

For an accurate assessment please complete all sections as fully as possible, especially measurements A-F.

Name _____

Address (business) _____

Post Code _____

Telephone Number _____

Fax Number _____

Confidential All this information is kept strictly confidential. It is requested to decide which chair model is most suitable and to assess your "postural ergonomics".

Job function _____

What are your main desk activities (i.e. Computer work / writing / telephoning) _____

Approximately how is your time split during an average day:

% computer, % writing, % telephoning, % other

If "other" please specify _____

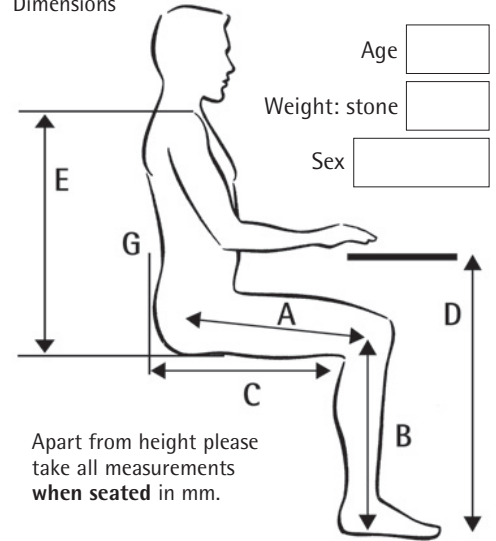
If using a computer what size is your monitor?
(measure screen diagonally from corner to corner)

Is the monitor on a stand? Yes No

Brief history of pain (continue overleaf if required)

Date _____

Dimensions



Apart from height please take all measurements **when seated** in mm.

Height: feet/inches, without shoes:

A Hip joint to knee joint:

B Knee joint to floor, wearing shoe:

C Back of buttock to back of knee:

D Desk height, top of desk to floor:

E Top of shoulder (hard part) to seat surface (see diagram above):

F Shoe heel height (usual shoes):

G Your lower back curvature:
Flat Medium curve Deep curve

Do you use a foot rest? Yes No

If you do, is it height adjustable? Yes No

How many days approximately have you had off work during the last 12 months due to back pain? _____

Have you worn a medical corset at any time? (If yes, for how long?) _____

Have you ever suffered from whiplash injury? (If yes, how long ago?) _____

Preferred height of backrest (if appropriate):

Below shoulder blades

On shoulder blades

Above shoulder blades

Are you allergic to: Wool? Yes No

Man-made fabric? Yes No

Upholstery colour choice:

beige peat brown dark avocado green

sea haze light grey medium grey black

light blue royal blue navy blue poppy

rosewood ruby burgundy bilberry

Shape of desk? Straight edge (rectangular)

'L' configuration (with return) or curved front

Floor surface?

soft-carpet carpet tile vinyl wood tile

concrete other: _____

ADVANCE SEATING designs



Please return the completed form to:

Advance Seating designs

Unit H, Metropolitan Park, Greenford, Middlesex UB6 8UN UK

Telephone: +44 (0)20-8578 4308 Fax: +44 (0)20-8747 7549

E-mail: pose@asd.co.uk Web site: www.asd.co.uk

POSE is a specialist chair fitting service developed by Advance Seating designs.

For a perfect fit

We are confident that by using "POSE" in conjunction with our modular Opera chairs the result will be a perfect fit. You can confirm this by trying out the recommended model for fourteen days on sale or return (UK only).

Where to measure yourself:

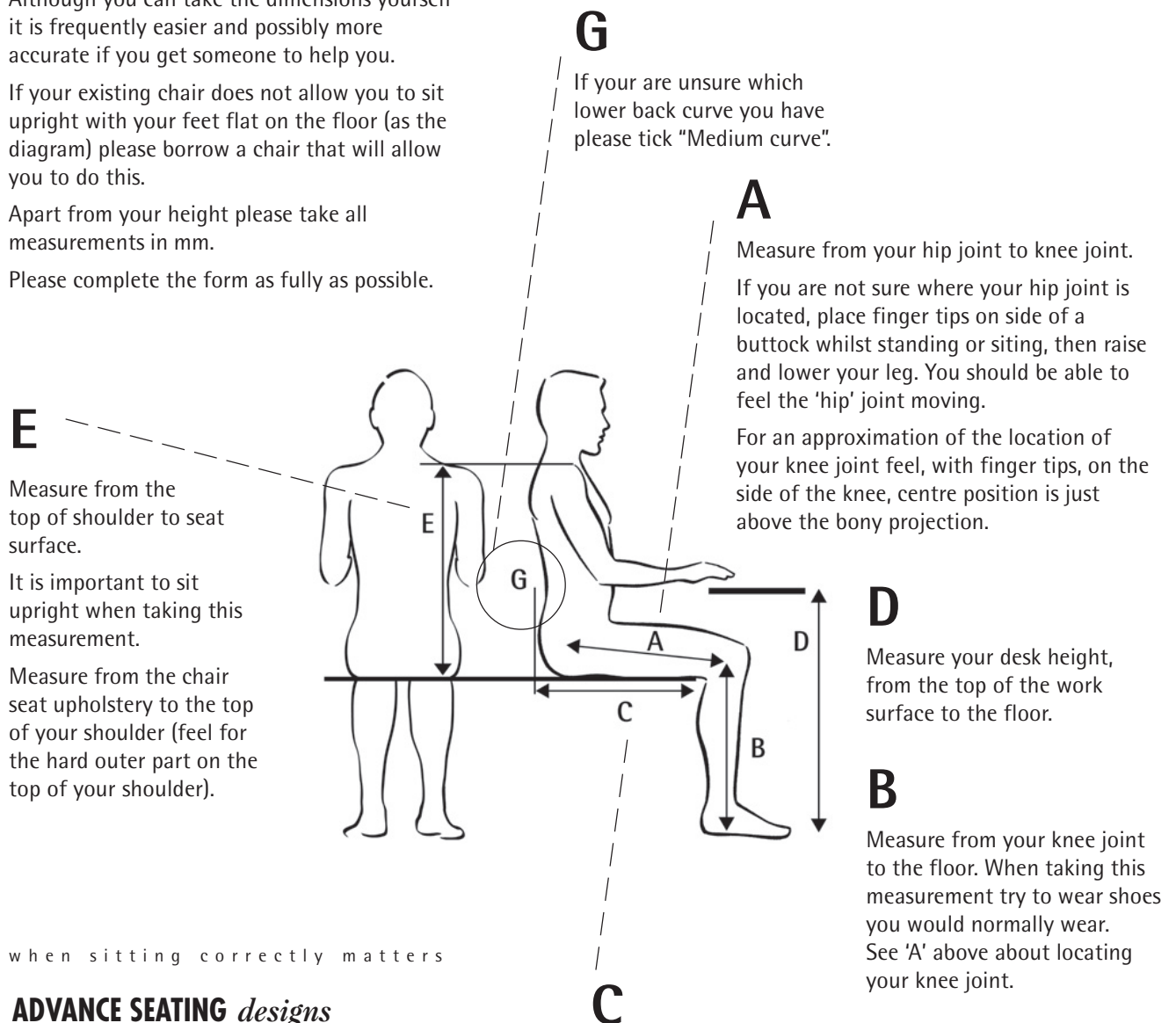
General

Although you can take the dimensions yourself it is frequently easier and possibly more accurate if you get someone to help you.

If your existing chair does not allow you to sit upright with your feet flat on the floor (as the diagram) please borrow a chair that will allow you to do this.

Apart from your height please take all measurements in mm.

Please complete the form as fully as possible.



when sitting correctly matters

ADVANCE SEATING *designs*

Advance Seating designs

Unit H, Metropolitan Park, Greenford,
Middlesex UB6 8UN UK

Telephone: +44 (0)20-8578 4308

Fax: +44 (0)20-8747 7549

E-mail: pose@asd.co.uk Web site: www.asd.co.uk