modes of work, Soji supports employees with effortless comfort and efficiently satisfies workplace strategies for better well-being.

Features:

• Intelligent synchronized tilt and back lock
• Simple, easy-to-operate controls for user customization
• Waterfall seat edge

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Certifications and Awards

BIFMA LEVEL 3 Certified
GREENGUARD Certified
Side Chairs
Maari Side Chair

Influenced by our knowledge of seat and back contours and design vision, Maari supports you physically in both focus and collaborative work modes. Maari active work chairs offer complete comfort without the complication of multiple adjustments, while its soft, organic shape provides the visual comfort that makes you feel at home.

Features:

• Built-in support to accommodate a broad range of users
• One-piece, textured, molded shell
• Slightly reclined seat-to-back angle
• Available in a mix of materials—wood, aluminum, and fabric

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Certifications and Awards

- Interior Design’s Best of the Year Award
- Metropolis Likes NeoCon Award
- BIFMA Certified
- GREENGUARD Certified
Poppy Guest Chair

Poppy seating helps furnish comfortable, flexible spaces to support a variety of work processes and foster the creative performance crucial for innovation. Featuring a gently flexing back and four base styles, it accommodates variety in aesthetic and application.

Features:

• Naturally flexing back moves with you for comfort

• Four-leg wooden dowel base rotates 360 degrees and has a warm wooden base available in four finishes

• Four-star base rotates 360 degrees and has a sleek, modern painted steel base

• Five-star star base with casters rotates 360 degrees, with 5” height-adjustable seat (16–21”) and casters to support movement

• Sled base provides a light-scale aesthetic that complements other Poppy and Haworth elements

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Certifications and Awards

• iF DESIGN AWARD 2019 - Discipline Product

• BIFMA Level 2 Certified

• GREENGUARD Gold Certified
Hello Side Chair

With the Hello Side Chair, you can pull off one expression from the corporate cafe to the executive suite. Hello is versatile and it will re-energize your office.

Features:

• Unique curved arm and leg design
• Seat formed from molded foam on webbed suspension
• Fun and sophisticated seating for meeting rooms and reception areas

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Certifications and Awards

BIFMA Level 1 Certified
GREENGUARD Certified
Improv Side Chair

With broad appeal and many options, the Improv Side Chair rounds out the Improv Seating Family. Perfectly at home in reception and teaming areas, as additional office seating, or in classrooms and lobbies, it represents the height of versatility.

Features:

- Available in either sled-base or stackable leg-base
- Chairs with casters stack 5-high on the floor or 6-high on a cart
- Option for wood or upholstered back
- Seat is molded-polyfoam that is contoured for fit

Certifications and Awards

GREENGUARD Certified

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Very Side Chair

Very seating features chairs and stools for private offices, conferencing, cafeterias, classrooms—and all points in between. It’s a multi-dimensional family with a broad application range, fresh scope of colors and aesthetic options, essential ergonomics, and comfort—proving you value your people and how they feel at work.

Features:

- Unique, intuitive recline property to absorb and distribute weight
- Backrest with side-to-side torsional flex follows user’s movements
- Durable, high-strength polymer seat and back
- Chairs stack 5-high on the floor, or 8-high on a cart with casters or glides

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Certifications and Awards

Best of NeoCon – Gold Award
BIFMA Certified
GREENGUARD Certified
X99 Chair

X99 was designed for a global environment, maintaining the highest level of style and performance for a comfortable sitting experience. Featuring a sophisticated aesthetic that complements many spaces, the X99 comes in both seminar and guest chair options.

Features:

• Seminar chair features a folding seat for space-saving nesting storage when not in use
• Reclining back moves with you to sit more comfortably
• Glide or caster base – Glides ensure easy movement on any flooring surface while casters provide greater maneuverability
• Advanced Seminar chair offers pneumatic seat-height adjustment to adapt fit

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Certifications and Awards

BIFMA Level 2 Certified
GREENGUARD Gold Certified
Supply Arrangement Details

Contract Number: E60PQ-120001/025/PQ

Authorized Dealer List

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