## RH Logic 400

Sitting in an RH Logic 400 can improve both the health and performance of the user compared to other office chairs. This is demonstrated in a recent research study carried out in Sweden by Chalmers University of Technology and Ergonomics, Gothenburg and Stockholm University.\*

In total 48 full-time employees from Gothenburg, who regularly sit in front of a computer, participated in the study. Over a five week period they changed from using their existing premium brand office chair to the RH Logic 400. Additionally 36 people participated as a control group using their existing office chair.

www.rhchairs.co.uk

## PERFORMANCE

The RH Logic 400 had a positive affect on the users overall working situation:

70%

Using the RH Logic 400 improved overall working technique:

**75%** L

## HEALTH

Using the RH Logic 400 decreased physical strain in the neck and shoulders after just a few weeks:

50%

The RH Logic 400 decreased the load in the users lower back:

33%

\*The results from the full research study can be found in: Osvalder, A-L., Hedin, S. & Colmsjö, A. (2013). Evaluation of RH Logic 400 office chair. Influence on comfort, physical loads and performance during computer work. Research series from Chalmers University of Technology, Department of Product and Production Development, Division Design & Human Factors, Report no.78. Anna-Lisa Osvalder. anna-lisa.osvalder@chalmers.se



