

Webinar Saddle seat: (r)evolution



... but not like this!

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Introduction

- Score BV
- Saddle chairs
- A saddle in your office?

Why should we prefer a saddle to an office chair?



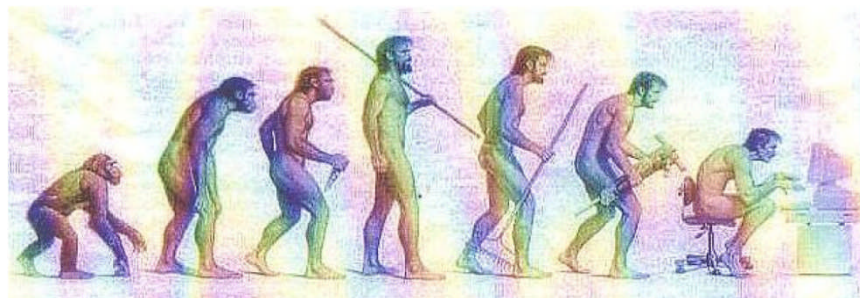
In the beginning...

- 4.000 years BC
 - Homo Sapiens
 - Moving existence
- Introduction of the written word
- Typewriter
- Computer

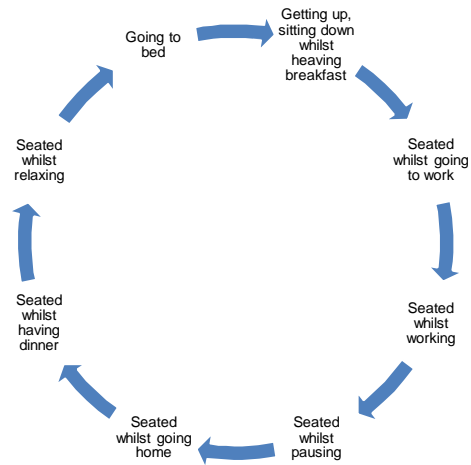


Present day

- Homo sedens
- Evolution

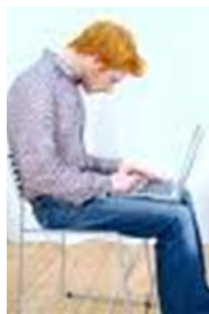


Our daily schedule



First conclusion

The industrial revolution has not resulted in a physical evolution



We see a move from traditional seating whilst working towards Sit-stand solutions. The new trend?

- Introduction in Skandinavia
- Adaptation in Holland



Results

- 90% positive about sit-stand workplace
- Fewer physical complaints
- 63% positive influence on performance
- 84% positive influence on well-being
- Positive influence on absenteeism

KPN decided to go for sit-stand tables!



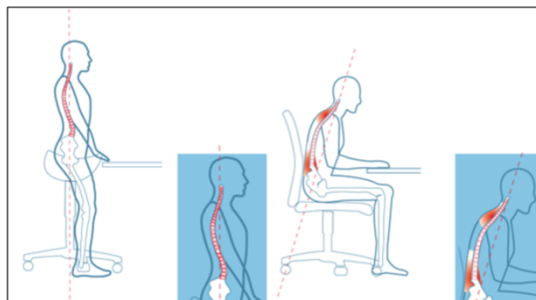
What are the advantages of saddle chairs in comparison with traditional seating solutions?

- Combination of a saddle chair with a sit-stand table
- Free movement of the legs
- Reaching
- Low pressure on the lower spinal column
- Strengthening of the back muscles
- Reducing pressure from legs and feet
- Relaxed position of the upper body, less cramps
- More relaxed breathing
- Distance to workplace



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What are the advantages of saddle chairs in comparison with traditional seating solutions?



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In which other work situations are saddle chairs often applied?

- Healthcare and dentistry
- Laboratory
- Beauty and hair salons
- Education
- Industry

CONCLUSION: every dynamic workplace !



Healthcare and dentistry



- Seat width
- Mechanism
- Starbase
- Seamless



Laboratory



- Leg room
- Closed cabinets



Beauty and hair salons



- Seat width
- Castors



Education

- Primary education
- Daycare centres



Industry

- Mounting tables
- Packing tables
- Assembly lines
- Machine operators
- Welding



Future

- Saddle seats in planes?



What's important when choosing a saddle chair:

- Comfort
- Different seat sizes
- Small starbase
- Large swivel castors
- Tilt or balance mechanism
- Optional: foot operated height adjustment
- Optional: backrest



Final conclusion

Saddle chairs can help you prevent and/or reduce physical complaints and can easily be used in any dynamic working environment.

