



Designed for human performance



PERFORMANCE
STUDY

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rh performance study

Sitting is probably the most common working posture in today's industrialised world. So much so that we tend to take it for granted. Yet surely it must be possible to get more out of this simple everyday action! Researchers now agree on the importance of varied posture or "active sitting" in the workplace to reduce fatigue and help prevent damaging musculoskeletal disorders. Despite this, work-related injuries, such as back, neck and shoulder complaints, sadly remain very common.

While RH Chairs already has a strong and well deserved reputation for helping people overcome their work-related ailments, we wanted to go further. We already know that our chairs can help alleviate aches and pains but, at the other end of the spectrum, could sitting in one of our high-performance chairs actually increase work performance while seated?

RH has pioneered research to further highlight the relationship between the work environment, personnel performance and reduced absenteeism. To understand the link between our chairs and enhanced user performance, we continue to conduct what we call "RH Performance Studies".



1 the study objectives

The objective of a Performance Study is to test the “measurable” effects on user performance when sitting in an RH chair combined with ergonomic training in the user’s normal work environment.

As well as providing us with valuable information about the way our customers actually use our products in their natural work environments, the Performance Studies have also provided many interesting results, not least of which has been increased user performance!



2 the study design

- The study is conducted in the normal daily environments of participants who mainly work sitting down.
- Objective, user-defined, performance indicators are monitored over periods of 6-12 months.
- Chairs are equipped with electronic data loggers which measure users' movements and use of seat controls.
- Groups of 25 or more participants complete a detailed questionnaire regarding their working environment.
- The study group receives ergonomic education and instruction in the chair functions.
- Control groups are used to compare against the study groups where applicable.



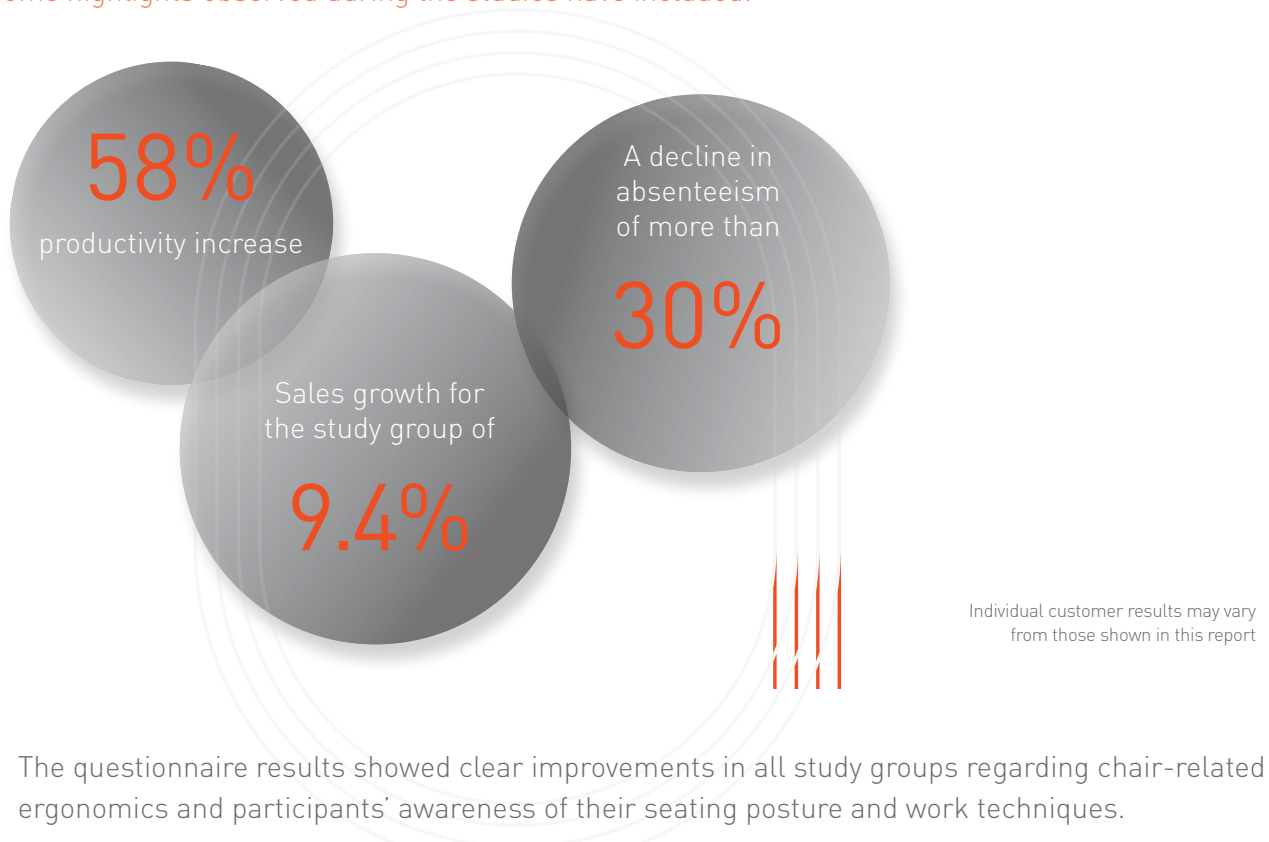
sales
absenteeism
productivity
profits

measurable
effects

3 the study results

Since 2007, RH has conducted Performance Studies in European Countries. Studies are currently in progress in Finland and France. Participant firms include call centres for media, gaming operators, insurance and automotive assistance companies.

Some highlights observed during the studies have included:



Individual customer results may vary from those shown in this report

- The questionnaire results showed clear improvements in all study groups regarding chair-related ergonomics and participants' awareness of their seating posture and work techniques.
- In many cases, users changed their behaviour, adopting the recommended open position for the chair's tilt function rather than the locked position they had previously used.
- Despite an increased workload, the study group managed to maintain the same level of service.

the science of performance

Your body needs to move and maintain an upright sitting posture in order for the blood to flow and be oxygenated properly. That's why all our chairs are designed to follow even your smallest movements while providing complete support for your back.

Our ergonomic philosophy is encapsulated in what we call 2PP™ (the two-point principle). See our website for more details.

Our chairs not only provide you with optimal levels of ergonomics, comfort and design, but also offer exceptional care for your general health and boost your wellbeing. The 2PP™ formula is what gives our chairs the edge and offers you the opportunity to perform better!

If you would like to see how RH Chairs can help your organisation increase performance and maximise your potential, please contact us at: www.rhchairs.co.uk



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