

WORKPLACESEATING



totalbackcare®
specialist ergonomic solutions

We have carefully selected the best seating available for back & neck care

Remember, there is NO one size fits all solution. Back & neck pain are unique to the individual and the environment in which they work, and so must the solution to their needs be. Even two people with the same ergonomic measurements may find different chairs or set ups suit them best. Other ergonomic factors, such as desk height and the optimal use of accessories should also be individually considered.

We always recommend that clients are assessed for a chair before purchase & have it correctly set up for their needs by one of our specialist team.



RH

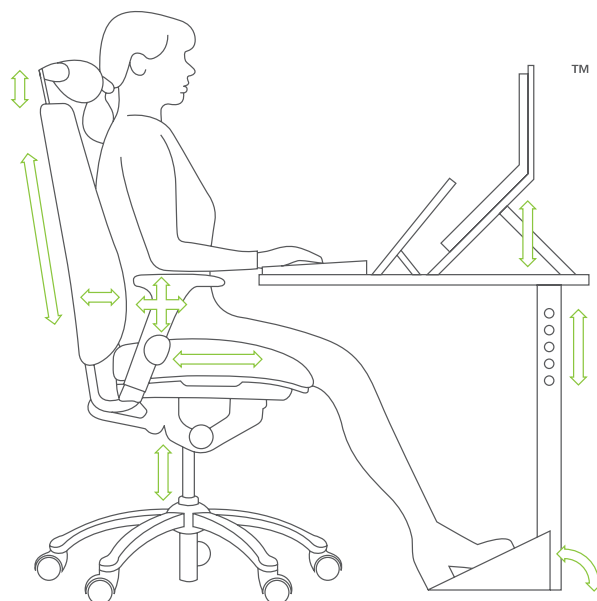
The pivotal Free Float Mechanism (2PP tm technology), unique to RH chairs, ensures that the body receives the variation and support it requires when moving; as the chair's basic settings won't change. By maintaining upright posture, breathing and blood circulation are improved, whilst motion stimulates muscles.

RH chairs are 100% recyclable with many components made from recycled materials, using low energy technologies. RH is one of the few manufacturers with 'EPD (Environmental Product Declaration) certification, in compliance with ISO 14025 and certified in accordance with ISO 14001.'

Total Back Care has over 15 years experience in the specification, supply and installation of RH Chairs.

Features we like:

- Pivotal Free Float Mechanism – unique 2PP technology
- Back Height and Angle Adjustment
- Seat Height and Depth Adjustment
- Adjustable arms, neck rest and inflatable lumbar support options
- Great levels of comfort
- Easy to operate
- FIRA Ergonomic Excellence for 10 consecutive years
- Environmentally-friendly
- Ten Year Warranty
- Removable seat and back pads
- Short lead times



A Logic 400

Superb ergonomic features with high back & lumbar pump.

B Logic 300

Fully adjustable with lower back.

Good range of options including **XL** seat & '24/7 upholstery.'



C Logic 4

Highly durable & fully adjustable to provide optimum sitting comfort & strain relief.

Logic **Exclusive** versions have thicker padding & stitched seams whilst **Elegance** adds an upholstered back. Leather options available.

D Logic 3

Pronounced lumbar support & narrowing backrest.

E RH Extend

A choice of user friendly adjustments allows simultaneous movement or tailored seating angles – a good choice for hot-desking scenarios.

F RH Activ

Easy to use & fully adjustable to suit a wide range of users when correctly specified & set up. Ideal for use in call centres, multi user environments and as draughtsman chairs.







Dimensions

Model	Logic 400	Logic 300	Logic 4	Logic 3	Extend 100/200	Extend 120/220	Activ 2	Activ 3
Seat Height (mm)	410-530	410-530	420-540	420-540	400-510	400-510	385-515	385-515
Seat width (mm)	475	475	470	480	465	465	480	480
Seat depth (mm)	475	475	480	460	475	475	460	460
Seat slide (mm)	60	60	50	50	60	60	50	50
Seat angle (deg)	+7/-14	+7/-14	+7/-14	+7/-14	+5/-8	+5/-8	+5/-7	+6/-7
Back width (mm)	440	440	450	440	435	435	410	440
Back height (mm)	620	510	630	450	510	620	360	450

- Dimensions as a range guide only. Assessment & set up services recommended to optimise comfort & support.
- Price depends on specification – speak to our assessors for a quotation.
- Delivery on standard models is 7-10 working days (Black or Navy), whilst specialist orders and other colours generally take 4 weeks.

(All measurements to BS/EN 1335-1) Our assessment service will ensure the correct specification is selected.

RH range options

				
8S armrests	8E armrests	8R3D armrests	Hard floor castors	Fixed castors

Visit www.rhchairs.co.uk for further technical specifications, environmental data, colour / fabric choices & adjustments.
Please speak to our assessors for independent advice & guidance.

HAG

With a focus on balance and freedom of movement, HAG chairs are popular throughout Europe. One of the easiest ranges to adjust, with a simple lockable tilt mechanism. Good range of seat/ back heights and depths, making multiple use a possibility. Matching visitors chairs.

Total Back Care has over 15 years experience in the specification, supply and set up of HAG Seating.

Features we like:

- **Free Float Mechanism**
- **Back Height Adjustment**
- **Seat Height and Depth Adjustment**
- **Adjustable arms & neck rest options**
- **Weight Tension Control**
- **Removable Covers for Cleaning**
- **Ten Year Guarantee**

A Capisco

Award winning saddle seat option, adapts well to varying height work surfaces. Can be used back to front for those who work in a semi-standing position.

B HO3

Flexible & user friendly range. Utilises a high proportion of recycled plastic, making it environmentally sound.

C HO4 Credo

Established favourite, beautifully combining balanced posture and free movement with clean, timeless design.

D HO5

Ingeniously simple to adjust, with only one lever & one wheel.

Dimensions

Range	Capisco	HO3	HO4 Credo	HO5
Seat Height (mm)	410-820	390-785	385-790	390-785
Seat width (mm)	490	465-510	465-510	485
Seat depth (mm)	370-460	390-490	355-505	387-480
Back width (mm)	440	300-430	350-590	455-595
Back height (mm)	580	530-580	580-680	600-700

(All measurements to BS/EN 1335-1)

Wide variety of models within each range - our assessment service will ensure the correct specification is selected.



Visit www.hag-uk.co.uk for further technical specifications, environmental data, colour/ fabric choices & set up advice.

Please speak to our assessors for independent advice & guidance.



RBM

Another top class range from the Scandinavian Business Seating group. Fully adjustable back and seat, with tension controlled, free float mechanism which maintains maximum support levels during movement.

Features we like:

- **Free Float Mechanism – tension controlled**
- **Back Height Adjustment**
- **Seat Height and Depth Adjustment**
- **Armrest, neck rest and lumbar support options**
- **Great level of comfort**
- **Easy to operate**
- **Five Year Warranty**

A RBM 600

Dynamic seat & back encourages movement whilst seated. Natural 'S' shape of spine retained when user leans forward.

B RBM 700

Encourages a 'shoulders back' posture when resting. Fully independent seat and back adjustments.

C RBM 800

Fully independent seat & back adjustment to accommodate small & tall people. Protects against future back problems.

- Dimensions as a range guide only. Assessment & set up services recommended.
- Price depends on specification.
- Delivery 4 weeks.

Dimensions

Model	600 Series	700 Series	800 Series
Seat Height (mm)	445-585	435-555	520-885
Seat width (mm)	450-460	400-480	455
Seat depth (mm)	445	430-480	485
Seat angle (deg)	+10/-8	+6/-10	+6/-10
Back width (mm)	400-420	400-470	425
Back height (mm)	380-550	270-690	395-540
Back tilt (deg)	25	25	25

Complies with European Std 1335 (Cat A) s.1, 2&3. Our assessments ensure the right choice.



Visit www.rbmfurniture.co.uk for further technical specifications, environmental data, and colour/fabric choices or speak to one of our assessors for impartial advice.



ERGOCHAIR

A great range based on the concept of adaptability. Specialist options are offered at low cost and some included as standard, such as a memory foam seat, seat slide & inflatable lumbar support.

Features we like:

- Free Float Mechanism
- Back Angle and Height Adjustment
- Seat Height and Depth Adjustment
- Inflatable Lumbar Support and Seat Slide as standard
- Memory foam seat pad
- Adjustable arms and neck rest options
- Low cost specialist options
- Adaptations to any size of person easily accommodated on the Adapt® range
- Special locking mechanism, Movement Lock®, to aid wheelchair/low mobility users

A Adapt 500®

Made to measure from a range of two sizes of interchangeable seat & backrest templates. Synchronous mechanism allows individual control of seat tilt angle & backrest angle.

B Adapt 600®

Asynchronous semi-knee tilt mechanism allowing individual control of the seat tilt angle & backrest angle. Three sizes of seat and backrest (interchangeable).

C Zento™

Designed to help to prevent back pain by encouraging great posture every day. Aluminium base with two-tone upholstery available. Excellent for small/medium sized projects.

The entire Ergochair range is tested to BS4559: Part 2:2000 standards and comes with a full 5 year warranty.

BMA

The seat and backrest move with a one to one rocking action, correctly supporting the pelvis, while the angle between back and seat remains the same. Major controls on both sides of the chair.

Features we like:

- Dynamic seat movement
- Permanent pelvic support
- Armrests width & height adjustable with rotating arm pad
- Right & left hand operation
- Back Angle and Height Adjustment
- Seat Height and Depth Adjustment

D Axia

Multi-use VDU chair's that provide for a wide range of individual seating requirements.

E Savvi Ergo

Neat and petite with a dynamic seat and back which helps to reduce static muscle strain by stimulating movement.

Dimensions

Range	adapt 500	adapt 600	Zento	Axia	Savvi
Seat Height (mm)	420-820	420-820	430 - 830	400-550	400-520
Seat width (mm)	480-510	480-60	480-520	510-515	475
Seat depth (mm)	440-520	440-640	460-510	380-480	400-455
Back width (mm)	460-650	400-650	570-640	450	415
Back height (mm)	440-480	460-510	420	470-570	160-230

- Dimensions as a range guide only. We recommend our assessment & set up services to optimise comfort & support & to ensure the correct specification is selected.
- Prices by individual quotation – please speak to our assessors.
- Delivery 7-10 days (Ergo, BMA), 4 Weeks (Sven).



SVEN CHRISTIANSEN

A great range of adjustable features, including inflatable lumbar support, sliding seat and a back/seat tilt mechanism with independent seat and back angle adjustments.

Features we like:

- Isolating forward tilt mechanism
- Back Height Adjustment
- Seat Height and Depth Adjustment
- Adjustable arms and lumbar pump options
- Great adjustability
- Suitable for persons weighing up to 150kg for 24 hours use

F G1

Practical, comfortable chairs with a choice of three mechanisms which enable healthy movement whilst seated. Flexible seat front on sliding seat gives comfort when working forwards.

G G3

Luxurious, generously-sized working chairs with medium or high upholstered back. Impressive M6 Premium synchro mechanism, with integral forward tilt and variable back angle.

Dimensions

Model	G1	G3
Seat Height (mm)	460-580	480-600
Seat width (mm)	500	490
Seat depth (mm)	455-505	455-555
Back width (mm)	450	445
Back height (mm)	510	510

Our specialist assessment service will ensure the correct specification is selected.



ADVANCE SEATING *designs*



ADVANCED SEATING

A wide range of adjustments, which allow chairs to be tailor made to the individual. We can supply across the entire range.

Features we like:

- **Free Float Mechanism – counter balanced for body weight**
- **Back Height Adjustment**
- **Seat Height and Depth Adjustment**
- **Adjustable arms, neck rest and lumbar support options**
- **Wide range of backrest and seat sizes which can be tailor made**
- **Easy to adjust**
- **Left handed version available**

A 10 Series EXL

Outstanding comfort & effortless ease of adjustment. Leather with seat & back in Alcantara suede to prevent sliding.

B 10 Series

Ultra smooth free float rocking action. Contoured backrest for correct support.

C 20 Series

Supportive chair with smooth free float rocking action. Available in Wide & Heavy Duty versions.

D 60 Series

Full range of independent adjustments to achieve ideal posture. Short, medium, long seat and high work surface versions.

- Dimensions as a range guide only. We recommend our assessment & set up services to optimise comfort & support.
- Prices by individual quotation – please speak to our assessors.
- Delivery 4-6 Weeks from order.

Dimensions

Range	10 Series	20 Series	60 Series
Seat Height (mm)	485-625	450-700	450-640
Seat width (mm)	460-490	460-490	460-490
Seat depth (mm)	390-560	390-570	390-540
Back width (mm)	410-430	400-430	400-430
Back height (mm)	490-600	260-600	260-540

A



B



C



D



A variety of different models within each series can be tailor made within these dimensions.

For a more detailed specification, please speak to one of our assessors.

Kneeling Chairs

A great option for short periods of time. Knees drop below hips encouraging open posture.

A Karo Wellback

Height & length adjustable, very comfortable pads, sturdy & robust. Encourages open pelvic angle.

B Varier Variable

Fixed position, rocks forward to provide pelvic tilt. Constant movement stimulates tired muscles.



Perching Stools

Anatomical saddle stools that encourage healthy back posture. Ideal for workplaces which require frequent change from sitting to standing & close proximity to the client.

C Score Jumper

Wider seat option. Available with backrest & height adjustable arms.

D Score Amazone

Choice of Gas stems with narrower seat. Backrest & height adjustable arms available.

E HAG Capisco 8105

Inspired by the horseman's saddle & sitting posture.

F Varier Move

Variable height settings and active movement from disc shaped base.



Laboratory & Industrial

Ideal for work situations where flexible sitting and standing is required. Seat and backrest angles can be adjusted continuously & a wide range of options facilitate tailor made seating to suit task.

RH SUPPORT

A 4501

Saddle shaped seat.

B 4511

Round seat pad.

C 4521

'Limpan' seat pad.

D 4532

Integrally moulded 'Froli' seat.

E 4545 Alternative

Sit stand stool or chest support.

F RH192

Primarily designed for industrial, laboratory & healthcare settings. Simultaneous seat & backrest adjustment. Optional accessories make it easy to adapt the chair to individual needs & work tasks.

Dimensions

Range	4501	4511	4521	4532	4545	192
Seat Height (mm)	570-805	585-820	570-805	585-820	585-820	400-525
Seat width (mm)	410	350	450	350	350	460-480
Seat depth (mm)	380	350	240	270	350	420-460
Back width (mm)	380	380	380	-	220	360-410
Back height (mm)	230	230	230	-	260	230-360

Our specialist assessment service will ensure the correct specification is selected.



Visit www.rhchairs.co.uk for further technical specifications, environmental data, colour / fabric choices & adjustments.

Please speak to our assessors for independent advice & guidance.

Heavy Duty

A SCORE MaXXLine

Specially designed for people up to 250kg (39 stone) in weight. Available in three sizes with Memory Foam seat & lumbar support.

B BMA Axia Focus 24/7

Designed for comfort & durability. Warrantied up to 200kg, 24/7 usage with 3 year guarantee.

C Status Therapod

Unique adjustable back support system for great comfort and a range that will accommodate up to 30 stone in weight.

Dimensions

Model	Maxxline	Focus	Therapod
Seat Height (mm)	470 - 610	400 - 550	420 - 550
Seat width (mm)	500 - 650	505	500
Seat depth (mm)	530	475	460 - 510
Back height (mm)	500	550	570

Our specialist assessment service will ensure the correct specification is selected.

Visitor & Meeting Room

We can supply a wide range of options. Speak to our assessors for more details.

D HAG Conventio

Specially designed for meetings & conferences to encourage varied sitting positions & movement.

E BMA Savvi Visitor Range

Upholstered, stacking cantilever chair, providing flexibility and movement to prevent static stiffness.

- Dimensions as a range guide only. Assessment & set up services recommended to optimise comfort & support.
- Prices depend on specification selected – please speak to our assessors.
- Delivery generally takes 4-6 weeks from order.



We recommend that you try out any of these ranges at our Birmingham Centre under the impartial, expert guidance of one of our assessors. It's the best way to ensure you optimise individual comfort and support from the wide choice available. Alternatively, please contact us for details of our site assessments, where we can bring a limited range to try out at your place of work. Our advanced assessments also include advice on desking and ergonomic accessories to optimise your working profile & boost productivity in the workplace.

Please speak to one of our assessors for further advice & guidance on making the right choice.

Other workplace brochures include:

- Sit Stand Electric Desks
- Ergonomic Desk & Laptop Accessories
- Lumbar Supports & Wedges



The Studio, 214 Hagley Road,
Edgbaston, B16 9PH.

Centre Opening Hours:

Mon-Fri 09.00 – 17.00

t: 0121 434 5670 or 0121 454 3900

e: info@totalbackcare.co.uk **w:** www.totalbackcare.co.uk

Lead Assessor: Dr Rob Harrison Ph.D, B.Sc