

# Back pain from sitting at a desk all day?

## Hire a Kneeling Chair from



Ideal if you have back problems or are pregnant and sitting for long periods.  
▪ at home or in the office ▪ long term or short term ▪

*Our Kneeling Chairs offer a unique ergonomic design promoting good posture.*

*Ideal for pregnant women*

*especially in the later stages of pregnancy, as less pressure is placed on the womb when the angle between the trunk and thighs is increased.*



### Specifications

- Seat Size: 430mm wide x 340mm deep
- Knee rest size: 430mm wide x 250mm deep
- Seat height: 530mm - 650mm
- Gas lift height adjustment
- Indicative maximum user weight 130kg
- Indicative total sitting hours per day 8 hours
- Deep foam upholstery for all day comfort



### Don't forget...

- Allow time for your body to adapt to this new seating position (just like getting used to a new pair of shoes). We recommend gradually building up time in the chair.
- Easing into and out of the chair may be slightly more challenging for people with mobility problems.
- Kneeling chairs are not for all people. If you have problems with balance, a history of poor leg circulation or knee problems this type of chair is not recommended.

[www.ofh.co.nz](http://www.ofh.co.nz)