Sitting in an RH Logic 400 can improve both the health and performance of the user compared to other office chairs. This is demonstrated in a recent research study carried out in Sweden by Chalmers University of Technology and Ergonomics, Gothenburg and Stockholm University.*

In total 48 full-time employees from Gothenburg, who regularly sit in front of a computer, participated in the study. Over a five week period they changed from using their existing premium brand office chair to the RH Logic 400. Additionally 36 people participated as a control group using their existing office chair.

www.rhchairs.co.uk

**PERFORMANCE**

The RH Logic 400 had a positive affect on the users overall working situation:

70%

Using the RH Logic 400 improved overall working technique:

75%

**HEALTH**

Using the RH Logic 400 decreased physical strain in the neck and shoulders after just a few weeks:

50%

The RH Logic 400 decreased the load in the users lower back:

33%

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RH Logic 400 - A comfortable ergonomic chair with positive effects on health and performance

Both health and performance improve when RH Logic 400 is used during computer work compared to other office chairs. The RH ergonomic chair has a number of controls for individual adjustments resulting in a variety of possible sitting postures. The chair also provides high comfort during sitting for long hours of work. This is demonstrated in a comprehensive research study conducted in Sweden by Chalmers University of Technology and Ergonomhuset in Gothenburg, together with Stockholm University.

In total 48 full-time employed office computer workers in two companies in Gothenburg participated in the study. Over a five week period, they changed their existing office chair to the RH Logic 400. Each week the participants filled in an extensive questionnaire and estimated their experiences of how the chair influenced their work. Additionally 36 people participated as a control group using their existing office chair.

The results strongly suggest that the RH Logic provides good health effects upon sedentary work. Half of the participants felt that the physical strain in the neck and shoulders decreased after a few weeks of work in the chair. After 5 weeks, the perceived load was reduced by 20-25% for the neck and 10-15% for the shoulders. One third of the participants also felt that the load in the lower back decreased during the period. Especially, discomfort in the right part of the body was reduced. The participants who had reported long-term problems in the neck and shoulder regions before the study felt that their symptoms were reduced by 30-40%.

The physical comfort of the RH chair was generally considered to be at least as good as, or better than in their previous office chairs. A comfort increase of 20% was experienced by half of the participants while a third graded comfort increase of at least 30%.

To sit in a RH chair during computer work was estimated by the majority of the participants as beneficial for achieving a good working technique. More than 70% of the participants considered that the RH chair affected the complete working situation positively. Almost 75% of the participants also felt that their working technique was improved. One third also experienced that their performance increased and the time pressure decreased.

The researchers pointed out that the users in general understood how the most common controls for adjustment of the RH chair should be used. However, it is important that users understand how and why the controls should be used properly in order to support the body's natural sitting behaviour. Further users need to be aware of that the chair should be adjusted several times a day and in particular when they feel any kind of discomfort in the body. To use a variety of sitting positions during a working day results in that the muscles relax and thereby the risk for physical problems. In order to move the body also during sitting working conditions, it is highly recommended to use the tilting function of the chair frequently.

The results from the full research study can be found in: