

FACTS ABOUT THE WINDSOR DESK CHAIR



DIMENSIONS



FUNCTIONS



| CHAIR SIZE | FRONT WIDTH | SIDE WIDTH | TOTAL HEIGHT | SEAT WIDTH | SEAT HEIGHT | SEAT DEPTH |
|-------------------|-------------|------------|--------------|------------|-------------|------------|
| LARGE-SIZES (326) | 85cm | 79cm | 108/115cm | 57cm | 45/52cm | 51cm |
| STANDARD (226) | 79cm | 77cm | 106/113cm | 51cm | 45/52cm | 49cm |

Reported by Reuters Health, November 29, 2006

HEALTH

Sitting up straight strains backs

Mom was wrong to scold you about sitting up straight

By Megan Rauscher
REUTERS NEWS SERVICE

The words still echo in many but science is

as it turns out, sitting upright in a 90-degree position places more strain on the back than sitting slightly reclined in a 135-degree position.

22 healthy adults with no history of back pain or back surgery sat in three different

So for desk-bound workers who want to protect their backs, it is advised that they find a chair with the ability to recline at 135-degrees.

This may be all that is necessary to prevent chronic back pain for employee

