

From the University of Nottingham Institute Occupational Ergonomics...

www.virart.nott.ac.uk/ioe/TSRG2.htm

They write that the Nottingham seat...

- Provides access in work areas that lack knee clearance. (see photo on the right)
- Users can sit at up to 70% of their stature without a footrest and without sliding off.
- It can be used in office and factory environments, labs, clean rooms, counters, etc.
- It accommodates almost the full user population at fixed height work areas.
- It is stable. Unlike saddle chairs, it is easy to get on and off and does not interfere with women wearing skirts. Unlike forward sloping seats, it is stable.

The secret of the Nottingham Seat is that as its height increases the seat pan tilt forwards to make room for the increased slope of the under side of the thighs. Because of the seat's shape, whatever the forward slope of the front part, the sitter always has a horizontal surface upon which to sit. Therefore, there is no tendency to slide off and the feet can rest on the floor.

- It reinstates that natural lumbar curve relative to normal seating.
It allows people to adopt a wide variety of postures appropriate to their job. The increased freedom to choose a range of postures contributes to a healthy back.
- It does not restrict free movement. It improves reach.
- It is easier to rise from a seat. It is easier for pregnant women to sit in them.
- It is easier to breathe. It improves leg circulation, thereby relieving discomfort and leg edema (blood pressure is implied).



Photo above from the University of Nottingham's Institute for Occupational Ergonomics (website link left)

International Ergonomics Society ...

www.iea.cc/newsletter/aug2001.cfm

The Nottingham Seat

- Enables people to sit at up to 70% of their stature without needing a footrest or sliding.
- Works in a broad range of applications from the office to factory production.
- Accommodates almost all at fixed height worksurfaces without footrests.

As the Nottingham seat design increases in seat height, it automatically tilts forwards. The seat's unique shape provides users with a horizontal sitting surface in all position. This enables users to maintain foot support on the floor without sliding forward.

- It reinstates the natural lumbar curve.

The Nottingham seat opens the thigh-torso angle, reducing the load on the sensitive area of the lower back and allowing people to adopt a wide variety of postures more appropriate to their job.



www.humanics-es.com/sit-stand-seating.htm

The Nottingham Seat

- Standard upright sitting to sitting up to 70% of user's standing height.
- Relieves loads on the spine by reinstating the natural lumbar curve.
Bypasses problems associated with reclined postures; increased neck angle, increased reach and lowering the visual target,
Avoids unstable postures associated with forward sloping seat pans.
- It can accommodate almost everyone at a single fixed height desk or counter.
- It supports working without knee clearance (e.g., clean rooms, laboratories)
- Can accommodate very small / short users (e.g., 12-inch popliteal heights) with standard pneumatic seat cylinder.
- Enables employees who deal with the public (e.g., reception counters) to sit while the public stands - without the corresponding increase in risk of neck/shoulder injury from sitting while the client stands.
- It improves reach (especially useful for grocery checkout clerks, cleanrooms, reception counters, postal centers etc.)
- It is easier to rise and sit on the chair (useful for pregnant women and the elderly)
- The biomechanical advantage of sitting with an open angle about 120° greatly facilitates reach and ease of getting up and down.

It helps special populations such as pregnant women (easier to rise and sit; easier to breath, reduced loads on the spine); people with poor circulation or foot swelling (improved circulation); people with back and knee injuries; short users (brings them up to the desk height); musicians (improved breathing) and others.

