

DYNAMIC SEATING



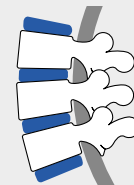
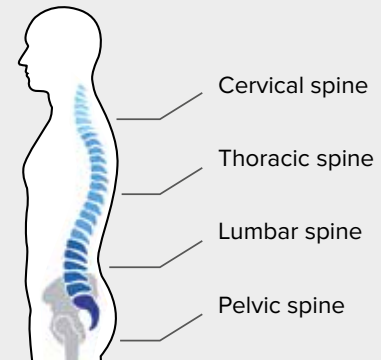
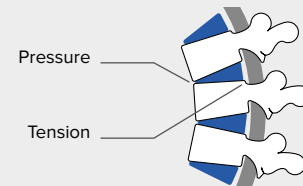
DAUPHIN

ERGONOMICS IS MORE IMPORTANT THAN EVER

- » Hours of sitting at the computer and not enough movement: modern working habits stress the muscular-skeletal system. It has been optimised for constant alternation between walking, lying, and standing in eons of training.
- » The result: the body reacts with workplace-related pain to an environment it wasn't really designed for.
- » **Around 11 million workers** currently suffer from work-related back pain. Two-thirds of them feel that their quality of life is suffering as a result of their current condition.¹
- » This is where ergonomics comes into play: it creates **good working conditions for people** so that they can perform their tasks in an optimal, health-preserving way.

Prevention is better than treatment

- » The position of the pelvis plays a pivotal role in maintaining an ergonomic, active, and upright posture. This is why Dauphin has developed innovative seat mechanisms that **enable movement**.
- » The automatic seat-tilt adjustment provides stimuli for straightening the spinal column, relieves strain on the body, and prevents chronic illness.



The intervertebral discs receive sufficient nutrients. This prevents muscular tension, pain, and incorrect posture.

INCORRECT POSTURE NO. 1: ROUNDED SPINE

- » A passive seated posture weakens the postural muscles.
- » The intervertebral discs are exposed to one-sided stress.
- » Pressure on the nerves affects digestion, breathing, and concentration.
- » The results are muscular tension, pain, inflammation, and loss of mobility.

TIP

INCREASED PRODUCTIVITY THROUGH ERGONOMICS

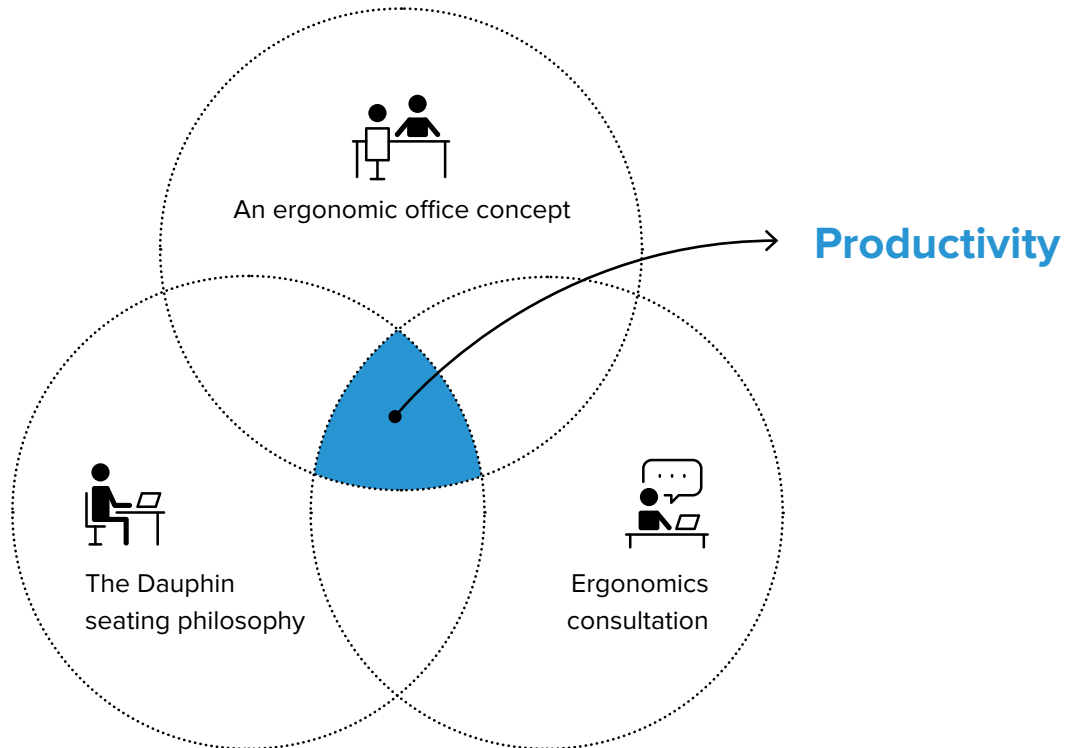
- » Maintain natural double-S shape of the spinal column.
- » The back muscles support the spinal column in an upright position.
- » Movement relieves muscle strain and increases performance and concentration.



HARMONISED ERGONOMICS FOR GREATER PRODUCTIVITY

A holistic ergonomic process increases people's well-being. This has been proven to contribute to a company's productivity. That's why **motivating work environments** with Dauphin Solutions consider all ergonomic aspects.

The key productivity factors are:





THE DAUPHIN SEATING PHILOSOPHY

For healthy sitting and working

- » 50 years of concentrated ergonomics expertise: Dauphin has been a pioneer in ergonomic seating solutions since 1968. Our company developed the **first synchronised mechanism** for the office environment.
- » Together with universities, occupational health practitioners and physiotherapists, we continuously develop new seating solutions for every body size.
- » Dauphin offers an ergonomic sitting culture for today's demanding work environment. Our **ergonomic modules focus on the individual.**

Dauphin offers seating solutions for every body size. Tall or small, well-built or petite: everybody sits differently. Our chair, however, is a fit for everyone.



OUR PROMISE

1

The secret of a modular system:

A suitable seating solution for each type of person.

2

For the office and industry:

Each employee gets the right chair for their workplace.

3

Automatic or individually adjustable swivel chairs:

For every body size and every weight.

4

Innovative chair mechanisms:

For a healthy, dynamic seated posture.

5

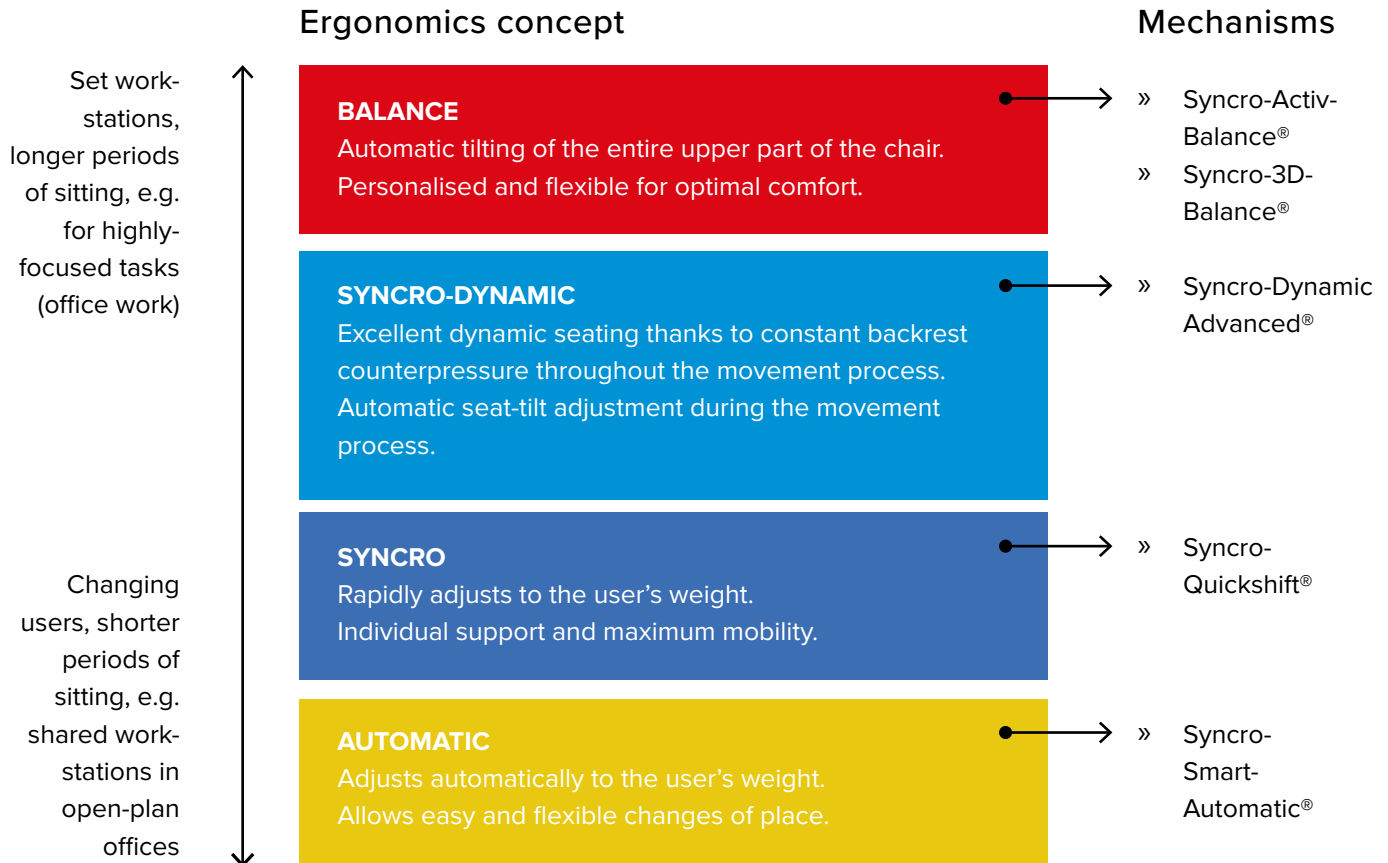
For satisfaction, motivation, and productivity:

Reduced back issues, absences, and expensive rehabilitation measures.

ERGONOMIC PLATFORMS

Dauphin's ergonomic seating has patented mechanisms that **offer ample freedom of movement** and encourage frequent posture changes. This is how we support people in adopting an active, healthy sitting posture, which increases their wellbeing.

The ergonomic platforms from Dauphin meet the requirements of specific work environments and promote healthy, dynamic, and fatigue-free sitting.



SYNCRO-SMART-AUTOMATIC®

125°



Functions:

- » Synchronous mechanism with automatic bodyweight adjustment
-

Area of use:

- » Ideal for shared workstations
-

Benefits for users:

- ✓ Easy to operate: sit down, adjust seat height, done!
- ✓ Employees sit ergonomically and dynamically

SYNCRO-QUICKSHIFT®



Functions:

- » Synchronised mechanism with rapid adjustment of backrest counterpressure
-

Area of use:

- » Ideal for shared workstations
-

Benefits for users:

- ✓ Easy-to-use mechanism with full feature range
- ✓ Harmonious, synchronised movements of seat and backrest
- ✓ Employees benefit from the three-position seat-tilt adjustment, which encourages a healthy, upright seated posture

SYNCR-DYNAMIC ADVANCED®



Functions:

- » Synchronous mechanism with patented weight compensation for a permanently balanced seated posture
-

Area of use:

- » Can be used universally
 - » Ideal for all body sizes and all workplaces
-

Benefits for users:

- ✓ Permanently balanced, dynamic seated posture
- ✓ Noticeable weight adjustment with just a few turns
- ✓ Automatic seat-tilt adjustment during the movement process

SYNCR-O-ACTIV-BALANCE®

Brügger's gearwheel model



Functions:

- » Synchronous mechanism with automatic seat-tilt adjustment and maximum adjustment range for seat and backrest tilt

Area of use:

- » Can be used universally
- » Ideal for all body sizes and all workplaces

Benefits for users:

- ✓ Automatic seat tilt encourages an upright seated posture and active sitting
- ✓ Large body opening angle for maximum relaxation and recovery of the intervertebral discs
- ✓ Largest possible knee and hip angle, better circulation
- ✓ Weight taken off organs in the upper body, better breathing
- ✓ Lumbar support even in forward working postures, upper body is straightened

SYNCRO-3D-BALANCE®



Functions:

- » Synchronous mechanism with automatic seat-tilt adjustment, maximum adjustment range for seat and backrest tilt, and lateral movement capability of the entire upper chair part
-

Area of use:

- » Can be used universally
 - » Ideal for all body sizes and all workplaces
-

Benefits for users:

- ✓ Automatic seat tilt, large body opening angle
- ✓ Maximum three-dimensional mobility when sitting
- ✓ Encourages natural movement impulses
- ✓ Stimulates muscles and circulation, supports metabolism

HEALTH AND MOTIVATION

The correct setting makes the difference: always from toe to head



Chair setting

- 1 Seat height
- 2 Seat depth
- 3 Seat tilt
- 4 Backrest
- 5 Armrests

Table setting

- 6 Table height (when sitting and standing)

Equipment

- 7 Keyboard and mouse
- 8 Screen (distance, height, and tilt)

INDIVIDUAL STANDING-SITTING WORKSTATIONS

A good office chair has many settings and enables the user to adjust it to their individual body size and proportions. The body has to adapt to the habit of working in a standing position. Productivity increases when standing – but it's variety that counts.

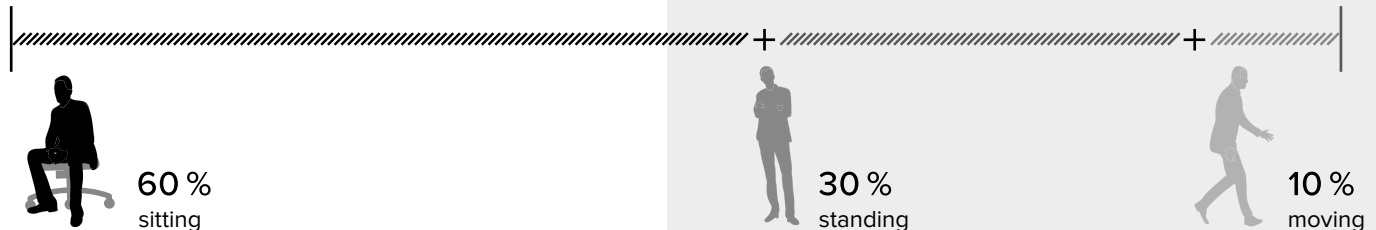
The best thing is to start with 5 minutes an hour. A height-adjustable table, ideally one that transforms into a standing workstation at the touch of a button, supports the habit.

AGR CERTIFICATION

Aktion Gesunder Rücken e.V. (AGR) has awarded its "Certified & Recommended" seal of quality to many of Dauphin's office swivel chairs and industrial chairs. Following thorough testing by an independent committee of experts, the renowned AGR seal of quality is awarded to everyday products that are particularly effective in protecting users' backs.



HEALTHY RHYTHM WHEN WORKING



THE 90-SECOND WORKSTATION CHECK

- » Establishes dynamic sitting in the company!
- » Promotes employee health!
- » Ensures a motivating and more productive working environment!

① www.arbeitsplatzcheck.com/en

OPERATING MANUALS



Video-based manuals



Interactive manuals

Ergonomics videos show you step by step how to optimally adjust the chair, table and work equipment (monitor, keyboard, mouse) at your workstation.

① www.dauphin.de

OFFICE/INDUSTRY TRAINER

With the **Office/Industry Trainer** movement and stretching programme, people can get the most out of their health-promoting workplace furnishings. The five-minute training programme prevents muscular tension, promotes concentration, and ensures increased movement.

As a poster or brochure, the Office/Industry Trainer reminds people to move during every working day.

① www.dauphin.de



ERGONOMIC TOOLS



The **ErgoMouse** visualises important knowledge on healthy seated posture.



The **HUMEN® workstation analysis** identifies incorrect posture at the workstation and provides tips for improvement.



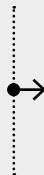
The holistic, modular “**Wohleffekt**” (“**Feelgood Effect**”) consultation programme supports ergonomically correct habits in the workplace. The programme was developed in cooperation with ergonomics specialists and professionals in occupational health and physiotherapy.

THE CHALLENGE OF DIGITALISATION

New technologies – old problems



The body is not designed to be inactive every day.



Sitting incorrectly damages the muscular and skeletal system in the long term.

Muscular-skeletal illnesses
25,2 %

Psychological disorders
16,3 %

Respiratory diseases
14,4 %

TOP 3:

The illnesses accounting for the largest proportions of sick leave²

THE BACK ISSUE: FINANCIAL LOSSES ARE ENORMOUS

3,2 days off

per year and employee can be attributed to muscular and skeletal illnesses.³

1/10 of employees

suffer from chronic back pain owing to a lack of movement.⁴

€ 13 billion

per year – the cost of muscular and skeletal illnesses for the German economy.⁵

Dynamic sitting solves issues

€€€€€ €€€€€ **80** %

of **operating costs** in the administrative sector can be attributed to **wages and salaries**.

 **85** %

of employees are dissatisfied: 70 % **lack motivation**, 15 % have **mentally resigned**.⁶

 **36** %

increase in productivity – of employees in an **ergonomic** and optimally **designed work environment**.⁷



Investments in the working environment **have a preventative effect, increase the motivation** of staff, and **pay off for companies**.

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