

# The Benefits of Dual Posture

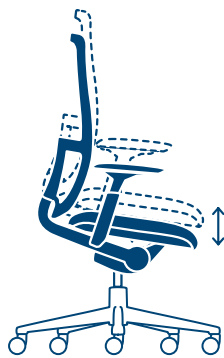


Movement and healthy posture changes throughout the day are essential for well-being and help people stay comfortable and productive at work. For these reasons, height-adjustable tables have become increasingly popular in the workplace—at work and at home—changing the ways people work and the ways they use task seating.

Dual posture provides support for sitting and perching postures—making it ideal for use with height-adjustable tables. Based on a field study, dual posture was ranked over both sitting and standing positions in allowing people to do their best work. It was also found to increase healthy posture changes, while significantly decreasing discomfort over standing.



Advanced Forward Tilt



Elevated Seat Height



Dual Posture

## How to Use a Dual Posture Chair

Our Zody II and Zody LX chairs with dual posture are simple to use:

- 1. Advanced Forward Tilt:**  
Push down on the forward tilt lever, recline until you hear a click, then lean forward.
- 2. Elevated Seat Height:**  
Pull up on the seat height adjustment lever while raising your body out of the chair and keeping your feet flat on the floor.

For more details, see the [Zody II](#) & [Zody LX](#) Adjustment Guides.

## The Ergonomics of Dual Posture



### Normal Standing Position

Made up of 24 vertebrae, the human spine forms an S-shape when viewed from the side. This curvature is designed for shock absorption, balance, and movement. When sitting, keeping the spine supported in its natural standing curvature is important for both comfort and well-being.

The spine is connected to the pelvis, so the goal in seating design is to support the pelvis, which will help control the position of the lumbar spine when sitting.



### Forward Tilt While Seated

Adjusting a chair into a forward tilt mode angles the front of the seat downward, allowing the pelvis to rotate anteriorly, or forward. This opens the angle between the torso and thighs, maintaining some lumbar curvature for greater comfort and ease in performing a variety of tasks.



### Relaxed Sitting Position

As a person sits, the pelvis rotates posteriorly (rearward), which causes the shape of the lumbar spine to change. Sitting in a relaxed position without support for the lumbar and pelvis, the lumbar spine curvature flattens, or becomes kyphotic, taking on a C-shape. These postural changes can squeeze the discs between the vertebrae, causing lower back pain.

Following are some ways the pelvis can be supported when sitting in a task chair. Each improve the curvature in the lumbar spine just by changing the position of the pelvis.



### Support While Seated

Adding a lumbar pad and/or pelvic support to a chair helps prevent the pelvis from rotating posteriorly, or rearward. This encourages a healthy seated posture, aligning the spine to maintain its natural lumbar curvature.

### Dual Posture Engaged

In a chair equipped with dual posture, adjustments provide a greater degree of forward tilt to support lumbar spine alignment when the seat height is increased to accommodate a raised worksurface.

The combination of an advanced forward tilt setting and elevated seat height rotates the pelvis further forward, allowing for a greater change in the position of the legs where they connect to the pelvis. This creates an even more open angle between the torso and thighs than standard forward tilt, ultimately resulting in a shape of the spine that most closely matches the spine curvature when standing. This also means the vertebrae will cause less pressure on the discs, resulting in a decreased opportunity for lower back pain.

Haworth research investigates links between workspace design and human behavior, health and performance, and the quality of the user experience. We share and apply what we learn to inform product development and help our customers shape their work environments. To learn more about this topic or other research resources Haworth can provide, visit [haworth.com](http://haworth.com).