

100 % 24h chair – now a reality

100 % 24H CHAIR – NOW A REALITY

The Svenstol® now with optimised armrest
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100 % 24h chair – now a reality

The Svenstol® has been completely redeveloped, from the 6-arm cruciform base through to the 3D comfort headrest, to meet your needs around the clock.

Completely redeveloped? Strictly speaking, until now that didn't entirely apply to the armrest, which we adapted from a car seat – a constant thorn in the side of our development team. That's why we are delighted that we have now achieved the 100 % mark with the Svenstol® armrest which we have developed, even according to our strictest definition. The armrest not only fully matches our models in visual terms, its rapid adjustment also offers great comfort advantages for day-to-day use.



We have placed special emphasis on the construction of the adjustment mechanism from a durability perspective. Tests revealed virtually no wear and tear even after 80,000 adjustment cycles – a figure which is unlikely to be reached in real-life usage. In other load tests too, the Svenstol® armrest scores better than all other previously tested armrests. Even tests that go beyond the standard required for 24h chairs left no appreciable traces.



For a significant portion of the three-year development period, the armrest was also subjected to a stress test under actual conditions at the Lemgo fire brigade control centre, plus at four other control centres over the last six months, and was able to confirm the very good results it achieved on the test stand. All Svenstol® users may also be interested to know that the armrests can be retro-fitted to all previously supplied chairs.

Over 100,000 hours of testing in practice, including at the fire department in Hanover.



You will find the **video tutorial** for adjusting the new armrest here:



Healthy sitting made easy

More and more people are suffering from painful discomfort in their muscles and spine. In most cases however these complaints can be avoided by adjusting the office chair or control centre chair correctly. Read about what you should basically focus on when adjusting your chair.

1 **Start** at the bottom with the basic settings, then work your way upwards step by step.



2 The **seat height** is correctly adjusted when your thigh forms a line sloping down to the knee. The angle between your back and thigh should be 110–120°.

Frequent errors: Seat height too high – you lose contact with the floor and your muscles tense up.



3 **Seat depth:** With your pelvis back up against the backrest, you should be able to fit at least three fingers between the hollow of your knee and the front edge of the seat. The lumbar support should be level with your waistline.

Frequent errors: Too much seat depth – you automatically slide forward and lose contact with the backrest. Not enough seat depth – insufficient support area, leading to muscle tension in the legs.



4 The next step is to adjust the height of the **armrests**. Your shoulders should be more or less horizontal while your forearms lie on the armrests. Like this you will avoid cramp due to incorrect posture.

Frequent errors: Armrests too high – you cramp up and your muscles can become shorter over time. Armrests too low – your arms pull your torso down, resulting in a hunched back and a stretched cervical spine.



5 Adjusting the mechanism: In an upright sitting position, when you lean back you must neither tip backwards nor have to push too much, the **backrest** must provide pleasant support with a gentle counter pressure.



30 % of all sickness-related absences from work are caused by muscular and skeletal complaints.

A build time of around 3 years, 4300 m² of effective floor area, 85 km of power lines, 138 km of data lines and 37 desks for around 100 control room operators – these are the key facts of the new build Joint Regional Control Centre at Elmshorn which opened in 2018. From here, staff of the emergency services and the police coordinate more than 1,000 operations every day, and take around 370,000 (fire/medical emergency) and 150,000 (police) calls each year, protecting the safety of the 840,000 residents in the west of the German state of Schleswig-Holstein. We are pleased to know that they do this to a large extent on our Svenstol® 24h chairs.

Whether they are dealing with a fire, accident or medical emergency, or receiving reports of a crime, it is absolutely vital for staff at a control centre to stay calm in emergency situations and to respond correctly, reasonably and rapidly. Emergencies are often a matter of life or death. Control room operators are exposed to such stress situations on a daily basis. They are under added pressure from the strain of shift work – sometimes lasting over many years. So a workplace that helps reduce stress and strain to the bare minimum is an urgent necessity.

It is for these reasons that for the new build control centre at Elmshorn particular emphasis was placed on as near perfect ergonomics as possible as an integral part of a healthy design for the workplace as a whole. And in order to achieve this, the staff were involved in the planning process from the outset. Every component that comes into contact with an operator – from their desks via their large screen displays to their chairs – was extensively tested by

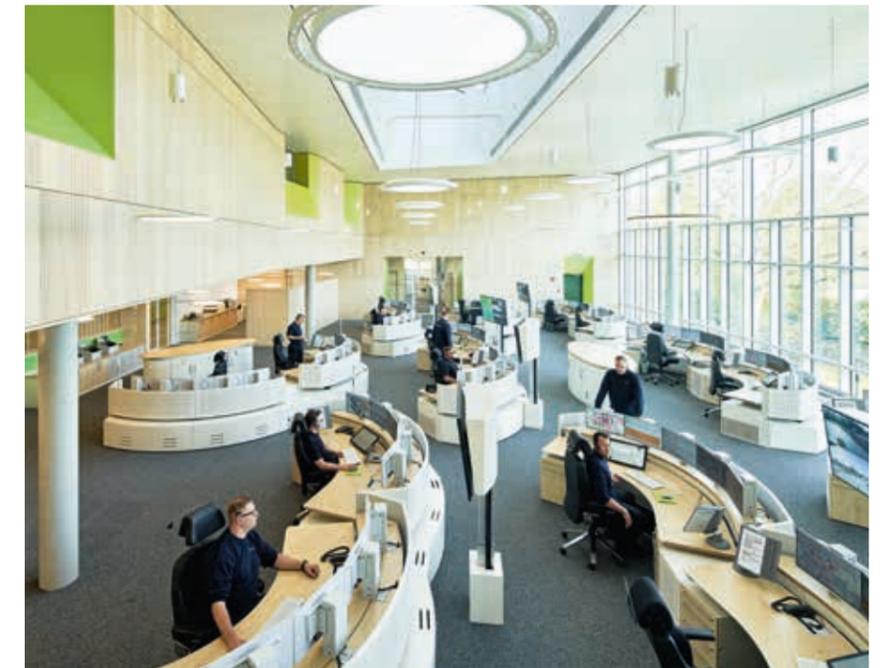
the staff and graded in a points system. The result is a control centre which sets new standards, not least in ergonomic terms. As well as making the rooms light and bright, the big window areas reflect a desire of the operators to be involved in what is happening on the ground – they want to be part of the action, not just looking on. All desks are height adjustable so that the staff can work sitting or standing. The air vents for the AC system are also incorporated in the furniture, so there should be no draughts of air. The air is also humidified. The essence of the thoughtful ergonomic design is to be found above all in its details – each desk has a drawer with milled grooves to accommodate a standardised set of basic office material. When one operator follows another on shift, he or she can see at a glance whether the basic set of material is complete or not. Nothing has been left to chance with the colour scheme either. Accents of colour in the otherwise neutral colour scheme are set by three different shades of green that recur conceptually throughout the building. Side rooms such

as the two computer centres also exude a friendly atmosphere with a trendily green rubber floor. In a fitness room equipped with a treadmill and training tower the operators can do their muscles a favour after a long shift, or can bring their adrenalin levels back down to normal following especially stressful work situations.

Now that the new control centre has been up and running for a few months, the staff in Elmshorn are sure of one thing – the additional outlay for the modern, ergonomic design which was pretty modest given the proposed service life of the new build control centre will quickly pay for itself thanks to increased staff satisfaction, reduced downtime costs and other positive effects.

Svenstol® S5 24h chair

in use at the Joint
Regional Control
Centre West.



NEW: 5 years full warranty on Svenstol® 24h chairs



Chairs in control centres are under a lot more strain than chairs in normal offices. The chair is used and adjusted by different individuals, and extreme sitting positions also make big demands on the chair. To do justice to these demands the main components of the Svenstol® have been specifically developed and continually improved for round-the-clock use. This is reflected in an extended 5 year warranty covering all costs incurred, including material, labour and travel. For our Svenstol® Manager office model you even get a 10 year full warranty with immediate effect. Our company service team will provide a fast, reliable response to deal with any problem.

In addition to our service, there is also the option of having your 24h chairs serviced annually. The chairs are checked over, adjusted correctly and also wet cleaned if required.

Your benefits:

- Functionality and ergonomics are restored
- Wear and tear is prevented
- Wearing parts are replaced
- Potential repair costs are avoided
- Servicing is cheaper than a repair
- Your chairs' service life is extended

Simon Stein won the picture puzzle in our last issue. His prize? **A special limited edition Svenstol® Manager.**

Many congratulations!



Visit us at these upcoming trade fairs:

APS

1 to 3 October 2019 in Paris

Inter Airport

8 to 11 October 2019 in Munich

AplusA

5 to 8 November 2019 in Düsseldorf

StolComfort