Your smart, local alternative

CBS is the largest independent office supplies company in the area.

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Over the last 27 years our business here in Carlisle is now widely recognised as one of the leading office products and office furniture suppliers in the UK.

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From paper to printers, from coffee to filing cabinets and office furniture, toners and ink, all the stuff we love on one website. We have built our business over the years by providing first class efficient service, competitive pricing and outstanding order fill rates.

Outside of Cumbria & SW Scotland where your orders will be delivered by our own fleet of vehicles, we have partnered our business with one of the most efficient supply chains in the U.K to ensure that your goods arrive with you safely and on time. This is designed to take the cost out, enhance purchase price and provide regional & national storage and distribution facilities for all our UK customers.

Our main supply partner has 5 Regional Distribution Centres throughout the UK and carries over £40 Million of stock across 25,000 lines providing on average.. 97% next day delivery.

All this combined with a team of highly experienced REAL people here at our Carlisle facility means you will never need to shop elsewhere.
OPERATING INSTRUCTIONS

1. SEAT TILT
   Twist the paddle at the rear of the chair to free the tilt angle of the seat pan. Lock by pushing the paddle back in to place.

2. TENSION CONTROL
   Rotate this handle clockwise to increase the tension of the seat and back tilt to suit the individual user.

3. GAS LIFT
   Lift the middle paddle to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

4. SEAT SLIDE
   Pull this small handle under the seat to adjust the seat slide to your preferred position. Release to lock in position.

5. ARM PAD ROTATION & SLIDE
   Grab the pad and twist left or right and push/pull forward, backward or side-to-side to achieve your desired arm pad position.

6. LOCKING TILT CONTROL
   Lift this paddle to free the tilt angle of the back and seat to your preferred position. To lock in position push the lever back down.

7. ARM HEIGHT ADJUSTMENT
   Press the button on the outside of the armrest and lift the armrest to your preferred position. Release the button to lock the armrest to your preferred height.

8. ARMREST WIDTH ADJUSTMENT
   Turn and loosen the handwheels located under each armrest and pull the armrest away from the seat to your preferred position. Tighten the handwheels to lock the armrests in position.

9. HEIGHT ADJUSTABLE RATCHET BACKREST
   To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed, the backrest will reset to its lowest position.

10. INFLATABLE SACRAL SUPPORT
    To increase the support to the lumbar area of the chair, squeeze the hand bulb. To deflate, press the small button located near the bulb. NEVER OVERINFLATE

DIMENSIONS

OPTIONAL EXTRAS

- INFLATABLE SACRAL SUPPORT
- INFLATABLE DUO SUPPORT
- 190KG CONVERSION
- MEMORY FOAM SEAT
- COCCYX CUT-OUT
- BASES

For pricing, refer to page 19.
OPERATING INSTRUCTIONS

1. **SEAT TILT**
   - Twist the paddle at the rear of the chair to free the tilt angle of the seat pan. Lock by pushing the paddle back in to place.

2. **TENSION CONTROL**
   - Rotate this handle clockwise to increase the tension of the seat and back tilt to suit the individual user.

3. **GAS LIFT**
   - Lift the middle paddle to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

4. **SEAT SLIDE**
   - Pull this small handle under the seat to adjust the seat slide to your preferred position. Release to lock in position.

5. **ARM PAD ROTATION & SLIDE**
   - Grab the pad and twist left or right and push/pull forward, backward or side-to-side to achieve your desired arm pad position.

6. **LOCKING TILT CONTROL**
   - Lift this paddle to free the tilt angle of the back and seat to your preferred position. To lock in position push the lever back down.

7. **ARM HEIGHT ADJUSTMENT**
   - Press the button on the outside of the armrest and lift the armrest to your preferred position. Release the button to lock the armrest to your preferred height.

8. **ARMREST WIDTH ADJUSTMENT**
   - Turn and loosen the handwheels located under each armrest and pull the armrest away from the seat to your preferred position. Tighten the handwheels to lock the armrests in position.

9. **ADJUSTABLE HEADREST**
   - Lift the headrest upwards to your preferred height and angle if required to provide further neck support.

10. **HEIGHT ADJUSTABLE RATCHET BACKREST**
    - To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed, the backrest will reset to its lowest position.

11. **INFLATABLE LUMBAR SUPPORT**
    - To increase the support to the lumbar area of the chair, squeeze the hand bulb. To deflate, press the small button located near the bulb. *NEVER OVERINFLATE*

**DIMENSIONS**

1. **EX1-AS BAB BP TTSP**
   - [Dimensions diagram]

2. **EX2-AS CSB**
   - [Dimensions diagram]

**OPTIONAL EXTRAS**

- **INFLATABLE SACRAL SUPPORT**
- **INFLATABLE DUO SUPPORT**
- **190KG CONVERSION**
- **MEMORY FOAM SEAT**
- **COCCYX CUT-OUT**

For pricing, refer to page 20.

Check our channel for full operating instruction videos: **SEARCH: ERGO DESIGN ERGO X**

**5 YEAR GUARANTEE**

For testing, refer to page 20.
OPERATING INSTRUCTIONS

1. **SEAT TILT**
   - Twist the paddle at the rear of the chair to free the tilt angle of the seat pan. Lock by pushing the paddle back in to place.

2. **TENSION CONTROL**
   - Rotate the handle clockwise to increase the tension of the seat back tilt to suit the individual user.

3. **GAS LIFT**
   - Lift the middle paddle to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

4. **SEAT SLIDE**
   - Lift this paddle to adjust the seat slide to your preferred position. Release to lock in position.

5. **ARM PAD ROTATION & SLIDE**
   - Hold in the button on the inside of the armrest and twist the armpad. Release the button to lock the pad in to position. Grab the pad and push / pull forward or backward to achieve your desired arm pad position.

6. **LOCKING TILT CONTROL**
   - Lift this paddle to free the tilt angle of the back and seat to your preferred position. To lock in position push the lever back down.

7. **ARM HEIGHT ADJUSTMENT**
   - Press the button on the outside of the armrest and lift the armrest to your preferred position. Release the button to lock the armrest to your preferred height.

8. **ARMREST WIDTH ADJUSTMENT**
   - Push the lever under the armrest downwards while manoeuvring the armrest away from and towards the seat until you achieve your desired width. Pull the lever up to lock in place.

9. **ADJUSTABLE HEADREST**
   - Lift the headrest upwards to your preferred height and angle if required to provide further neck support.

10. **HEIGHT ADJUSTABLE RATCHET BACKREST**
    - To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed, the backrest will reset to its lowest position.

11. **INFLATABLE LUMBAR SUPPORT**
    - To increase the support to the lumbar area of the chair, squeeze the hand bulb. To deflate, press the small button located near the bulb. **NEVER OVERINFLATE**

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**DIMENSIONS**

- **AP1-A4 BAB BP**
- **AP2-A4 CSB AP1-A4**

**OPTIONAL EXTRAS**

- Memory Foam Seat
- Coccyx Cut-Out
- 190KG Conversion
- Inflatable Sacral Support
- Inflatable Duo Support

---

For pricing, refer to page 21
SEAT SLIDE
Pull and hold this lever to adjust the seat slide to your preferred position. Release to lock in position.

INDEPENDENT BACK ANGLE ADJUSTMENT
Lift this back lever to free the tilt angle of the back to your preferred position. To lock in position push the lever back down.

SEAT TILT
Lift the middle lever to free the tilt angle of the seat and back together. The chair can either be left to move with your body position or locked by pushing the lever back down.

GAS LIFT
Lift the front lever to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

ARM HEIGHT ADJUSTMENT
Press the button underneath the arm pad and lift to your preferred position. Release the button to lock the armrest to your preferred height.

ARMREST WIDTH ADJUSTMENT
Turn and loosen the handwheels located under each armrest and pull the armrest away from the seat to your preferred position. Tighten the handwheels to lock the armrests in position.

ADJUSTABLE HEADREST
Lift the headrest upwards to your preferred height and angle if required to provide further neck support.

HEIGHT ADJUSTABLE RATCHET BACKREST
To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed, the backrest will reset to its lowest position.

INFLATABLE LUMBAR SUPPORT
To increase the support to the lumbar area of the chair, squeeze the hand bulb. To deflate, press the small button located near the bulb. NEVER OVERINFLATE.

For pricing, refer to page 22.

OPERATING INSTRUCTIONS

DIMENSIONS

OPTIONAL EXTRAS

MEMORY FOAM SEAT
190KG CONVERSION
COCCYX CUT-OUT
BASES
STELLAR POSTURE

SEAT SLIDE
Pull and hold this lever to adjust the seat slide to your preferred position. Release to lock in position.

INDEPENDENT BACK ANGLE ADJUSTMENT
Lift this back lever to free the tilt angle of the back to your preferred position. To lock in position push the lever back down.

SEAT TILT
Lift the middle lever to free the tilt angle of the seat and back together. The chair can either be left to move with your body position or locked by pushing the lever back down.

GAS LIFT
Lift the front lever to operate the gas lift. Lifting will increase the chair height. If sitting whilst the lever is lifted the chair height will lower.

ADDITIONAL SEAT TILT
Pull this lever toward you when sat on the chair to allow extra forward tilt. The seat tilt must be lifted to operate.

ARM HEIGHT ADJUSTMENT
Press the button underneath the arm pad and lift to your preferred position. Release the button to lock the armrest to your preferred height.

ARMREST WIDTH ADJUSTMENT
Turn and loosen the handwheels located under each armrest and pull the armrests away from the seat to your preferred position. Tighten the handwheels to lock the armrests in position.

ADJUSTABLE HEADREST
Lift the headrest upwards to your preferred height and angle if required to provide further neck support.

HEIGHT ADJUSTABLE RATCHET BACKREST
To move the backrest up and down lift until you hit your desired position. The backrest has 7 available settings that are indicated by a small clicking sound. Once the highest setting is surpassed, the backrest will reset to its lowest position.

INFLATABLE LUMBAR SUPPORT
To increase the support to the lumbar area of the chair, squeeze the hand bulb. To deflate, press the small button located near the bulb. NEVER OVERINFLATE

DIMENSIONS

OPTIONAL EXTRAS
FOLDING ARMS
190KG CONVERSION
COCCYX CUT-OUT
BASES

For pricing, refer to page 23
A range that provides clients with a tailor-made ergonomic seating solution:

Choose from 1 of 3 ergonomic backrest sizes:
E1 : STANDARD  
E2 : LARGE  
E3 : EXTRA LARGE  

Choose from 1 of 3 seat sizes:  
STANDARD MEMORY FOAM (S)  
LARGE MEMORY FOAM (L)  
EXTRA LARGE COLD CURE SCULPTURED FOAM (XL)  

Choose from a plethora of additional support options, including:  
INFLATABLE LUMBAR / SACRAL / THORACIC SUPPORT  
PRESSURE RELIEVING AUTO-INFLATE SEAT SUPPORT  
COCCYX RELIEF CUT-OUT  

Choose from a wide variety of optional armrests to complete your chair:  
HEIGHT ADJUSTABLE  
FOLDING AND HEIGHT ADJUSTABLE  
SLIDING AND ROTATING ARM PAD VARIANTS  

MODEL  
E1  
DESCRIPTION  
Posture chair with standard backrest, seat slide and memory foam seat  
FABRIC GROUP  
BASIC CHAIR PRICE  
BAND 0  £224  
BAND 1  £231  
BAND 2  £238  
BAND 3  £249  
BAND 4  £265  
BAND 5  £279  

**Note: ILS and IDS support options cannot be fitted to the same backrest.**  
*IDS provides support to both the lumbar and lower thoracic regions.*

SEAT OPTIONS  
Memory foam standard seat (S) (X)  
Memory foam large seat (L)  
Cold cure extra large seat (XL)  

ADDITIONAL OPTIONS  
Chrome base (CBY)  Add £47  
100KG Gas lift (9001)  Add £60  
Coccyx relief cut-out (CXC)  Add £75  
Extra memory foam (20mm) (XMFS)  Add £30  
Inflatable seat support (IPS)  Add £65  

**Note: IPS not available with memory foam and can be fitted to (S) and (L) seats only.**

Standard features:  
- Multi-function mechanism with seat tilt, independent back angle adjustment, tension adjustment and multi-position lock  
- Seat slide  
- Pressure relief memory foam seat (S & L seats)  
- Height adjustable ratchet back  
- Black nylon base  

Check out our channel for full operating instruction videos.  
SEARCH: ERGO DESIGN ERGO3
### MODEL E2
#### DESCRIPTION
Posture chair with large backrest, seat slide and memory foam seat

#### FABRIC GROUP
- **BASIC CHAIR PRICE**
  - **BAND 0**: £262
  - **BAND 1**: £270
  - **BAND 2**: £278
  - **BAND 3**: £291
  - **BAND 4**: £309
  - **BAND 5**: £324

### Standard features:
- Multi-function mechanism with seat tilt, independent back angle adjustment, tension adjustment and multi-position lock
- Seat slide
- Pressure relief memory foam seat (S & L seats)
- Height adjustable ratchet back
- Black nylon base

### Additional options:
- Chrome base (CBY) Add £47
- 100KG Gas lift (190G) Add £60
- Coccyx relief cut-out (CXC) Add £75
- Extra memory foam (20mm) (XMFS) Add £30
- Inflatable seat support (IPS) Add £60

### Prices
- Prices DO NOT INCLUDE arms. See page 26.

---

### MODEL E3
#### DESCRIPTION
Posture chair with extra large backrest, seat slide and memory foam seat

#### FABRIC GROUP
- **BASIC CHAIR PRICE**
  - **BAND 0**: £306
  - **BAND 1**: £314
  - **BAND 2**: £322
  - **BAND 3**: £335
  - **BAND 4**: £353
  - **BAND 5**: £368

### Standard features:
- Multi-function mechanism with seat tilt, independent back angle adjustment, tension adjustment and multi-position lock
- Seat slide
- Pressure relief memory foam seat (S & L seats)
- Black nylon base

### Additional options:
- Chrome base (CBY) Add £47
- 100KG Gas lift (190G) Add £60
- Coccyx relief cut-out (CXC) Add £75
- Extra memory foam (20mm) (XMFS) Add £30
- Inflatable seat support (IPS) Add £60

### Prices
- Prices DO NOT INCLUDE arms. See page 26.

---

**Note:**
- ILS and IDS support options cannot be fitted to the same backrest.
- IDS provides support to both the lumbar and lower thoracic regions.
- IPS not available with memory foam and can be fitted to (S) and (L) seats only.

**BS 5459-2: 2008**

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**Check out our channel for full operating instruction videos**

SEARCH: ERGO DESIGN ERGO3
PRICING

ERGO DYNAMIC®

ERGO X

APEX POSTURE

PERFORMANCE POSTURE

 STELLAR POSTURE

<table>
<thead>
<tr>
<th>MODEL</th>
<th>DESCRIPTION</th>
<th>FABRIC GROUP</th>
<th>OPTIONS</th>
<th>PRICING</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>BAND 0</td>
<td>Chrome Stiletto Base (CSB)</td>
<td>£688</td>
</tr>
<tr>
<td>ED1-A5</td>
<td>High back posture chair with headrest and SD armrests</td>
<td>BAND 1</td>
<td>£704</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>BAND 2</td>
<td>Black Alloy Spider Base (BAB)</td>
<td>£720</td>
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<tr>
<td></td>
<td></td>
<td>BAND 3</td>
<td>Coccyx Cut-out (CXC)</td>
<td>£748</td>
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<tr>
<td></td>
<td></td>
<td>BAND 4</td>
<td>Memory Foam Seat (MFS)</td>
<td>£788</td>
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<tr>
<td></td>
<td></td>
<td>BAND 5</td>
<td>Two-tone Seat Panel (TTSP)</td>
<td>£820</td>
</tr>
<tr>
<td>ED2-A5</td>
<td>High back posture chair with SD armrests</td>
<td></td>
<td>Inflatable Sacral Support (ISS)</td>
<td>£138</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Inflatable DUO Support (IDS)</td>
<td>£45</td>
</tr>
</tbody>
</table>

Standard features:
- Synchro mechanism, seat slide and tilt, inflatable lumbar, SD armrests and height adjustable backrest
- Ratchet back height adjustment
- 5D height and width adjustable armrests with sliding and rotating arm pads
- Black nylon stiletto base
- 5D height and width adjustable armrests
- Black nylon stiletto base
- Ratchet back height adjustment

Tested by scientists to perform...
ERGOX | Synchro mechanism, seat slide and tilt, inflatable lumbar, 5D armrests and height adjustable backrest.

**MODEL**  
EX1-A5  
EX2-A5

**DESCRIPTION**  
High back posture chair with headrest and 5D armrests  
High back posture chair with 5D armrests

**FABRIC GROUP**  
BAND 0  
£738  
£688

BAND 1  
£754  
£702

BAND 2  
£770  
£716

BAND 3  
£780  
£740

BAND 4  
£838  
£775

BAND 5  
£870  
£803

**OPTIONS**  
Chrome Stiletto Base (CSB)  
£47  
£47

Black Alloy Spider Base (BAB)  
£110  
£110

Coccyx Cut-out (CXC)  
£75  
£75

Memory Foam Seat (MFS)  
£95  
£95

Two-tone Back Panel (BP)  
£50  
£50

Two-tone Seat Panel (TTSP)  
£38  
£38

190KG Conversion (190C)  
£138  
£138

Inflatable Sacral Support (ISS)  
£30  
£30

Inflatable DUO Support (IDS)  
£45  
£45

**Standard features:**  
- Synchro mechanism with independent forward seat tilt, back angle adjustment and multi-position lock  
- Seat slide  
- Inflatable lumbar support

- SD height and width adjustable armrests with sliding and rotating arm-pads  
- Black nylon stiletto base  
- Ratchet back height adjustment

Tested by scientists to perform

APEX POSTURE | Synchro mechanism, seat slide and tilt, inflatable lumbar, 4D armrests and height adjustable backrest.

**MODEL**  
AP1  
AP2  
AP1-A4  
AP2-A4

**DESCRIPTION**  
High back posture chair with headrest  
High back posture chair  
High back posture chair with headrest and 4D armrests  
High back posture chair with 4D armrests

**FABRIC GROUP**  
BAND 0  
£551  
£527  
£614  
£551

BAND 1  
£567  
£535  
£630  
£565

BAND 2  
£578  
£545  
£641  
£578

BAND 3  
£602  
£570  
£665  
£600

BAND 4  
£636  
£595  
£699  
£632

BAND 5  
£668  
£610  
£731  
£657

**OPTIONS**  
Chrome Stiletto Base (CSB)  
£47  
£47  
£47  
£47

Black Alloy Spider Base (BAB)  
£110  
£110  
£110  
£110

Coccyx Cut-out (CXC)  
£75  
£75  
£75  
£75

Memory Foam Seat (MFS)  
£75  
£75  
£75  
£75

Two-tone Back Panel (BP)  
£50  
£50  
£50  
£50

Two-tone Seat Panel (TTSP)  
£38  
£38  
£38  
£38

190KG Conversion (190C)  
£138  
£138  
£138  
£138

**Standard features:**  
- Synchro mechanism with independent forward seat tilt, back angle adjustment and multi-position lock  
- Seat slide  
- Inflatable lumbar support

- 4D height and width adjustable armrests with sliding and rotating arm-pads (A4 models only)  
- Black nylon stiletto base

Tested by scientists to perform
**PERFORMANCE POSTURE**  Multi-function mechanism, seat slide and tilt, inflatable lumbar and height adjustable backrest.

- **MODEL**
  - PH1A
  - PM2A
  - PHI AAG
  - PM2 AAG

- **DESCRIPTION**
  - High back posture armchair with headrest and inflatable lumbar support
  - High back posture armchair with inflatable lumbar support
  - High back posture armchair with headrest, inflatable lumbar support and AAG arms
  - High back posture armchair with inflatable lumbar support and AAG arms

- **FABRIC GROUP**
  - STOCK HAVANA
  - BAND 0
  - £363
  - BAND 1
  - £313
  - BAND 2
  - £363
  - BAND 3
  - £376
  - BAND 4
  - £411
  - BAND 5
  - £411

- **OPTIONS**
  - Chrome Base (CBK)
    - £55
  - Black Alloy Spider Base (BAB)
    - £110
  - Coccyx Cut-out (CXC)
    - £75
  - Memory Foam Seat (MFS)
    - £75
  - 190KG Conversion (190C)
    - £138

- **OPTIONS**
  - Chrome Base (CBK)
    - £55
  - Black Alloy Spider Base (BAB)
    - £110
  - Coccyx Cut-out (CXC)
    - £75
  - Memory Foam Seat (MFS)
    - £75
  - 190KG Conversion (190C)
    - £138

- **OPTIONS**
  - Chrome Base (CBK)
    - £55
  - Black Alloy Spider Base (BAB)
    - £110
  - Coccyx Cut-out (CXC)
    - £75
  - Memory Foam Seat (MFS)
    - £75
  - 190KG Conversion (190C)
    - £138

---

**STELLAR POSTURE**  Memory foam seat, inflatable lumbar, seat slide and tilt with height adjustable backrest.

- **MODEL**
  - TPi8
  - TPi8A
  - TPi9
  - TPi9A

- **DESCRIPTION**
  - High back posture chair
  - High back posture chair with height adjustable armrests
  - High back posture chair with headrest
  - High back posture chair with headrest and height adjustable armrests

- **FABRIC GROUP**
  - BAND 0
    - £309
  - BAND 1
    - £317
  - BAND 2
    - £324
  - BAND 3
    - £337
  - BAND 4
    - £354
  - BAND 5
    - £369

- **OPTIONS**
  - Chrome Base (CBK)
    - £55
  - Black Alloy Spider Base (BAB)
    - £110
  - Folding Adjustable Arms (AAG)
    - £57
  - Coccyx Cut-out (CXC)
    - £75
  - 190KG Conversion (190C)
    - £138

---

**Standard features:**
- Multi-function mechanism with seat tilt, independent back angle adjustment and multi-position lock
- Seat slide
- Inflatable lumbar support

**For alternative armrests see page 26.**
The development of the Ergo Design® range of posture seating has been driven by anthropometric data and current research.

MECHANISMS OVERVIEW

**APEX POSTURE MECHANISM**

The Apex Posture mechanism features a completely independent pivoting seat whilst the backrest maintains its position. This allows the user to open the angle of the hips, which provides better circulation to the lower limbs and improved oxygenation of the body. The fingertip controlled synchroised mechanism also has an easy access side tension control to adjust the resistance on the mechanism movement when in free float. Seat depth (via paddle located on front right lever) & back height adjustment is also a standard inclusion on this mechanism.

**ERGODYNAMIC® / ERGO® MECHANISM**

The Ergo Dynamic® & Ergo X™ mechanism features a completely independent pivoting seat whilst the backrest maintains its position. This allows the user to open the angle of the hips, which provides better circulation to the lower limbs and improved oxygenation of the body. The fingertip controlled synchroised mechanism also has an easy access side tension control to adjust the resistance on the mechanism movement when in free float. Seat depth (via pull-out handle located under the front-right of the seat) and back height adjustment is also a standard inclusion on this mechanism.

**ERGO® MECHANISM**

The Ergo3® mechanism is a 3-layer mechanism with ratchet back and seat depth adjustment. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and back rest by fixing the levers at any point. The seat & back can then be tilted in free float to keep the user moving using the tension control at the front of the mechanism to adjust for the user’s weight. The mechanism position can also be fixed if that is required.

**PERFORMANCE POSTURE MECHANISM**

The Performance Posture mechanism is a heavy duty 3-layer mechanism with ratchet back height and seat depth adjustment. The seat slides, which increases the depth of the seating area, provides support for the thighs and prevents constriction of blood flow to the legs. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and backrest by fixing the levers at any point. The seat and back can then be tilted in free float to keep the user moving or fixed if that is required.

**STELLAR POSTURE MECHANISM**

The Stellar Posture mechanism is a heavy duty 3-layer mechanism with ratchet back height and seat depth adjustment, with additional tension control. The benefit of this mechanism is that the user can precisely achieve the required angle of the seat and back rest by fixing the levers at any point. The seat and back can then be tilted in free float to keep the user moving using the tension control at the front of the mechanism is adjusted for the user’s weight. The mechanism has the added feature of a forward tilt limiter to limit the seat angle at a horizontal point or allow extended forward tilt.

**POSTURE GUIDE**

The development of the Ergo Design® range of posture seating has been driven by anthropometric data and current research.

![Posture Guide Image](image-url)

**UCLAN TESTING**

A number of the chairs in this brochure have been given the AHRU seal for testing.

This seal of approval denotes a series of explorations done by the Allied Health Research Unit at the University of Central Lancashire on the effect of chair design elements through biomechanical factors. During an average working day, the modern-day office worker spends extended periods of time sitting at a desk on a chair, typically involving screen use and assuming a slumped or relaxed posture.

Rigorous study and testing was undertaken at the AHRU in Preston, with the aim of looking at the effects of certain ergonomic posture chairs in this range on peak seating pressure and spinal alignment, against a standard office chair.

Participants were volunteers recruited by the AHRU, who had to go through an in-depth screening process prior to taking part in the study, with the main requirement being that they had no history of back pain.

Seating pressure was recorded using the CONFORMAT™ system by placing pressure sensors on both the seat and backrest. Participants were tasked with sitting at a desk and engaging in a computerised typing practice, utilising Ergo Design® and PSI® chairs fitted to each individual’s DSE measurements by a trained individual.

A case study was also conducted to collect postural measures on spinal alignment during a typing task. Backrests were removed from the Ergo Design® chairs and the seat was angled to an 8° pelvic tilt, utilising the independent seat tilt on the chair mechanism.

Biomechanical data was collected via small retroreflective tracking markers attached to each participant using a 4-segment spinal model and the Calibrated Anatomical System Technique for the pelvis. Data from the markers was recorded using a 10-camera Qualisys motion capture system, collected using Qualisys Track Manager and analysed using Visual 3D.

The Ergo Design® products were found to perform by the scientists at the AHRU. Specifically, spinal alignment is improved through the pelvic tilt, as well as reducing peak seating pressure.
ARMREST PRICING

Below you'll find armrest options for the ERGO3®. These options can also be fit to the Performance Posture and Stellar Posture.
The armrests shown on the ErgoDynamic® (p8), Ergo X® (p10) and Apex Posture (p12) can only be fitted to those respective models.

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
<th>Description</th>
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<tbody>
<tr>
<td>AAZA</td>
<td>£42</td>
<td>Height adjustable armrests</td>
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<tr>
<td>AA2</td>
<td>£52</td>
<td>Slim height adjustable 3D armrests</td>
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<td>AAG</td>
<td>£57</td>
<td>Folding adjustable armrests</td>
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<td>AASP</td>
<td>£66</td>
<td>Height adjustable armrests with sliding arm pad</td>
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<td>AAQ</td>
<td>£70</td>
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<td>AAGSP</td>
<td>£74</td>
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<td>AA4</td>
<td>£100</td>
<td>Height adjustable 4D armrests</td>
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GAS LIFTS OVERVIEW

<table>
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<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>AP-ED-EX</td>
<td>Drop-through gas lift with 110mm travel from top to bottom</td>
</tr>
<tr>
<td>E1-E2-E3 GAS LIFT 7'</td>
<td>7' gas lift with 70mm travel from top to bottom</td>
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<tr>
<td>E1-E2-E3 GAS LIFT 9'</td>
<td>9' gas lift with 130mm travel from top to bottom</td>
</tr>
<tr>
<td>PHI-TP18/TP19</td>
<td>8' gas lift with 90mm travel from top to bottom</td>
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</table>

Why Choose ERGO DESIGN?

Continuity. The result of 27 years of organic growth. We are an asset strong business with no reliance on external funding. This allows a long term development programme in line with changing market demands and provides clients with on-going reassurance of continuity.

Corporate Social Responsibility is naturally embedded in the Ergo Design® ethos. We ensure equal opportunities, make charitable donations, support local employment, advocate employee training and have partner relationships with key customers and suppliers which drive our ongoing product development and productivity.

Service levels are achieved with quick reaction manufacturing times and efficient national delivery coverage. This enables us to maintain a high level of service from point of order to delivery of goods. Our experienced and accessible internal and field based sales team are on hand to advise and help our customers through the specifying and ordering process.

Environmental issues constitute an increasingly significant part of our business. At the point of manufacture, the use of any components, solvents or sealants with environmentally unfriendly properties or by-products are minimised or eliminated. We also regularly review our waste management, packaging, transport management and energy consumption to both reduce negative impacts on the environment and maintain operational efficiencies.

We pride ourselves on reducing costs for our clients so that they can offer an enhanced working environment, improve brand identity and increase staff productivity and morale.

Ergo Design® are proud to state that we are certified to ISO 9001: 2015 quality management standard. As a result, current and prospective customers can feel confident they are dealing with a professional organisation who provide a consistent level of high quality products and customer service.