



Information Pack

Bad Backs Corporate Seating Incorporating Free Chair Trials and Workstation Assessments



Few things are more important for our health and wellbeing than ergonomic seating and a comfortable chair. Check out our unique and diverse range here.



Please call one of our Ergonomic Seating Specialists in Sydney, Melbourne or Perth to establish the number of chairs required, short list a range that fits your criteria and to see if you qualify for a corporate seating free chair trial.



Choose from our range of services that include basic workstation assessments to advanced assessments, ergonomic training and easy to follow support material.



This is a 'Tailored Ergonomic Seating Assessment' template designed to help health professionals and OH&S Managers assess the ergonomic seating needs of their work colleagues and clients.

The Bad Backs Difference

Bad Backs Corporate Seating is focused on a unique range of ergonomic office furniture to meet the right fit, comfort and budget requirements for the most challenging situations.

Everyday we talk to our clients about back and joint pain and helping them improve their working environments, whether it's a small office or part of government or corporate Australia.

Bad Backs have embraced a scientific and research based approach to workplace ergonomics and has collaborated with independent ergonomics professionals and medical personnel to provide up-to-date information and support that forms the 'backbone' for our services and product range.

Our R&D team is constantly on the move both locally and internationally to keep pace with the latest product innovations, while the Bad Backs Specialist Seating team and management team focus on product integrity, value for our clients, personalised service and improving our environmental footprint.



Table of contents

Page	#
About Us	1
Recycling	2
Budget Task Chairs	3
Task Chairs	5
Premium Task Chairs	11
Excecutive Chairs	13
24/7 Chairs	21
Saddle Chairs	23
Kneeling Chairs	25
Drafting Stools	27
Active Seating	28
Breakout Rooms	29
Ergonomic Supports	30
Desks	32
Accessories	36
Request For Ergonomic Services	37
Self Assessment Checklist	38

V ersion1.9



About Us

Since 2001 Bad Backs has continued its path of delivering a unique and diverse range of products, medical information and services. And following the growing demand for our ergonomic office chairs and accessories range, we have launched our Corporate Seating division to focus on office furniture solutions and workstation assessments.

Today there is far greater awareness and understanding of the importance of workplace ergonomics amongst experts working in the field, governments, employers and employees alike. And everyday we talk to our clients about back and joint pain and helping them improve their working environments, whether it's a small home office or part of government or corporate Australia.

Bad Backs embraces a scientific and research based approach to workplace ergonomics and has collaborated with independent ergonomics professionals and medical personnel to provide up-to-date information and support that forms the 'backbone' for our services and product range.

Our R&D team is constantly on the move both locally and internationally to keep pace with the latest product innovations, while the Bad Backs Specialist Seating team and management team focus on product integrity, value for our clients, and improving our environmental footprint. Of course a large proportion of being eco friendly depends on our suppliers, and each year we see significant improvement in reduced landfill, hazardous waste generation, green energy use, and product components recyclable.

We welcome your enquiries via email (see below), check out our website www.corporateseating.com.au, call Freecall 1800-615-666 or visit one of the Bad Backs retail stores today.

Our goal is to help you reach the appropriate balance of health, safety, comfort and productivity in your workplace.

Your Nearest Ergonomic Seating Specialist:

Sydney

P 02 8014 5696 **F** 03 9020 2092 **A** 390 Pacific Hwy CROWS NEST NSW 2065

Brian Rubin

M 0412 667 848 E brian@badbacks.com.au

Melbourne

P 03 9020 2095 **F** 03 9020 2092 **A** 79 Overseas Drive NOBLE PARK VIC 3174

Adam Rowlands

M 0431 141 510 E adam@badbacks.com.au

Perth

P 08 9386 7788 **F** 08 9467 0551 **A** 1/174 Stirling Hwy NEDLANDS WA 6009

Mike Player

M 0416 306 934 E mplayer@badbacks.com.au



Recycling

We all have a responsibility to avoid landfill and dispose of office furniture and equipment appropriately. Often the difficult part is the time and effort to do it. Organisations often have the best of intentions, but they just don't know where to start.

If you're looking to replace officce furniture, let Bad Backs help you with some great new products, and resources on how to dispose of the old ones. We found an online resource that can sort out the types of furniture and equipment, then recycle it.

It's a quick and easy process that ticks all the boxes.

Here are some simple tips on what to do;



- 1. Log on to http://businessrecycling.com.au/
- 2. Fill in the materials you wish to dispose of, your suburb and state, and then search for a service.
- 3. A variety of drop off, or pick up options will appear. Choose the one that best suits you and say goodbye old furniture and hello to an ergonomically comfortable workforce.

BUDGET TASK CHAIRS

Hydra Mesh Office Chair



The Hydra mesh office chair is new to Bad Backs, and is really setting a blaze with its stylish good looks, together with its fully loaded ergonomic features and competitive price.

Featuring a modern look mesh back with clean square lines, it includes:

- High arch base
- · Cool nylon mesh back
- · Adjustable lumbar support
- Synchro mechanism with four locking
- Built in seat sliderpositions
- Max weight rating 125kg
- Suitable for long terms sitting
- 10 year limited warranty

Hydra Mesh Office Chair

6810-BK



Wing Mesh Office Chair



A really comfortable office task chair in the entry level range, with a mesh back and wing support for your back, combined with a moulded foam seat, wing will provide comfort with a trendy look for the modern office and at a modest price.

- Max weight rating 110kg
- Suitable for 4-8 hours
- Nylon mesh in 4 great colours
- Fixed arms

- Moulded foam seat for comfort
- Gas height, tilt and tension control.
- Colours: Black, Lime Green, Blue, Red

Black	6811-BK
Lime Green	6811-GN
Blue	6811-BL
Red	6811-RD

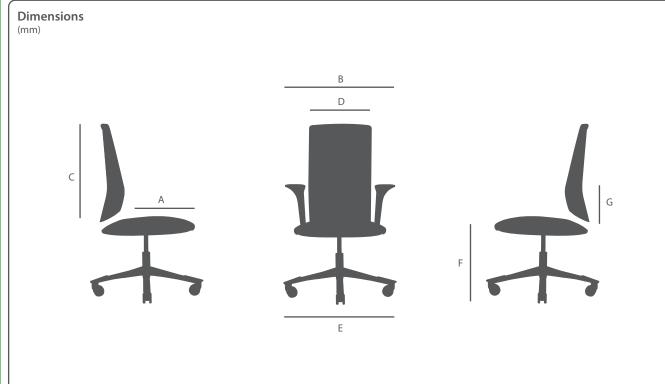








Comparison			
Features:	Hydra Mesh Chair	Wing Mesh Chair	
Backrest height	MB	MB	
Backrest angle adjustment	•	•	
Seat depth adjustment	•		
Adjustable armrests			
Height adjustable backrest			
Seat tilt/tension adjustment	•	•	
Tilt forward adjustment		•	
Pneumatic gas height adjustment	•	•	
Options:			
Custom pneumatic gas height strut			
Custom upholstery/colours		0	
Custom castors (hard/soft)			
● Standard ○ Optional LB - Low Backre	est MB - Medium Backrest	HB - High Backrest	



	Seat Depth	Seat Width	Back Height	Back Width	Armrest width	Height Range (floor to seat)	Backrest Height Range
	Α.	В.	C.	D.	E.	F.	G.
Hydra Mesh Chair	450	495	540	480	630 ~ 690	430 ~ 550	N/A
Wing Mesh Chair	490	510	510	470	670	420 ~ 520	N/A
Sizes are approximate							

TASK CHAIRS

Pulo™ Zero Pressure Office Chair



Featuring a super springy, super comfortable zero pressure foam formulation, the Pulo ™ office chair is the ideal choice for any work or home office environment.

Featuring a unique two way black stretch fabric that allows you to really feel the foam, it's great for long term sitting comfort.

With what we call 3 paddle adjustment, the chair has all the ergonomic adjustability you could ever want, and is as we say, fully loaded! Chair rock, back height and angle adjustment, plus gas lift height adjustment - makes this a stylish chair at a terrific price. With height adjustable arms & a long lasting black fabric, you will not be disappointed in this new design.

- Zero pressure foam
- Backrest height adjustment
- Backrest posture adjuster (back angle)
- Tilt-forward adjustment
- Mesh back rest option
- Height & width adjustable armrests
- 127kg weight limit
- 5 Year limited warranty

Pulo Ergonomic Office Chair	6000-BK
Pulo Ergonomic Office Chair - Mesh	6000-BK-MESH

Ergo+ Task Chair



The support and comfort provided by the Ergo+ range is second to none. Designed in conjunction with leading international ergonomist, Professor Terry Cunniffe**. It combines maximum ergonomic effectiveness with the durability of AFRDI Level 6 certification.

The Ergo+ range features as standard a backrest with a well developed lumbar contour and boosted lateral support for additional comfort and postural control.

The seat pan is composed of a unique 'air cell' dual density technology that assists in optimal pelvic alignment to reduce the common slouched postures.

A wide range of 4 seat and 3 back sizes is available to accommodate 97% of body sizes.

- · Dual density moulded seat cushion
- · Optional adjustable seat slider
- · 3 lever ergonomic mechanism
- Made in Australia
- 5 Year warranty

- 140kg weight limit
- Optional inflatable lumbar support
- AFRDI & GECA Approved
- · Choice of various fabric/colours

Ergo+ Task Chair - Medium Back	6500
Ergo+ Task Chair - High Back	6510
Ergo+ Task Chair - Extra High Back	6523
Several pneumatic gas height options available	





**Professor Terry Cunniffe PhD, F ErgS, CNZErg, MDINZ

Professor Cunniffe is a fellow of the UK Ergonomics Society, President of the NZ Ergonomics Society, and member of the design Institute of NZ. He is also an advisor to the ACC Occupational Overuse Syndrome Prevention Program.

Pulo™ Office				
Chair	Pulo™ Mesh Office Chair	Ergo+ Medium Back	Ergo+ High Back	Ergo+ Extra High Back
НВ	MB	MB	НВ	EHB
•	•	•	•	•
•	•	0	0	0
•	•	0	0	0
•	•	•	•	•
•	•	•	•	•
•	•	•	•	•
•	•	•	•	•
0	0	0	0	0
		0	0	0
0	0	0	0	0
	HB • • • • • • • • • • • • • • • • • • •	MB MB	HB MB MB ● ● ●	HB MB MB HB ● ● ● ● <td< td=""></td<>

Dimensions (mm)							·
			B				
c	A				F		G
	Seat Depth A.	Seat Width B.	Back Height C.	Back Width D.	Armrest width	Height Range (floor to seat) F.	Backrest Height Range G.
Pulo™ Office Chair Pulo™ Mesh Office Chair	480 ~ 510 480 ~ 510	520 520	620 520	520 490	660 ~ 720 660 ~ 720	470 ~ 540 470 ~ 540	140 140

440

450

470

440 ~ 510

440 ~ 510

550

480 ~ 550

480 ~ 550

390

490

580

Ergo+ Medium Back

Ergo+ Extra High Back

Sizes are approximate

Ergo+ High Back

70

70

70

450 ~ 580

450 ~ 580

450 ~ 580

N/A

N/A

TASK CHAIRS

Delta Ergonomic Office Chair



This popular chair is the ultimate in hardworking task seating.

The support and comfort provided by the Delta seating range is second to none and combines maximum ergonomic effectiveness with the durability of AFRDI Level 6 and GECA certification.

Standard features include injection moulded contoured back and seat, adjustable gas lift height, back tilt, adjustable back height and a fully ergonomic seat-tilt option.

The Delta range of chairs was designed in conjunction with Professor Terry Cunniffe of Joll Cunniffe Developments - Ergonomics Consultancy. Professor Cunniffe is a fellow of the U.K. Ergonomics Society, President of the NZ Ergonomics Society, and member of the Design Institute of NZ. He is also an advisor to the ACC Occupational Overuse Syndrome Prevention Program.

- With or without arms
- Medium or high back
- Black fabric
- Strong lumbar support
- Contoured seat and back
- 3 lever adjustment
- Independent levers for chair rock and back angle adjustment
- · Gas lift height adjustment
- Warranty 5 year limited



Delta Ergonomic Office Chair - Medium Back

Delta Ergonomic Office Chair - Medium Back w/arms

6560-CS/BK/TA

Delta Ergonomic Office Chair - High Back

Delta Ergonomic Office Chair - High Back w/arms

6561-CS/BK/TA

Titan Heavy Duty Ergonomic Task Chair



The Titan bariatric or heavy duty chair is the perfect seating solution for larger and taller people.

A special office chair with heavy duty construction and stronger parts not found on your typical office chair and engineered to last. Features a 200kg weight limit. The seat and back cushions are proportioned larger for greater comfort.

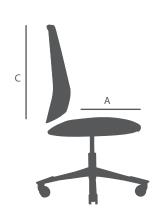
- Heavy duty back rest with moulded lumbar support
- 3 lever ergonomic mechanism
- Made in Australia
- Chrome Base
- Large 60mm Castors
- Extra large seat, suitable for people who require larger seat
- 200kg weight limit
- Heavy duty gas lift
- 5 Year warranty
- Choice of various fabric/colours

Titan High Back Task Chair	6580
Titan Extra High Back Task Chair	6581
Several pneumatic gas height options available	

Comparison				
Features:	Delta Medium Back Chair	Delta High Back Chair	Titan High Back Chair	Titan Extra High Back Chair
Backrest height	MB	НВ	HB	EHB
Backrest angle adjustment	•	•	•	•
Seat depth adjustment			0	0
Adjustable armrests	0	0		
Height adjustable backrest	•	•	•	•
Tension adjustment			•	•
Tilt forward adjustment	•	•	•	•
Pneumatic gas height adjustment	•	•	•	•
Options:				
Custom pneumatic gas height strut	0	0	0	0
Custom upholstery/colours			0	0
Custom castors (hard/soft)	0	0	0	0
Standard Optional LB - Low B	ackrest MB - Medium	Backrest HR - High	Backrest EHB - High	Backrest

Dimensions

(mm)







					Height Range	Backrest
	Seat Depth	Seat Width	Back Height	Back Width	(floor to seat)	Height Range
	Α.	B.	C.	D.	F.	G.
Delta Medium Back Chair	465	490	410	410	420 ~ 560	80
Delta High Back Chair	465	490	500	440	420 ~ 560	80
Titan High Back Chair	550	550	560	460	420 ~ 560	80
Titan Extra High Back Chair	550	550	610	460	420 ~ 560	80
Sizes are approximate						





Brand new to Bad Backs, this is fully adjustable high quality ergonomic chair range, manufactured in Australia to the highest quality standards.

- Suitable for smaller framed users up to
- 3-Lever fully ergonomic mechanism
- Choice of various fabric colours
- Made in Australia

- Seat height adjustment
- · Locking back adjustment
- Super strong lumbar support
- 10 year warranty

Theta 100 - Medium Back Theta 100 - High Back 6570

Theta 100 - Square Back Ergonomic Task Chair



Designed especially for users who require a more prominent lumbar support. The Theta 100 square back is an ideal chair for the workforce and is backed by a 5 year

- Prominent lumbar support section
- 3-Lever fully ergonomic mechanism
- Choice of various fabric colours
- Made in Australia
- Seat height adjustment
- · Locking back adjustment
- 10 year warranty

Theta 100 - Square Back

6572

Theta 200 - Medium & High Back Ergonomic Task Chairs



The Theta 200 chair range combines a large seat cushion with a small or medium backrest, ideal for large frame people.

- Suitable for users over 5'7" (170cm)
- · 3-Lever fully ergonomic mechanism
- · Made in Australia
- Super strong lumbar support
- Generous sized seat cushion
- Choice of various fabric colours
- 10 year warranty

Theta 200 - Medium Back 6576 Theta 200 - High Back 6575

Theta 200 - Square Back Ergonomic Task Chair



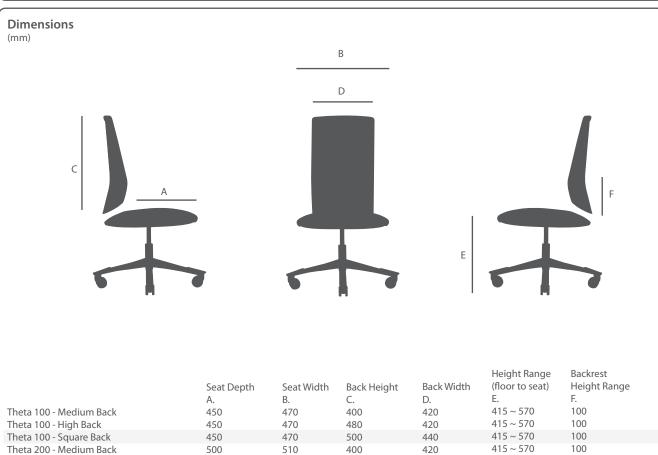
Featuring a large square backrest, the Theta 200 Square Back is suitable for users who require a larger chair with a prominent lumbar support.

- Prominent lumbar support section
- 3-Lever fully ergonomic mechanism
- Made in Australia
- Choice of various fabric colours
- Seat height adjustment
- Locking back adjustment
- 10 year warranty

Theta 200 - Square Back



Comparison						
Features:	Theta 100 Medium Back	Theta 100 High Back	Theta 100 Square Back	Theta 200 Medium Back	Theta 200 High Back	Theta 200 Square Back
Backrest height	MB	НВ	НВ	MB	НВ	НВ
Backrest angle adjustment	•	•	•	•	•	•
Seat tilt adjustment	•	•	•	•	•	•
Pneumatic height adjustment	•	•	•	•	•	•
Options:						
Custom pneumatic height strut	0	0	0	0	0	0
Custom upholstery/colours	0	0	0	0	0	0
Custom castors (hard/soft/glides/locking)	0	0	0	0	0	0
Adjustable armrests	0	0	0	0	0	0
● Standard O Optional HB - High Ba	ckrest MB - Me	edium Backrest				



500

500

510

510

480

500

420

440

Theta 200 - High Back

Sizes are approximate

Theta 200 - Square Back

100

415 ~ 570

415 ~ 570

Premium Task Chairs

DuoRest Alpha Split Back Office Chair



Duorest's patented dual backrests are designed to reduce fatigue on your back, spine and thighs, by dispersing pressure through a maximized contact area between your body and chair. Combined with a range of features detailed below, the Duorest offers you the highest level of ergonomic flexibility and personalised comfort possible.

- Backrest height & width adjustment
- Seat height adjustment
- Tilt tension adjustment
- Urethane castors

- · Armrest height & width adjustment
- · Waterfall mesh seat design
- 5 year limited warranty on parts & structures and 1 year on fabric/mesh

DuoRest 80h - Black	6010-BK
DuoRest 80h - Blue	6010-BL
DuoRest 80h - Green	6010-GN
DuoRest 80h - Brown	6010-BR

Cirrus Task Chair



The Cirrus range has been developed by Bad Backs in conjunction with International Ergonomics Consultant and Physiotherapist Matt Baker*.

The unique heat and pressure sensitive viscoelastic foam present in the seat contours the thigh and buttocks providing unparalleled support. This seat construction facilitates even weight distribution and enhances blood circulation through the buttocks and back of the thighs. The inflatable lumbar pump moulds to the individuality of the spine and thus encourages the lordotic curve to be maintained. The adjustable seat slider enables a large percentage of the workforce to be accommodated/fitted to the chair.

A choice of 3 lever or synchro mechanism allows for a variety of sitting postural options.

- · Light weight aluminium construction
- Imported Italian 5 star base
- High tech 100% elastomeric mesh fabric 10 year limited warranty
- AFRDI approved to Level 6
- Black mesh & black frame

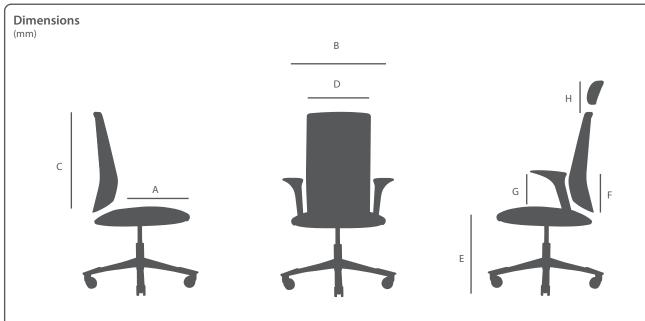








Comparison			
Features:	DuoRest	Cirrus Task Chair Medium Back	Cirrus Task Chair High Back
Backrest height	MB	MB	НВ
Backrest angle adjustment	•	•	•
Seat tilt adjustment	•	•	•
Seat tilt forward feature		•	•
Adjustable armrests	•	•	•
Adjustable headrest	•		
Pneumatic height adjustment	•	•	•
Inflatable lumbar support		•	•
GECA Approved		•	•
AFRDI Approved		•	•
Visco-Elastic memory foam seat		•	•
Options:			
Custom pneumatic height strut	0	0	0
Custom upholstery/colours	0	0	0
Custom castors (hard/soft/glides/locking)	0	0	0
● Standard O Optional TL - Tall Backrest	HB - High Backrest	MB - Medium Backrest	



	DuoRest	Cirrus Medium Back	Cirrus High Back
A. Seat depth	480	440 ~ 485	440 ~ 485
B. Seat width	500	500	500
C. Back Height	500	400	520
D. Back Width	400 ~ 470	450	450
E. Height range (floor to seat)	420 ~ 520	450 ~ 580	450 ~ 580
F. Backrest height range	40	70	70
G. Armrest height range	150 ~ 210	90	90
H. Height range of headrest	80	n/a	n/a

^{*}Sizes are approximate

EXECUTIVE CHAIRS

Sirocco Elastomeric Mesh Chair



Breaking new ground in design, the Sirocco ergonomic chair was designed for long periods of sitting. With a new stylish design using a proven ergonomic structure and form that supports the lumbar area and exerts extremely low pressure to the contact areas on the body, the chair gives perfect support in a modern design.

- Back & Lumbar Support
- Torsional Movement
- Mesh Elastomeric Tension
- Chair Tension
- 21st Century Fabric Technology
- 135kg maximum weight
- · High back desk seat
- Lightweight construction
- 5 yr warranty

Black Frame/Black Mesh Curved Arms	6853-BK/BK
Black Frame/Black Nadine Mesh Curved Arms	6853-BK/BKNADINE
Black Frame/SilverMesh Curved Arms	6853-BK/SI
White Frame/Black Mesh Curved Arms	6853-WK/BK
White Frame/Black Nadine Mesh Curved Arms	6853-WH/BKNADINE
White Frame/Silver Mesh Curved Arms	6853-WH/SI

Zepha "550" Elastomeric Mesh Chair



The Zepha design is the creation of UES designs, an Australian manufacturer that specialises in industrial seating. With lots of ergonomic features, this mesh office chair has a high back design with a super comfortable neck support built in for taller

This Zepha 550 model features and extra large seat, both width and depth for larger and longer legged people.

- High back wave headrest desk seat
- High comfort, ergonomic and sleek design
- High-tech elastomeric fabric
- Lightweight construction
- Adjustable sitting height
- Fully upholstered seat
- 2 Lever adjustment mechanism
- 135kg maximum weight

Black Frame/Black Mesh Curved Arms	6851-550-BK/BK
Black Frame/Black Nadine Mesh Curved Arms	6851-550-BK/BKNADINE
Black Frame/Silver Mesh Curved Arms	6851-550-BK/SI
White Frame/Black Mesh Curved Arms	6851-550-WH/BK
White Frame/Black Nadine Mesh Curved Arms	6851-550-WH/BKNADINE
White Frame/Silver Mesh Curved Arms	6851-550-WH/SI

Zepha Elastomeric Mesh Chair



The Zepha design is the creation of UES designs, an Australian manufacturer that specialises in industrial seating. With a range of ergonomic features, this office chair has a high back design with a super comfortable neck support built in for taller people

- · High back wave headrest desk seat
- · High comfort, ergonomic and sleek design
- · Lightweight construction
- Fixed arms

- Tilt function
- 135kg maximum weight
- 5 yr warranty

Black Frame/Black Mesh Curved Arms	6851-BK/BK
Black Frame/Black Nadine Mesh Curved Arms	6851-BK/BKNADINE
Black Frame/Silver Mesh Curved Arms	6851-BK/SI
White Frame/Black Mesh Curved Arms	6851-WH/BK
White Frame/Black Nadine Mesh Curved Arms	6851-WH/BKNADINE
White Frame/Silver Mesh Curved Arms	6851-WH/SI



Comparison			
Features:	Sirocco Elastomeric Mesh Chair	Zepha "550" Elastomeric Mesh Chair	Zepha Elastomeric Mesh Chair
Backrest height	НВ	НВ	НВ
Backrest angle adjustment	•	•	•
Seat tilt/tension adjustment	•	•	•
Tilt forward adjustment	•	•	
Pneumatic gas height adjustment	•	•	•
			•
Options:			
Custom pneumatic gas height strut	0	0	0
Custom upholstery/colours	0	0	0
Custom castors (hard/soft)	0	0	0
• Standard • Optional LB - Low	Backrest MB - Medium E	Backrest HB - High Backrest	









	Seat Depth A.	Seat Width B.	Back Height C.	Back Width D.	Armrest width E.	Height Range (floor to seat) F.	Backrest Height Range G.
Sirocco Elastomeric Mesh	420	500	630	500	610	1008 ~1113	1090 ~ 1190
Zepha "550" Elastomeric Mesh	500	550	830	560	660	1179 ~1284	1270 ~ 1370
Zepha Elastomeric Mesh	420	500	830	500	610	1179 ~1284	1270 ~ 1370
Sizes are approximate							



Herman Miller® ICONIC BRAND

HermanMiller® Aeron® Chair



Launched in 1994 the Aeron chair's unique and often copied form reflects a revolutionary approach to comfort and ergonomics. With adaptable materials, the Aeron chair virtually becomes a part of the person who uses it.

- PostureFit Lumbar Support System
- Chair recline limiter
- 12 year warranty
- Pellicle® mesh suspension
- A, B & C Sized to fit all body types
- Uses 66% recycled parts, 94% recyclable

	Aeron® Graphite	Aeron® Titanium	Aeron® Aluminiu
	With armrest, No arms	With armrest	With armrest
Size A	6100-A, 6101-A	6100-TF-A	6100-PF-A
Size B	6100-B, 6101-B	6100-TF-B	6100-PF-B
Size C	6100-C, 6101-C	6100-TF-C	6100-PF-C
Custom mesh	n styles & colours are available	е	1





Embody is different, because every body is different. Designed specifically for people who work for hours at computers, this agile chair simply keeps your body and brain

- Pixelated Support[™] technology
- Customisable frame & mesh colours
- 12 year warranty
- Frameless narrow back rest
- Exoskeletal knit construction
- Uses 42% recycled parts, 95% recyclable

	Embody® Graphite Frame With armrest	Embody® White Frame With armrests
Balance Fabric	6110-BF	6111-BF
Rhythm Fabric	6110-RF	6111-RF
)	0110111	0

Custom mesh styles/fabric colours are available



HermanMiller® Mirra2® Office Chair



Mirra2° is an innovative blend of passive and active adjustments that provide a new reference point in performance, aesthetics, and value. Mirra2[®] delivers superior performance for any office task.

- FlexFront[™] seat adjustment
- AirWeave seat-suspension material
- 12 year warranty
- Pliable and elastic TriFlex backrest
- Exoskeletal knit construction
- Uses 42% recycled parts, 96% recyclable

Mirra2® Graphite TriFlex Back, Graphite AirWeave Seat, No armrests 6107 Mirra2® Graphite TriFlex Back, Graphite AirWeave Seat, With armrests 6106 Custom AirWeave™ seat, TriFlex backrest and Frame options are available



HermanMiller® SAYL™ Office Chair



The SAYL™ full-suspension back is literally frameless. It encourages a full range of movement while seated, supporting the body all the while. For inspiration, Béhar looked to the suspension bridges of San Francisco.

- · No frame means no hard edges
- Distinctive Y–Tower[™] structure
- 12-year, 3-shift warranty
- 3D Intelligent suspension back
- Amazing lumbar and upper thoracic support

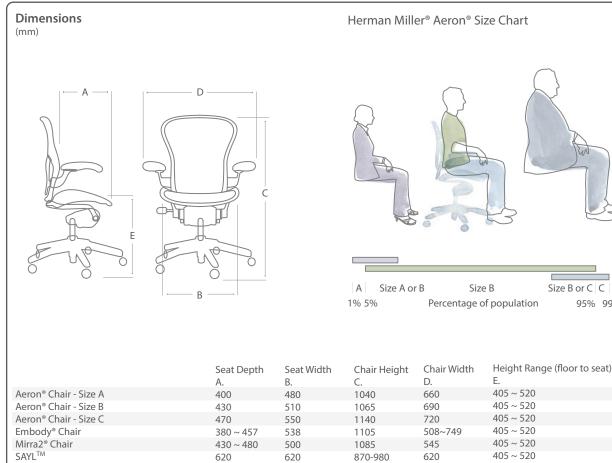
HermanMiller SAYL™ Office Chair Base Model

6108





Comparison						
Features:	Aeron® Size A	Aeron® Size B	Aeron® Size C	Embody®	Mirra2®	$SAYL^TM$
Backrest Height						
Synchro Ergonomic Mechanism	•	•	•	•	•	•
Armrests	•	•	•	•	•	•
PostureFit Lumbar Adjustment	•	•	•		•	•
Seat Tilt/Tension Adjustment	•	•	•	•	•	•
Pneumatic Height Adjustment	•	•	•	•	•	•
Recyclable %	94%	94%	94%	95%	96%	90%
Options:						
Custom colour frame	0	0	0	0	0	0
Custom colour star base	0	0	0	0	0	0
Custom colour arms	0	0	0	0	0	0
Custom mesh/fabric seat	0	0	0	0	0	0
Custom mesh/fabric back	0	0	0	0	0	0
Custom castors (hard/soft)	0	0	0	0	0	0
● Standard O Optional HB	- High Backrest	MB - Medium Backre	st			



620

620

Healthezone Pty Ltd trading as Bad Backs Head Office 79 Overseas Drive NOBLE PARK VIC 3174

405 ~ 520

870-980

95% 99%

Sizes are approximate

bad backs

Humanscale®

ICONIC BRAND

Humanscale® Liberty (Freedom) Office Chair



Winner of 10 design awards to date - the Liberty chair has revolutionized the task chair industry. Its weight-sensitive recline, synchronously adjustable armrests, and dynamically positioned headrest set new standards for task chair performance and functionality to keep the sitter exceptionally comfortable while also lowering the risk

- Over one million sold worldwide
- 10 International awards
- 62% recycled content, 90% recyclable
- Greenguard Certified
- · Modular cushions for easy replacement
- 5 Year warranty

With armrests, black fabric 1190 With armrests & Headrest, black fabric 1191 Custom options are available



Humanscale® Liberty Mesh Office Chair



With Form-Sensing Mesh Technology, the Liberty Mesh Task Chair is unlike any mesh chair you've seen or experienced. With its tri-panel construction, it has the body-fitting contours that single-panel stretch mesh chairs simply can't achieve.

It offers perfect lumbar support for everyone, without external devices or manual adjustments. Liberty's mesh back is formed by combining three panels of non-stretch mesh in the same way a tailor combines multiple pieces of material to form a shirt.

The Liberty Mesh contours are custom-made to both fit and support the human body in unprecedented comfort.

- Made predominantly of aluminum, followed by steel and plastic
- 62% recycled content, 90% recyclable
- Greenguard Certified
- Modular cushions for easy replacement

With armrests, black fabric Custom options are available



Humanscale .

Through the development of the simplest, most elegant solutions, Humanscale products stand the test of time - both functional and aesthetically

The revolutionary seating solution broke new ground by combining unprecedented functionality with minimal manual controls, utilizing dynamic mechanisms that respond to the requirements of each individual user automatically.

In 2009, Humanscale sold its millionth Liberty Freedom chair.

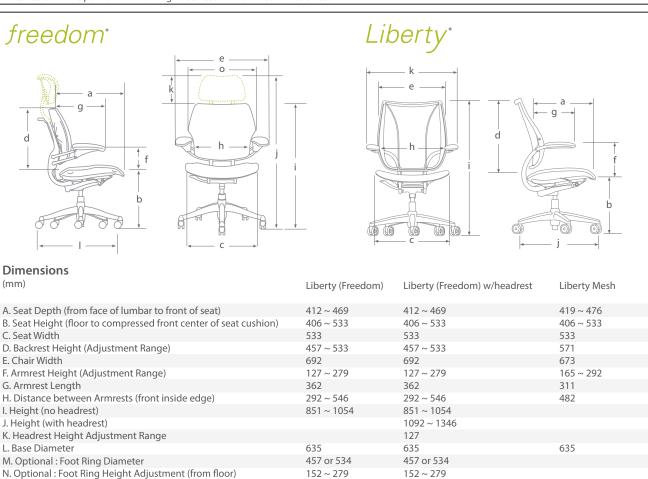
Sustainability

The Liberty Chair is a great example of Humanscale's environmental

- · Contains 54% recycled content (32% post-consumer, 22% pre-consumer)
- 93% recyclable
- Weighs only 27 lbs
- · Designed for easy disassembly



Comparison			
Features:	Liberty (Freedom)	Liberty (Freedom) w/headrest	Liberty Mesh
Backrest height		MB	MB
Backrest angle adjustment	•	•	•
Seat depth adjustment	•	•	•
Adjustable armrests	•	•	•
Headrest		•	
Seat tilt/tension adjustment			
Pneumatic height adjustment	•	•	•
Custom cylinder height (Low, Tall, High, Extra-High)	0	0	0
Custom colour frame	0	0	0
Custom colour star base	0	0	0
Custom armsrest (Gel, Xanium, Textile)	0	0	0
Custom seat (Standard Foam, Gel)	0	0	0
Custom textile/mesh	0	0	0
Custom textile/mesh colour	0	0	0
Custom castors (hard/soft/locking/glides)	0	0	0
Foot ring (18" foot ring, 21" foot ring)	0	0	0
Fireproofing (Cal 133 approved foams & plastics)	0	0	0
Recyclable %	90%	90%	93%
● Standard ● Optional HB - High Backrest MB - Medium B	Backrest		



533

533

O. Backrest Width

Sizes are approximate

508

HÅG H04 Credo Ergonomic Office Chair



Timeless and comfortable. It's no coincidence that HÅG H04 is a favourite among many interior designers. Because of its clean and timeless design, HÅG H04 fits easily into any work environment. The extremely precise adjustment system makes it easy to adjust the chair to your personal requirements. An optimised tilt angle as well as soft but supportive cushioning in the seat and back provide a feeling of well-being.

- Balanced Movement Mechanism[™]
- GreenGuard Certification
- Approved for 24/7 use, 5 year warranty
- Lifetime guarantee on gas lift

• ISO 14025 EPD

• 43% recycled materials, 95% recyclable

H04 Credo - Low Back	1225
H04 Credo - High Back	1225-HB
HÅG Headrest	1225-HR
HÅG StepUp Foot Stool	1282

HÅG Capisco Ergonomic Office Saddle Chair



Ideal for those who like variation and movement in their working day. You can adjust HÅG Capisco from a low seated position to a half standing position. No other work chair is so well adapted to working surfaces with different heights or to height adjustable work tables. HÅG Capisco inspires you to variation and new seating

- Balanced Movement Mechanism™
- ISO 14001 certified
- ISO 14025 EPD
- GreenGuard Certification
- Lifetime guarantee on gas lift
- 43% recycled materials, 95% recyclable

Capisco Ergonomic Office Saddle Chair, Black / Red	1226 / 1228
HÅG Headrest	1225-HR
HÅG StepUp Foot stool	1282
Custom upholstery options & gas struts are available	_

HÅG Futu Ergonomic Office Chair



Elegant & intelligent. Even though HÅG Futu is a fully functional task chair, it nevertheless lacks long dominating levers and unattractive dials that disturb the visual expression. It is simple, easy to use and just as well suited to large office landscapes as to individual offices.

- Easy and intelligent chair adjustments
- inBalance® floating seat mechanism
- FutuKnit™ 3D shape-knitted fabric • Exoskeletal knit contstruction
- ISO 14025 EPD
- Uses 50% recycled parts, 97% recyclable

Futu Ergonomic Office Chair - Black, no armrests 1229 Futu Ergonomic Office Chair - Black, with armrests 1229-AR

Custom colour options are available



RH Logic 400 24/7 Ergonomic Office Chair



The RH Logic 400 has terrific ergonomic features and outstanding durability. With a high back, and optional arms and headrest. The Logic 400 is easy to adjust and its controls are easily accessed. The angle of the backrest can be adjusted separately, while the chair maintains all of its basic settings even when you use the tilt

- Inflatable lumbar support
- EU 1335 & ISO 7173 approved
- Chair seat slider
- GreenGuard Certification
- Tilt resistance adjustment
- 150kg weight limit
- 5 Year limited warranty
- Uses 23% recycled parts, 100% recyclable

RH Logic 400 6020 6020-AR Rh Logic 400 with armrests Rh Logic 400 with armrests and headrest 6020-HR/AR Custom size options are available

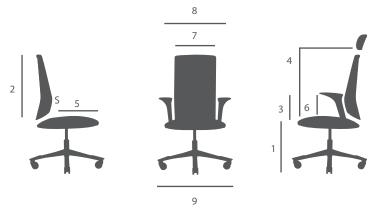




eatures:	HÅG Credo Low Back	HÅG Credo High Back	HÅG Capisco	HÅG Futu	Rh Logic 400
Backrest height	LB	НВ	LB	MB	НВ
Backrest angle adjustment	•	•	•	•	•
Seat depth adjustment	•	•	•	•	•
Adjustable armrests	•	•	•	•	•
Headrest	0	0	0		0
Adjustable lumbar support	•	•	•		•
Seat tilt/tension adjustment	•	•	•	•	•
Pneumatic height adjustment	•	•	•	•	•
Recyclable %	95%	95%	95%	97%	100%
Options:					
HAG StepUp Footstool	0	0	0	0	
Custom pneumatic height strut	0	0	0	0	
Custom upholstery	0	0	0	0	
Custom castors (hard/soft)	0	0	0	0	

Dimensions

(mm)



 ${\sf S}$ - The foremost point on the back is the reference point for measuring the back support adjustment.

	HÅG Credo Low Back	HÅG Credo High Back	HÅG Capisco	HÅG Futu	Rh Logic 400
Seated height - Standard Strut [1]	390 ~ 530	390 ~ 530	485 ~ 660	400 ~ 550	410 ~ 530
Height of back piece [2]	510	590	440	600	630
Height of foremost support point on back piece					195 ~ 275
and adjustment interval [3]	166 ~ 257	166 ~ 257	170 ~ 260	170 ~ 250	200 ~ 280
Height of foremost support point on headrests[4]		560 ~ 860	560 ~ 780		610 ~ 620
Seat depth [5]	391 ~ 505	391 ~ 505	370 ~ 460	380 ~ 460	465
Height of armrests and adjustment interval [6]	207 ~ 300	207 ~ 300		195 ~ 290	240 ~ 320
Seat width [7]	470	470	490	485	485
Max. chair width [8]	580 ~ 680	580 ~ 680	580	625 ~ 710	465 ~ 505
Five star base diameter [9]	695	695	700	720	660
Weight	15.6kg	15.8kg	15.5kg	16.8kg	26.4kg

^{*}Sizes are approximate



24/7 Chairs

RH Logic 400 24/7 Ergonomic Office Chair



The ultimate in Scandinavian streamline design, durability and adjustability.

- Simple seat height & depth adjustment
- EU standards EN 1335, compliant with ISO 7173 for 24 hr chairs
- 150kg weight limit
- 5 Year limited warranty

Options:

Arm Rests, Head Rest

RH Logic 400

6020



KAB ACS Executive 24/7 Ergonomic Chair



The KAB ACS Executive is our top of the range 24/7 office chair. Ideal for company executives, 24 hour use or back-injury

- Eight 12v electric powered adjustable air
- Adjustable armrests
- · Black leather

Warranty:

See below

KAB ACS Executive



KAB Executive 24/7 Ergonomic Chair



Ideal for prestige offices, company executives and large users. Featuring wider body contoured cushions that offer greater side cushion support for taller/larger users.

- Inflatable lumbar cushions
- · Headrest is height & tilt adjustable
- 150kg weight limit

Warranty: See below



KAB Executive

KAB Controller 24/7 Ergonomic Chair



The KAB Controller is a robust 24 hour chair for primary use in surveillance, control stations and emergency services departments including the police and ambulance.

- Inflatable lumbar cushion
- Multiple fabric options
- 150kg weight limit

Warranty: See below

6202-CC

KAB Controller

KAB Associate 24/7 Ergonomic Chair



The KAB Associate is a premium, robust, ergonomically designed and AFRDI level 6 accredited 24/7 chair primarily used for boardrooms and prestige offices.

- Unique triple lumbar system
- Black leather finish
- 127kg weight limit

Warranty: See below



KAB Associate

6201-CC



KAB Manager 24/7 Ergonomic Chair



It's primary point of difference from the other KAB office chairs is that it features narrow contoured cushions, a shorter seat cushion and a shorter (medium height) back

- Inflatable lumbar support
- Adjustable armrests
- 150kg weight limit

Warranty: See below

6200-CC KAB Manager



KAB // Seating

KAB Seating's world leader status comes from the many years of experiences in seat design, development and production. For over 27 years in Australia and more than 60 years worldwide, KAB Seating products have been synonymous with quality, durability and comfort.

KAB Seating Warranty

KAB chairs are backed by a full 10 year warranty on the steel frame, a 5 year warranty for chairs under general use (9am - 5pm, Monday to Friday), and a 2 year warranty for chair used in a 24/7 environment.



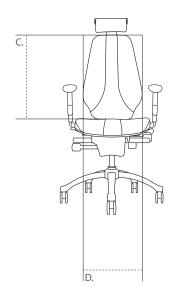
RH Chairs was established by Rolf Holstensson in 1977 in Bodafors, in the Småland region of Sweden.

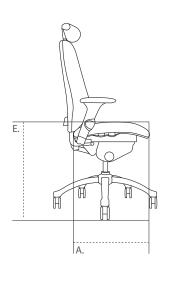
Today they are known by ergonomics professionals, physiotherapists and other experts both in Sweden and abroad. We even have a technology, 2PP™, that puts our philosophy into practice. And so that our chairs are as great to look at as they are to sit on, we work together with some of Sweden's leading designers. And naturally we take our responsibility for the environment very seriously. That is why our chairs are recyclable down to the last detail.

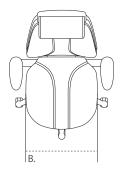


Comparison						
Features:	RH Logic 24/7	KAB ACS Executive	KAB Executive	KAB Associate	KAB Controller	KAB Manager
Backrest height	НВ	НВ	НВ	НВ	НВ	MB
Backrest angle adjustment	•	•	•	•	•	•
Air lumbar support	•	•	•	•	•	•
Adjustable armrests	0	•	0	0	0	0
Headrest	0	•	0	•	0	0
Body contoured cushions	•	•	•	•	•	•
Seat tilt/tension adjustment	•	•	•	•	•	•
Pneumatic height adjustment	•	•	•	•	•	•
AFRDI approved star base		•	•	•	•	•
Standard castors	•	•	•	•	•	•
Options:						
Rubber castors		0	0	0	0	0
Glides		0	0	0	0	0
Vinyl		0	0	0	0	0
Full leather		•	0	•	0	0
Fabric	•	0	•	0	•	•
Protective seat cover		0	0	0	0	0
• Standard • Optional +	HB - High Backrest	MB - Medium Backre	est			

Dimensions







	Seat Depth A.	Seat Width B.	Back Height C.	Back Width D.	Height Range (floor to seat) Low Strut, Medium Strut, High Strut E.
RH Logic 400 24/7 Ergonomic Office Chair	400 ~ 460	460	620	440	410 ~ 530
KAB ACS Executive 24/7 Ergonomic Chair	490	550	940	550	440 ~ 510, 460 ~ 560, 530 ~ 650
KAB Executive 24/7 Ergonomic Chair	490	560	940	560	440 ~ 510, 460 ~ 560, 530 ~ 650
KAB Associate 24/7 Ergonomic Chair	490	510	930	510	440 ~ 510, 460 ~ 560, 530 ~ 650
KAB Controller 24/7 Ergonomic Chair	490	530	940	530	440 ~ 510, 460 ~ 560, 530 ~ 650
KAB Manager 24/7 Ergonomic Chair	450	510	700	510	440 ~ 510, 460 ~ 560, 530 ~ 650

Sizes are approximate



Saddle Chairs

Bambach Saddle Seat



One of the best ways to help prevent back problems is to retain your spine's natural, stress-free 'S' shape. The design of the Bambach Saddle Seat range ensures your spine naturally keeps this 'S' shape as you sit, stretch or lean forward.

- Various adjustable height ranges
- 3-Lever ergonomic mechanism
- · Choice of struts, castors and upholstery
- AFRDI approved to Level 6
- 5 year warranty
- · Standard, executive, narrow or small seats
- Recommended by the APA (Australian Physiotherapy Association)

	No Backrest	With Backrest
Bamback Saddle Seat - Executive	1187-BK	1183-BK
Bamback Saddle Seat - Standard	1184-BK	1180-BK
Bamback Saddle Seat - Narrow	1185-BK	1181-BK
Bamback Saddle Seat - Small	1186-BK	1182-BK



HÅG Capisco Ergonomic Office Saddle Chair



The HÅG Capisco is ideal for those of you who like variation and movement in your working day. You can adjust the HÅG Capisco saddle chair from a low seated position to a half standing position, which is just great for sit and stand chair adjustment.

- Pneumatic gas seat height adjustment
- Seat depth adjustment
- Back height adjustment
- · Naturally follows you as you move to the next sitting position.
- · Backwards tilt resistance adjustment
- 5-Star base with curved/arched footplates
- 127kg weight limit
- 10 year limited warranty
- · Custom upholstery/colours available

HAG Capisco Ergonomic Office Saddle Chair	1226
HAG Headrest	1225-HR
HAG Step-Up Footstool	1282

WERK EX Saddle Chair



Exclusive to us here at Bad Backs is this great new saddle seat or chair. The chair has super modern styling with a satin star base and cylinder, and an ergonomically designed seat shape, with the ability to adjust the angle of the seat for that perfect customised fit.

- Two chair height options
- · Satin star base
- Pneumatic gas lift height adjustment
- · Seat tilt adjustability
- Curved and comfortable seat design
- 2 Year limited warranty

Werk EX Saddle Chair - Black 1264-BK-K

Swopper Saddle Chair



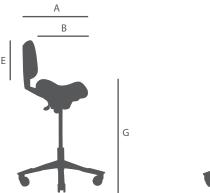
Sitting on a saddle seat automatically puts you in a position that produces the least stress for muscles, ligaments and joints, which in turn relieves the stress on the lumbar discs and spine because the pelvis is properly positioned and stabilised. The pelvis is central and critical to correct spinal position because of the way it is attached to the spine by muscles and ligaments. Its position controls the curvature of the spine, and this, in turn, is pivotal to how much stress is induced on the spine when someone is seated.

- Helps promote circulation
- Helps nourish the intervertebral discs
- Keeps the spine uncompressed
- Improves your posture
- Develops your core muscles
- 3 Year limited warranty

Swopper Saddle Chair

Features:	Bambach	Bambach	Bambach	Bambach			
reactives.	Executive	Standard	Narrow	Small	HÅG Capisco	Werk EX	swopper Saddle
Saddle seat size	LG	MD	SM	SM	LG	MD	MD
Seat depth adjustment					•		
Seat tilt adjustment	•	•	•	•	•	•	•
Seat tilt tension adjustment					•		
Backrest height adjustment	•	•	•	•	•		
Backrest angle adjustment	•	•	•	•			
Pneumatic gas height adjustment	•	•	•	•	•	•	•
Options:							
Adjustable backrest	0	0	0	0	•		
Custom pneumatic gas height strut	0	0	0	0	0	0	0
Custom upholstery/colours	0	0	0	0	0		0
Custom castors (hard/soft)	0	0	0	0	0	0	0
Foot ring/Footstool	0	0	0	0	0		
Adjustable headrest					0		

Dimensions





	Chair Depth (incl backrest) A.	Seat Depth B.	Seat Width C.	Back Width D.	Back Height E.	Backrest Height Range F.	Height Range (floor to seat) G.
Bambach Executive Saddle	450	440	400	390	370	90	540 ~ 730
Bambach Standard Saddle	400	390	380	390	370	90	540 ~ 730
Bambach Narrow Saddle	400	390	380	390	370	90	540 ~ 730
Bamback Small Saddle	350	340	340	390	370	90	450 ~ 580
HÅG Capisco	370 ~ 470	360 ~ 460	390	580	440	90	410 ~ 550
Werk EX Saddle Chair	n/a	300	430	n/a	n/a	n/a	510 ~ 700
swopper Saddle	n/a	350	400	n/a	n/a	n/a	450 ~ 590

Sizes are approximate

Kneeling Chairs

Jobri Deluxe Kneeling Chair



With a generous padding & contoured kneeling section, the Jobri Deluxe Kneeling Chair is perfect for all standard sized workstations.

- · Sturdy black steel frame with star base
- Swivel style movement
- Gas lift seat height adjustable
- High density premium foam covered in
- Weight limitation 127kg (280lbs)
- 5 year limited warranty, 2 year on fabric

Jobri Deluxe Kneeling Chair

Jobri Wood Kneeling Chair



The perfect combination of ergonomics and elegant style for your office.

- Sturdy wood frame with 4 nylon castors
- Manual height adjustable from 61cm (24") to 75cm (29 1/2")
- · High density premium foam or pressure relieving memory foam
- Weight limitation 127kg(280lbs)
- 5 year limited warranty, 2 year on fabric

Premium Foam	1206-V2
Memory Foam	1206-V-V2

QDOS Kneeling Posture Chairs



Encourages an upright posture that correctly aligns your back, shoulders and neck.

- Sturdy black steel frame with 5 nylon
- Swivel style movement
- · Gas lift seat height adjustment
- Choice of several 'vivid' colours: Black, Red, Olive Green, Grey & Chocolate
- 5 year limited warranty, 2 year on fabric

QDOS Premium Foam Black	1204
QDOS Memory Foam Black	1204-V
QDOS 'Vivid'	1202-XX

Varier Variable[™] balans[®] Kneeling Chair



 $Variable^{\tiny{TM}}\ balans^{\circledast}\ encourages\ natural\ and$ active sitting positions whilst the runners allow gentle rocking.

- Durable laminated natural beech frame
- · Comfy premium foam cushion in seat & kneeling rests
- Suitable for users over 157cm (5'2")
- 7 year limited warranty
- · Custom upholstery & wood options

Mystic Black/Natural	5000-MY/BK/NT
Mystic Red/Natural	5000-MY/RD/NT

Variér® balans® Kneeling Chairs - Custom Ordered



Multi®



Wing® 5004



Thatsit®

A unique range of balans® kneelling chairs from Norwegian furniture maker Variér® are available upon request

Comparison					
Features:	Jobri Deluxe	Jobri Wood	QDOS	Varier Variable	
Adjustable backrest			•		
Contoured knee pads	•		•	•	
Seat angle adjustment		•			
Height adjustable knee cushion		•			
Height adjustable seat cushion					
Star base	•		•		
Pneumatic height adjustment	•		•		
Manual height adjustment		•			
Standard castors	•	•	•		
Options:					
Visco-Elastic Memory foam		0	0		
Pressure locking castors	0	0	0		
Custom upholstery/colour		0	0	0	
Custom wood colour				0	
StandardOptional					

Dimensions (mm)





	Seat Depth A.	Seat Width B.	Knee Pad Width C.	Knee Pad Depth D.	Pad Distance (seat to knee pad) E.	Height Range (floor to seat) F.	Chair Length G.
Jobri Deluxe Kneeling Chair	350	440	440	260	130	530 ~ 660	600
Jobri Wood Kneeling Chair	300	400	460	240	160 ~ 180	470 ~ 660	640
Qdos Kneeling Chair(s)	350	440	440	260	130	530 ~ 660	680 ~ 720
Variér® Variable® Kneeling Chair	310	410	510 (150)	270	160	520	700

Sizes are approximate



Drafting Stools

WERK RX-2 Drafting Chair with Footring



Featuring a gas lift height adjustable seat, chrome base and foot-ring. No arm rests included. Features rolling castors as standard, but glides are available as an optional extra, which stop the stool from rolling.

- Foam & fabric seat and back
- · Colour Black
- Pneumatic seat height adjustment
- · Manual back height adjustment
- 5 star chrome base
- · Castors as standard
- · Glides are available as optional
- Chrome plated foot-ring
- 2 year limited warranty

Werk RX Drafting Stool 1298-V2 **Sliding Castors** 1298-V2-Glides

WERK NXR-2 PU Chair with Footring



Complete with pneumatic seat height adjustment and back height adjustment, its 18" chrome height adjustable footring and heavy duty nylon base with twin wheel castors, means it's made to last. This stool does not come with arm rests.

- Contoured waterfall seat
- Moulded polyurethane (PU) seat and back
- · Seat tilt mechanism
- Pneumatic seat height adjustment
- Manual back height adjustment
- 5 star black base
- Chrome plated height adjustable footring
- 2 year limited warranty

Werk NXR-2 Drafting Stool 1297-V2

WERK AX Sit Stand Stool



The Werk AX sit stand stool is perfect for all drafting or sit stand environments.

Water and stain resistant, the polyurethane construction of this great drafting stool makes it ideal for static sensitive areas. The chair seat is durable, yet comfortable for long terms sitting.

- Moulded polyurethane (PU) seat
- Seat tilt mechanism
- Pneumatic seat height adjustment
- Includes glides and castors
- 5 star black base
- 2 year limited warranty

Werk AX Sit Stand Stool

6007-BK

BIMOS Fin Sit Stand Stool



Fin provides the ideal solution in all those areas of work where until now it has not been normally possible to sit down, but where standing up all the time is too tiring. Because Fin takes away the stress from those who have to stand up to work, allowing them to concentrate on their performance at work rather than being distracted by the discomfort of standing up.

- Is 100% intuitive to use
- Space-saving
- · 3 year limited warranty
- 20 degree seat swivel functionality
- Supports the musculoskeletal system

Bimos Fin Sit Stand Stool 9144

bad backs Get your life back.

Active Seating

Variér® Move™



The designer Peter Opsvik, invented the Variér® Move™ after observing how workers made cobblestone streets. He saw that they were sitting on a one-footed stool.

Variér® Move™ is a supportive stool that encourages movement in a fun and unconventional way. When you're half-standing, (half-sitting) the Variér $^{\otimes}$ Move $^{\text{\tiny{M}}}$ provides you with the same advantages as the cobblestone workers stool did.

- Mystic Black Fabric & Natural wood base
- Scandinavian design
- Allows 360° movement
- · Custom colours are available
- Ideal for sit/stand workstations
- 7 year limited warranty

Black

5012-MY/BK/NT

Muvman - Active Sit Stand Seating



Always on the move. That is the secret of the "muvman". Thanks to the patented flexzone® technology the Muvman gives you support whenever you need it and the correct posture at all heights.... Standing, sitting or leaning back.

- Polyurethane foam seat with stylish micro-fibre fabric
- · Unique seat and back feature highly contemporary design
- · Easy touch height adjustable button, stylish and hidden away
- Base will work with any floor surface non slip and non scratch
- Base made of a glass fibre with reinforced polyamide for strength
- Seat features "flexzone" technology where the seat edges and corners are flexible and elastic and move with you
- Three year limited warranty
- · Black base with black micro-fibre fabric.

Black w/Black base Grev w/Silver base

5250-BK-BK 5250-SI-GR

Muvman Factory- Production & Assembly





One employee in two often or always has to stand when working. Standing when working is a strain and can even be painful. The musculoskeletal system is incorrectly loaded; the large groups of muscles are permanently tensed. The spine, ligaments, tendons and joints are subject to one-sided static loading. The consequences are disc problems, bad blood circulation, metabolic disorders, muscle stiffness and fatigue. A problem for employees and employers alike.

- Variable standing/sitting allows for longer and more productive work
- Simple and intuitive handling
- · Strengthened core as a result of being in
- · Significant international design awards give you peace of mind
- Extensive height adjustment range from 51cm to 84cm
- muvman HIGH (60cm to 93cm) is available for people over 185cm in
- Three year limited warranty
- Stable baseplate with non-slip rim prevents accidental toppling & slipping

Black base with black non-slip imitation leather 5251-BK/BK

ZERO GRAVITY® RECLINERS

Bad Backs commissioned the ergonomic analysis of their zero gravity® chair range in comparison to that of a typical 'recliner' commonly sold in conventional department stores. Specific attention was drawn to the theorised body posture when in the reclined position and the physiological impacts these postures had on the spinal discs; neural structures and circulation (venous return) back to the heart.

Conclusion:

Using the data collected in this study and by Nachemson and Elfstrom (1970) the findings support the supposition by the supplier that the zero gravity® chair range provides greater health benefits in terms of reducing disc pressures by reclining by approximately 10 degrees further than the standard recliners.

In terms of circulatory return to the heart (venous return) the zero gravity® chair also performs better than that of the recliners by raising the foot plate on average twice as high as that of the recliners. This allows the user to attain a posture where the feet are nearly horizontal with the heart easing the cardiovascular demand associated with more conventional sitting and standing postures and aiding the recovery from swelling and oedema.

Lastly unlike the Recliners, the relatively relaxed knee angles of 45 degrees that are maintained in the zero gravity® chair serves to take pressure off the nervous system and are a preferred option for those who have nerve root or sciatic type pain associated with their low back complaint. Limitations to this study include the measuring devices to measure knee angles and backrest recline are subject to inconsistency in their accuracy, but this inaccuracy was evenly spread across the whole study. Further studies should aim to improve upon the methodologies and measuring equipment used within this study...

Matt Baker BSc (HONS) MCSP PG Dip Erg - Physiotherapist/Ergonomist - November 2010

Human Touch® The Perfect Chair



Sit back, relax and take the weight off your back with superior comfort and style in The PERFECT Chair. The zero gravity position cradles your back and elevates your legs above your heart; the position that doctors recommend as the healthiest way to sit.

Choose from our manual or electric models.

- Articulating adjustable head rest
- · Several upholstery & wood options
- · Built in lumbar support in the body pad
- 3-year limited warranty

Electric Perfect Chair Manual Perfect Chair

LaFuma Zero Gravity® Recliners



LAFUMA have been producing their leisure furniture for more than 50 years, and yet the same feeling of style, conviviality and comfort maintains LAFUMA as Europe's leading brand.

- Foldable for easy storage
- Ideal for space limited breakout rooms
- Full Zero Gravity® reclining position
- · 2-year limited warranty

LaFuma Original Recliner - Standard 1254

1160-E

Zero Gravity® is a registered trademark of Healthezone Pty Ltd t/as Bad Backs # 1050862



Ergonomic Supports

The lumbar part of the back if not correctly supported may lead to considerable pain and discomfort. This in turn can adversely affect your wellbeing and work productivity.

Bad Backs extensive range of quality back and seat supports provide everyday therapeutic support and blissful comfort.

Choose from premium foam, memory heat sensitive foam, mesh, wood or air filled lumbar and seat cushions.

Bifom Back Support Cushion



- Portable and simple to use
- Size 30 x 15 x 8cm
- · Zipped, washable cover

Bifom Cushion 1663-E

Bad Backs® Deluxe Memory Lumbar Support



- Viscoelastic memory foam
- Size 38 x 33 x 8cm
- Contoured sides

Premium Memory

Jobri Lumbar Half Roll



- · High density premium foam
- Small 13 x 28 x 6 cm
- Zipped, washable cover

Small 1664-N

Jobri Car & Chair Hanging Lumbar Support



- High quality polyurethane foam
- Size 30 x 23 x 8cm
- Includes weighted counter balance

Hanging Lumbar 1678-BL

Bad Backs® Premium Lumbar Support - Bucket Seat



- Fits most chairs & seats
- Size 38 x 33 x 8 cm
- Zipped, washable cover

Premium Lumbar 1800-BK

TOGU Airgo Active Back Cushion



- Inflatable dynamic support
- Size 29 x 38 x 6cm
- Zipped, washable cover

TOGU Airgo

BetterBack Orthopaedic Seat with Lumbar Roll



- Contoured and sculpted frame for back support
- Size 46 x 48 cms folded
- Moulded and layered wood frame

BetterBack Seat 1661-BK-V2

KP Back Companion



- Lightweight & durable
- Size 47 x 50 x 11cm
- Quality reinforced mesh

KP Back Companion

20111pariio11

Therm-a-Rest Self Inflating Lumbar Support



- Water resistant
- Size 35 x 18 x 7cm
- 100% polyester cover with foam inside

Teal 1796

Bad Backs Airflow Memory Foam Back Support



- Super comfortable, moulded memory foam
- Size 43 x 35 x 9.5cm
- · Lightweight and portable

Black

1705



Ergonomic Supports

Betterback Car Support



- · Moulded and layered wood frame
- Size 48 x 35 x 5 cms
- · Foam padding for added comfort

1662-BK-V2

TOGU AIRGO Active Seat Cushion



- Inflatable dynamic seat cushion
- Includes pump
- Built in coccyx cut-out

TOGU Airgo

Therm-a-Rest® Self Inflating Lumbar Support



- · Limited lifetime warranty
- Size 35 x 18 x 7cm
- Self inflatable

Thermarest Lumbar 1796-BL

TOGU Dynair Premium Ball Seat Wedge Cushion



- Inflatable seat cushion with incline
- · Size approx 40cm diameter
- 2 Sided, knobbed or flat

Bad Backs® Firm Seat Wedge



- Portable and simple to use
- Size 35 x 35 x 5cm (1cm at front)
- High density premium foam

Black 1805-BK

TOGU Dynair Ball Seat Cushion



- Dynamic seat cushion
- Size 33cm or 36cm diameter
- · 2 Sided, knobbed or flat

33cm Blue 1712 36cm Black 1713

Bad Backs® Seat Wedge with Coccyx Cut-Out



- · Coccyx cut-out for pain relief
- Size 33 x 43 x 8cm (3cm at front)
- Comes with carry handle

Seat Wedge w/cutout 1639-BK-BB

Therm-a-Rest® Self Inflating Lite Seat Cushion



- · Limited lifetime warranty
- Size 38 x 28 x 3.8cm
- Self inflatable

Thermarest Lite 1797-OR

Bad Backs Memory Foam Seat Wedge with Coccyx cut-out Therm-a-Rest® Self Inflating Seat Cushion



- Removable coccyx cut-out section
- Size 45 x 34 x 9cm (4cm at front)
- Zipped, washable cover

Memory Wedge



- - · Limited lifetime warranty
 - Size 41 x 41 x 5cm
 - 100% polyester cover with foam inside

Camp Seat

Adjustable Electric Desk Frames

QDOS 'TN' Height Adjustable Electric Desk Frame



The QDOS TN height adjustable electric desk frame is perfect for any sit stand work environment. With a super height range from 630mm to a massive 1300mm high, it can lift up to 100kgs.

- Height range: 630mm to 1300mm
- · Lifting capacity: 100kg
- · Legs and upright finished in silver powdercoat
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz • ISO/DIS 8019 DS/ISO 7172
- Stroke 52cm
- EN 527-2 EN 527-3

Frame & 840mm metal rail	3070-840-SI
Frame & 1330mm metal rail	3070-1330-SI
Frame & 1520mm metal rail	3070-1520-SI

QDOS "TN" Electric Height Adjustable "L" Shape Frame



Ergonomic, height-adjustable workbenches are quickly becoming the standard in workplaces today, and this particular design is exclusive to Bad Backs. Featuring a 125kg weight limit which is perfect for the larger size L shape desk, unlike the lighter weight QDOS 15 desk which has a weight limit of 80kgs.

- Suits desk tops up to 1600mm x 1600mm x 800 deep depending on L configuration
- · Fixed metal rail, so no modesty panel is required
- · Maximum weight limit is 125kgs
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 32mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame & 1520/1520mm metal rails No TOP	3070
Cable Tray - 950mm	3063

QDOS "EV" Height Adjustable Electric Desk Frame/Base



The QDOS EV height adjustable electric desk frame is a stylish, modern addition to any work environment. More and more people are starting to use sit stand work positions during their workday. Its great for your back and keeps you moving too!

Features:

- Height range: 630mm to 1200mm
- · Lifting capacity: 150kg
- · No modesty rail required
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- · Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame & 1160mm metal rail Silver	3079-1160-SI	Frame & 1560mm metal rail Black	3079-1560-BK
Frame & 1160mm metal rail Black	3079-1160-BK	Frame & 1960mm metal rail Silver	3079-1960-SI
Frame & 1560mm metal rail Silver	3079-1560-SI	Frame & 1960mm metal rail Black	3079-1960-BK

QDOS "FN" Height Adjustable Electric Desk Frame



The QDOS FN height adjustable electric desk frame is a stylish, modern addition to any work environment. It does not have a modesty panel rail, so the desk literally stands on its two legs for a sharp contemporary look.

- Height range: 630mm to 1230mm
- Lifting capacity: 100kg
- · Legs and upright finished in silver powdercoat
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Silver	3071-SI
White	3071-WH
Black	3071-BK

Adjustable Electric Desk Frames

QDOS "FT" Height Adjustable Electric Desk Frame/Base



The QDOS "FT" is cost effective, height adjustable work desk or table frame, designed for a sit-stand environment, creates the perfect work station for your back. No tops or modesty are supplied, so you can customise the look of your desk to your own work environment.

Features

- Frame height range 660mm 1180mm
- Dual rocker on/off switches for extra safety during use
- Frame lifting capacity: 80kg
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame ONLY - No Top or Modesty	3064	Frame & 1600mm Modesty - No Top	3065-16
Frame & 1200mm Modesty - No Top	3065-12	Frame & 1800mm Modesty - No Top	3065-18

QDOS "FT" Height Adjustable Electric Desk White Frame



This white frame version is a brand new addition to the QDOS electric desk range. With a stylish contemporary look, the new white frame FT desk offers a cost effective, height adjustable work desk or table frame, designed for any sit-stand environment.

Features

- Frame height range 660mm 1180mm
- Dual rocker on/off switches for extra safety during use
- Frame lifting capacity: 80kg
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

White Frame & 1800mm Modesty - No Top	3065-WH-18	White Frame ONLY - No Top or Modesty	3064-WH
Stiffening Rail for 1600mm	3060-16-RAIL	White Frame & 1200mm Modesty - No Top	3065-WH-12
Stiffening Rail for 1800mm	3060-18-RAIL	White Frame & 1600mm Modesty - No Top	3065-WH-16

QDOS "TS" Height Adjustable Electric Desk Frame



The QDOS TS height adjustable electric desk frame is great for any sit stand work environment, and is ideal for lower desk requirements as its lowest height is only 540mm, yet still raises to 1190mm. This is the only frame we supply that will go that low.

Features:

- Height range: 540mm to 1190mm
- Lifting capacity: 100kg
- Single super quiet electric motor
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame & 840mm metal rail	3083-840-SI
Frame & 1330mm metal rail	3083-1330-SI
Frame & 1520mm metal rail	3083-1520-SI

QDOS "TT" Height Adjustable Electric Desk Frame



Lifts a massive 200kg!! The QDOSTT height adjustable electric desk frame is great for any sit stand work environment. With a great height range from 660 to 1180mm, its great strength is literally it's weight capacity which is a max of 200kgs. Perfect for big meeting room tables. Solid as a rock!

Features

- Height range: 660mm to 1180mm
- · Lifting capacity: 200kg
- Levellers: 1 on each leg
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame ONLY 3081-SI

Adjustable Electric Desk Frames

QDOS "NT" Mono Height Adjustable Electric Desk Frame



The QDOS NT Basic Mono Electric Adjustable Desk Frame allows you to raise and lower your desk and alternately sit or stand when working. Great for any type of office shape, size and configuration. With plenty of space for the feet, its a simple no fuss height adjustable desk with multiple applications.

Features:

- Height range: 660mm to 1180mm
- Lifting capacity: 100kg
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

- Speed 25 mm/sec
 - 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Silver	3076-SI
Black	3076-BK

QDOS 'NT' Designer Mono Height Adjustable Electric Desk Frame



With the QDOS NT Designer Mono Electric Adjustable Desk Frame you can raise and lower your desk and alternately sit or stand while you work. The unique design of the frame leaves you with plenty of space for the feet, and also features an integrated decorative base with an anti skid pad.

- Height range: 660mm to 1180mm
- · Lifting capacity: 100kg
- · Levellers: 1 on each leg
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- · Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Silver	3075-SI
Black	3075-BK

QDOS 'NT' Wall Height Adjustable Electric Desk Frame



The QDOS NT Wall Mounted Mono Electric Adjustable Desk Frame allows you to raise and lower your desk surface while it is attached to the wall. Great for any type of office shape, size and configuration.

Features:

- · Height range: 660mm to 1180mm
- · Lifting capacity: 100kg
- · A 79mm space between column and wall allows for mounting a cable tray.
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Silver	3075-SI
Black	3075-BK

QDOS "SV" Mono Electric Adjustable Desk Frame



The QDOS "SV" is just perfect for small work spaces or office corners. And as a mobile workstation, particularly beneficial for all shapes and sizes including very tall people and wheelchair users. It's the change of pace that means better circulation, more energy and more productivity during your day.

- Height range: 680mm to 1200mm
- Frame width 1000mm
- Lifting capacity: 70kg
- · Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

- · Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Silver	3078-SI
Black	3078-BK

Corporate Seating

3075-BK

Adjustable Electric Desks

QDOS 'ST' Height Adjustable Electric Desk Frame



The QDOS "ST" is perfect for any sit stand work environment. Great for people that like to sit, stand and perch for work! With wheels on the rear legs and an inbuilt cable tray to keep your workspace tidy, this is a super sit stand table option for you to consider.

Features:

- Height range: 660mm to 1180mm
- Lifting capacity: 80kg
- Single super quiet electric motor
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Frame & 960mm meta	l rail	3080-96-SI
Frame & 1560mm met	al rail	3080-156-SI

QDOS-TN Electric Height Adjustable L Shape Desk



Being able to alternate between sitting and standing is important – it helps to reduce repetitive strain injuries and relieves lower back pain. From it's sleek design to the comfort and contentment of the user, this is a luxury item at an affordable price.

Features:

- Milkwood, Beech, Parchment, New Graphite, Red Cherry, Paper Bark, Wenge
- Desk top is 1600mm x 1600mm x 800 deep
- Desk thickness 25mm
- Height range 540mm 1190mm
- Warranty: electric parts 2 yrs. Metal parts 5 yrs replacement parts only
- Fixed metal rail
- Legs and leg uprights are finished in silver powder coat
- Maximum weight limit is 125kgs

Specifications:

- Speed 32 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

1600mm x 1600mm Desk + Top Select Beech 3071-16-BE

QDOS FT Sit Stand Electric Adjustable Desk



A cost effective, height adjustable work desk or table, designed for a sit to stand environment, creates the perfect workstation for your back. Ergonomic, height-adjustable workbenches are quickly becoming the standard in workplaces today, and this particular design is exclusive to Bad Backs.

Features

- Milkwood, Beech, Parchment, New Graphite, Red Cherry, Paper Bark, Wenge
- Desk widths of 1200mm, 1600mm or 180mm wide x 800 deep
- Features a single super quiet electric motor
- Legs and leg uprights are finished in silver powdercoat

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

New Graphite 1200mm 3061-12-G

QDOS "SV" Mono Electric Adjustable Desk



With the QDOS SV Mono Electric Adjustable Desk or workbench you can raise and lower your desk and alternately sit or stand while you work. Just perfect for small work spaces or office corners. And as a mobile workstation, particularly beneficial for all shapes and sizes including very tall people and wheelchair users.

Features

- Height range: 680mm to 1200mm
- Frame width 1170mm wide at front the two sides are 900mm
- · Lifting capacity: 70kg
- Warranty: electric parts 2 years, metal parts 5 years replacement parts only, labour and freight not covered

Specifications:

- Speed 25 mm/sec
- 240 Voltage, 1.5A, 50/60Hz
- Stroke 52cm
- ISO/DIS 8019 DS/ISO 7172 EN 527-2 EN 527-3

Beech 3060-BE Parchment 3060-PA

bad backs Get your life back.

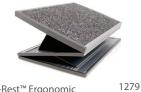
Accessories

Workstation Accessories

We have a range of ergonomic accessories for your workstation, from height and angle adjustable monitor arms, to laptop stands and adjustable footrests. Below are a few products from our range, for more information please visit our website or call your nearest Ergonomic Seating Specialist.



Fundamental Footrest



Z-Rest™ Ergonomic Footrest

3216



Rapoo 1800 Wireless 3236 Keyboard And Mouse Combo



ErgoTight Wired 3231-WIRED Ergonomic Keyboard Combo



Ergonomic Mouse - Wired



Evoluent Vertical Ergonomic Mouse -Wireless



Vertical Ergonomic Mouse - Wireless Right Hand



3235



3055-R

3225

MicroDesk Writing Platform & Document Holder



Neo-Flex Dual Display Lift Stand



LX Dual Stacking Arm







DeepCool Laptop Riser Stand



Cicada Laptop Stand



3123

Humanscale Horizon™ LED Task Light



Atom LED Task Lamp

3280

3213

3119

ErgoRest Adjustable Forearm Support

REQUEST FOR ERGONOMIC SERVICES



	this form and sen		t Ergonomic Seati	ing	Date:		/	/
Client Details: Kept strictly confiden	tial)							
lame:				Company Name:				
ddress:				Phone:				
uburb:				Fax:				
tate:		Post Code:		E-mail:				
Main Contact Det f applicable)	tails:							
lame:								
hone:								
lease select one	or more of the fo	ollowing services	that we provide:					
This is an analysis of workstation setup, in This assessment, car their work environm fit-out.	ncluding desktop and ried out by our trained	sitting position, whic equipment layout. I Seating Specialists, i de workstation seatin	ch also addresses critica s provided for individu ng check-ups following	al employees in	Number of Required Assessments: Preferred Assessment Date: Trial Chairs Required:	/ Yes	/) No	
These assessments a displaying work-relat undertake normal w	ted symptoms, and the	ly for employees who e impact on them in t	have an existing condi he workplace and their		Number of Required Assessments: Preferred Assessment Date: Trial Chairs Required:	Yes (/) No	
	·		orporate Seating Speci	alist for a	mai Chairs Nequired.			
ergonomics to serve reducing the need for team can provide a " Please note: A mock training. Due to it's p	perienced affiliated er the needs of your bus or individual assessme tailored' program to su c-up or real workstatio participative nature er	siness. Whether it be a ent or advanced 'train- uit your training requi n will need to be avai gonomic training sess	erapists can provide tra a cost effective training the-trainer' type scena rements. Please call us lable due to the 'practio sions are limited to 10 s	tool for your staff rios the Bad Backs to discuss your needs. cal' nature of the taff/session.	Number of Participants: Preferred Training Date:		/	
additional Comments	:							
our Nearest Erg	onomic Seating S	specialist:					P	Page 37.

Sydney

P 02 8014 5696 F 03 9020 2092 A 390 Pacific Hwy CROWS NEST NSW 2065 E corporate.syd@badbacks.com.au

Melbourne

P 03 9020 2095 F 03 9020 2092 A 79 Overseas Drive NOBLE PARK VIC 3174 E corporate.mel@badbacks.com.au

Pert

P 08 9386 7788 F 08 9467 0551 A 1/174 Stirling Hwy NEDLANDS WA 6009 E corporate.perth@badbacks.com.au

Self Assessment Checklist

Date of Assessment:



Employee Details:	Workstation Setup
Department/Location Approximate Height Sex: Male Female	Same distance between screen, keyboard & document holder Optimal viewing angle is 38° below horizontal 90° Screen position Elbows slightly above the desk top Adjustable backrest to support the lumbar Sufficient clearance under desk Height adjustable seat Swivel chair with stable base Footrest maybe required if desk is not adjustable Adequate clearance from wall
l	
Workload/Work type: Role/Job title Hours of Screen Use/day Percentage of day sitting (%) Keyboard/Mouse Ratio (i.e. Left Handed Right Handed Ambidexterous Actions taken at time of assessment/checklist:	Other Relevant Information: Lower back curvature: Flat Medium Deep Curve e. 40/60) Do you have any musculoskeletal or health complaints that impact on or are aggravated by your working conditions? Yes No Further Actions/Equipment required:
Employee Sign off:	Managerial Sign off:
Print Name:	Print Name:
Employee Signature:	Managers Signature:

Rev 1.2

Follow-up Required (yes/no):

Follow-up Date:

Self Assessment Checklist



Office Chair:
The chair is easily adjustable from a seated position (seat back height & angle, seat height) Yes No
Comments:
Chair height is adjusted so that forearms and wrists are parallel to the floor or angled slightly down to keyboard from elbows (> 90 degrees) Yes No
Comments:
When chair height is adjusted properly, the feet are positioned on the ground or footrest Ground Footrest
Comments:
The seat back is adjusted so the lumbar support of the chair supports the lower back, and encourages the natural curvature of the spine Yes No Comments:
Seat back angle is adjusted so that I am in a supported position when using keyboard Yes No
Comments:
I am aware of optimal sitting postures and guidelines on optimal sitting durations Yes No
Comments:
Workstation/Desk:
Desk is large enough for the completion of mixed tasks (computer & reading/writing) Yes No
Comments:
Desk is between 680mm and 740 mm high and well matched to my stature Yes No
Comments:
Work area is designed (or set up) so frequent trunk twisting/rotation is not required Yes No
Comments:
I am able to sit close to the workstation without any impediment from equipment, arm rests or other obstruction Yes No
Comments:
If documents are referred to, they can be positioned and supported appropriately without placing strain on my neck and upper Yes No back (i.e. use of document holder, or desk slope)
Comments:
Monitor/Laptop Use:
Monitor is positioned at an appropriate distance when in an upright, seated position (average = arms length) Yes No
Comments:
Monitor is positioned at an appropriate height (horizontal sight line level with the upper 1/3 of the screen) Yes No
Comments:
Monitor is positioned away from direct light sources and is free from glare/reflection Yes No
Comments:

Self Assessment Checklist



Separate keyboard and mouse is used if laptop computer used for extended periods Yes No
Comments:
The laptop is placed in an appropriate stand to improve the screen height Yes No
Comments:
I am well informed about the safe use of a laptop when working remotely Yes No
Comments:
Keyboard/Mouse/Phone:
Elbows remain close to side of body when keyboard and mouse are utilised Yes No
Comments:
Keyboard is appropriately distanced from the user in a flattened position and perpendicular to the screen Yes No
Comments:
The user has an adequate typing ability for the job role to be performed efficiently Yes No
Comments:
Mouse is in good working order and moves smoothly over the work surface/mouse mat Yes No
Comments:
Mouse is positioned so that the user's hand and upper limb are in a relaxed position (Wrist is neutral and the elbow bent to 90 degrees) Yes No
Comments:
Phone is placed within suitable reach and on the opposite side to the mouse Yes No
Comments:
If high phone use, or multitask use: I have a headset installed Yes No
Comments:
Work Environment:
Lighting is adequate for the tasks (able to read/refer to documentation without straining eyes) Yes No
Comments:
Windows fitted with fully operational screens or blinds Yes No
Comments:
Noise levels around the workstation are such that allow for the maintenance of good concentration Yes No
Comments:
Ventilation (natural or artificial) is adequate Yes No
Comments:

Your Nearest Ergonomic Seating Specialist:

Page 40.

Sydney

P 02 8014 5696 F 03 9020 2092 A 390 Pacific Hwy CROWS NEST NSW 2065 E corporate.syd@badbacks.com.au

Melbourne

P 03 9020 2095 F 03 9020 2092 A 79 Overseas Drive NOBLE PARK VIC 3174 E corporate.mel@badbacks.com.au

Perth

P 08 9386 7788 F 08 9467 0551 A 1/174 Stirling Hwy NEDLANDS WA 6009 E corporate.perth@badbacks.com.au