







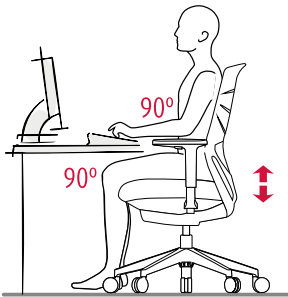




**1** A correct posture at work to avoid physical problems

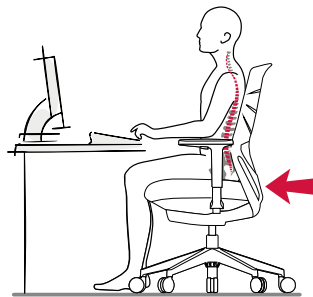
**Seat adjustment.**

Forearms must be parallel to the desk top as in a right angle with the rest of the arm. Both feet must be lean on the floor and knees must be in right angle too.



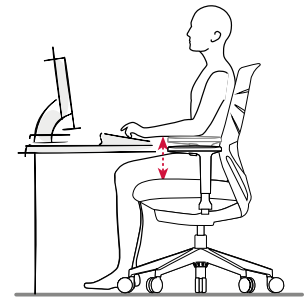
**Adaptative Lumbar**

EFIT incorporates an adaptative lumbar section integrated in the backrest adapting to user's back's shape.



**Adjustable arms (7 positions)**

Place the chair arms in the lower position to get better mobility. For statics works, adjust height and distance to that point where the forearms perfectly lean.



**2** Different ergonomics conditions and specific movements for each task

It is necessary to alternate daily dynamic and static tasks.

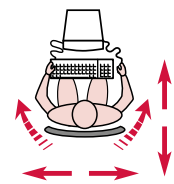
**Dynamic tasks.**

Document manipulation, communication and so on...Select positions 2,3 or 4 on the back tilt adjustment knob. Put the arms in the lowest position.

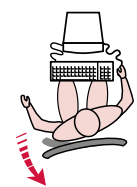
**Torsion.**

Flexible back. Movements go naturally with the user action.

**Dynamic tasks.**



**Torsion.**



**Static work**

Document analysis and writing, intensive computer work... Select position 1 on the back tilt adjustment knob. Put the arms in the lowest position.

**3** Incorrect Postures

**Key points.**

1. A lower position from the desk produces neck pain.
2. An incorrect back support may produce back problems.
3. Legs too stretched or too vended may cause overstressed body joints.

