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Most of our lives, we sit.
Even more than we sleep!

ergo.nomics.

Ergonomics derives from the Greek words "ergon = work", "nomos = laws". Today, it's also known as the "science of work".

Ergonomics is the process of using biology in the areas of anatomy, physiology and experimental psychology to create a human-machine-environment system that is both healthy for employees and that helps increase productivity by providing the optimum balance of workloads and work forces.

Source: Istanbul Technical University, School of Business Administration, Department of Industrial Engineering, Ergonomics Group

The optimum layout of the environment is important for healthy and productive working.

Because, offices that have optimized layouts enhance the morale and motivation of office employees by means of countless factors including the quality of the indoor air, the quality of lighting and acoustics, correct and healthy sitting, the use of products that help focus and let employees modify their spaces.

The conformity of equipment and materials to safe international standards, prevents health problems and negative conditions that might occur in the workplace.



Working spaces that do not comply with international health standards may generate hazardous chemicals through the materials used and may even foul the air we breathe!

In office furniture, non-conformity to health standards affects the employees anatomically, chemically and physically.

Many factors including chemical agents such as lead, etc. used in a furniture's paint, the free formaldehyde ratio used in adhesives, and fabrics and padding foams that infuse the air we breathe with various compounds have impacts on human wellbeing that can lead to serious health conditions.

Similarly, office furniture not designed according to good engineering practices can lead to injuries and traumas due to pressure and strain on the neck, back, spine, arms and wrists; a common reason for lawsuits between employees and employers in labour law.

The right investment in office health enhances individual and corporate performance.



The major problems ergonomics focus on involve muscle tension, herniated discs in the back and neck, general discomfort, and similar disturbances and injuries.

These problems can lead to direct costs like health expenses or indirect costs like loss of time, productivity, motivation and the need for temporary employees.

In developed economies where the cost of ergonomics-related injuries reaches \$60,000 to \$80,000 per case, employers' legal liabilities with regard to office ergonomics are handled in the same way as those regarding work health and safety (WHS).

Nurus creates a healthy and reliable working space, presenting employees with performance task chairs and mechanism platforms designed for various needs and layouts.

In addition to chairs that can be personalized to the finest detail with specially designed high-tech chair platforms (**Fluid Motion®**, **Fluid Motion Plus®**, **Pro Support®**) Nurus also manufactures products equipped with mechanisms (**Dyna Support Plus®** ve **Dyna Support®**) that automatically adjust the chair to the user's weight and which are fashioned for the needs of new-age work environments and developed for shared working spaces and dynamic offices.

Much more than just an office chair:
Technology, experience and advanced engineering.
Nurus performance task chairs.



Sitting in the same positions for long hours is not healthy for the human anatomy!

The manually or automatically adjusted back resistance of a chair promotes dynamic sitting which helps work the muscles and joints of the user and even assists micro contractions so that the body can work out while preserving its balance.

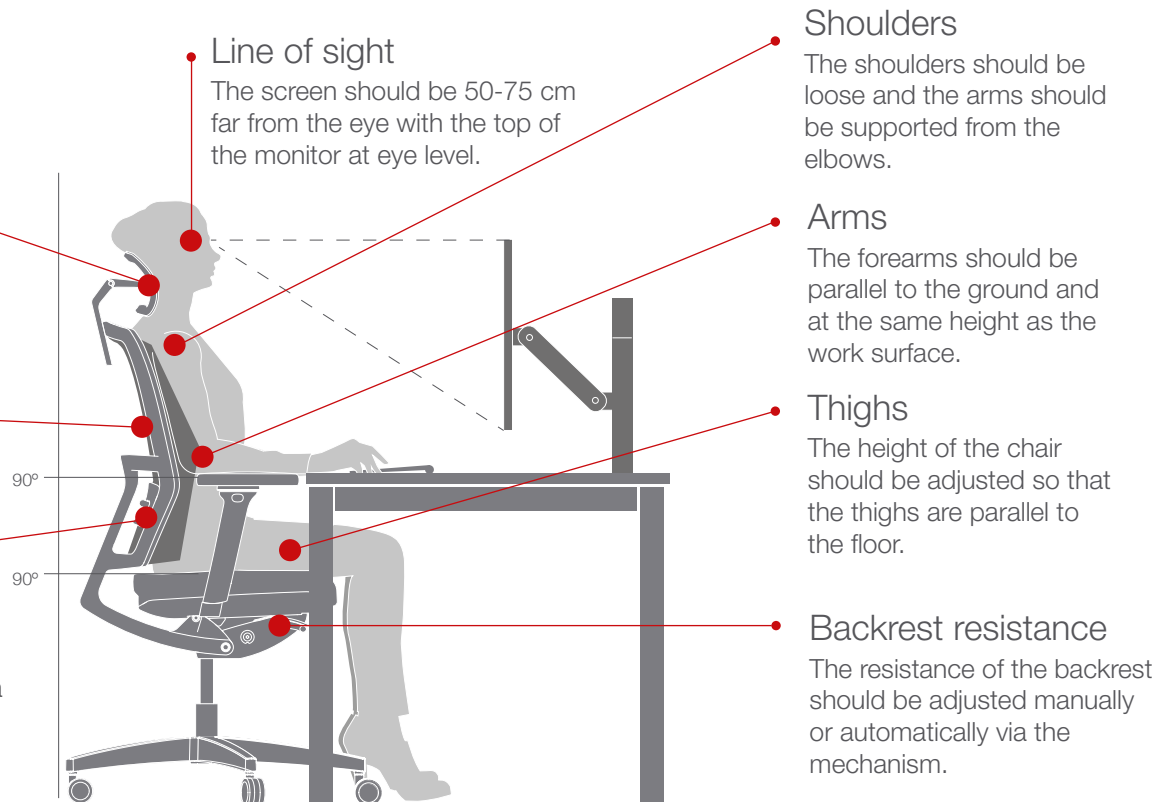


We spend around 15 years of our lives sitting. Healthy sitting habits that prevent neck, hip and spinal injuries are vital.

Neck
The neck should be straight or leaning towards the front a little.

Back
The back should be fully aligned with the chair, taking support from the entire surface.

Hip
The hip should be aligned with the lumbar support. An alternative to lumbar support is a chair with a height-adjustable back.



A well-designed ergonomic chair that supports your body will boost your productivity and keep you healthy.

Backrest

Made with high-tech intelligent mesh fabrics, the backrest lets the back breathe, reduces sweating and creates a softer and more flexible seat.

Backrest tilt

The backrest and seat can tilt backwards in a synchronised manner up to 25° and can be locked in 4 positions.

Front tilt

Further to the vertical position, the backrest can be tilted forward at 7° and the seat 3° in a synchronized motion promoting healthy dynamic sitting that will help work the leg and back muscles even while sitting.

Lumbar support

The lumbar support covers the small of the back from all angles and can be adjusted to various body sizes.

Wide base

Even when the centre of gravity rapidly changes, the chair will remain balanced preventing injuries caused by falling over, promoting healthy sitting.

Neck support

The height and angle of the neck support can each be adjusted, providing the neck with full support and preventing neck injuries caused by poor sitting habits.

Structural flexibility

The unique engineered form helps the chair move with the user, freeing movement while providing three-dimensional support for the spine.

Arm and armrest movements

The width between the armrests can be increased and with movement in 5 directions, armrests support the user in every posture.

Seat depth

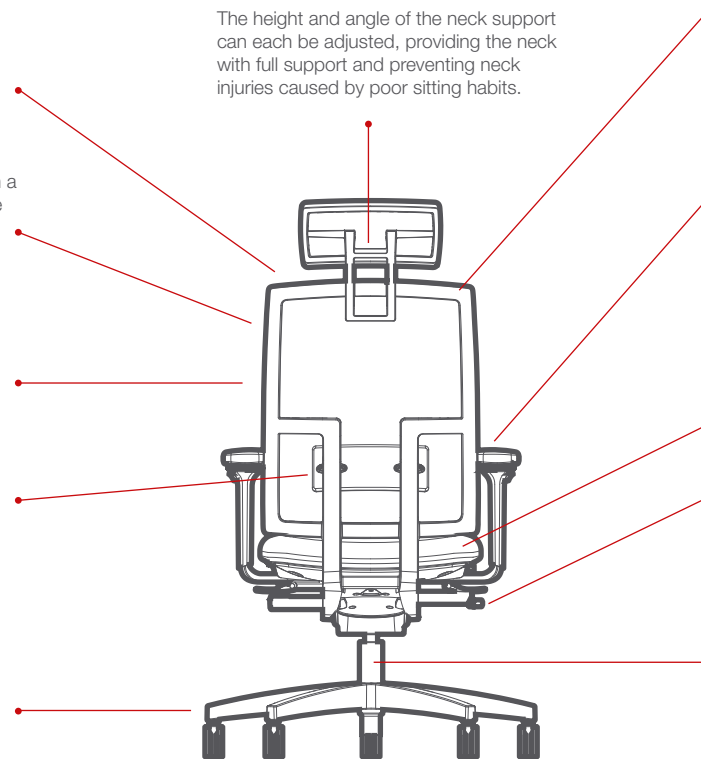
The seat pan can move backwards and forwards within a range of 10cm to accommodate various leg lengths.

Backrest flexibility adjustments

The highly-customizable backrest adjustments let the user move, work the muscles in the back and promote healthy sitting habits.

Base and casters

The optional aluminium and polypropylene base with casters for hard or soft floors give users quiet comfort.



The performance task chair in the image is equipped with the Fluid Motion Plus® mechanism.

**Being human is to care
for future generations!**



The ergonomics and endurance tests for Nurus products are carried out with the leader of the industry, the German LGA, and the Turkish Standards Institute.

Nurus chairs are manufactured with certified equipment and materials in a 45,000 m² modern facility structured in line with international norms and standards. They are designed to prevent injuries and traumas commonly caused by poorly developed products. Nurus creates products that support the human anatomy based on ergonomic principles that support the spine and, most importantly, the neck, and that are free of all chemicals that are a danger may pose a threat to human health.

Nurus works with Germany's Fraunhofer Institute to create the perfect office furniture that suits the needs of new-age offices, working spaces and structures.





The GS certificate is an internationally recognised mark that consumers trust. The mark was first founded and used in Germany however, with time, it became a mark that worldwide industries sought to brand their products with, even for products that are not exported to Germany. The detailed reliability tests performed by expert engineers in fully-equipped laboratories have helped the GS certification mark gain recognition among consumers. Even though there are no legal obligations, German companies can require additional performance or quality marks given in Germany. These companies can also reject marketing products that do not bear the marks. The most important marks are the GS (Gepuuefte Sicherheit) mark for mechanic products and the VDE (Verband Deutscher Elektrotechniker) mark for electronic products. These marks are only required in specific conditions and are generally not legally needed. Standards regarding GS certification are compiled by the German Standards Institute (DIN) (Deutscher Industrie Normenausschuss). Standards regarding the VDE mark can be provided by VDE Verlag GmbH or the VDE Union. Regarding the standards, technical regulations and certification systems implemented in Germany and compiled by the federal government, local administrations or non-governmental organizations can be provided by the German Information Centre on Technical Rules founded by the collaboration of the German Standards Institute (DIN) and the Federal Government.





The base materials of all fabrics are fibres and threads. These are significant factors that determine the use and the design of the fabric. The quality of the fabric design increases with how many functions the fibres and threads carry. Synthetic fibres allow the integration of additional qualities to the fabric, giving it extra functions.

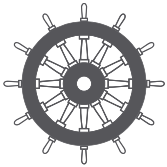
With low flammability fibre and thread ranges, Trevira is one of the leading fabrics used for this purpose. The first Trevira CS textile products made with these fibres and threads were introduced to the market in just 1980. What makes these fabrics important is that they comply with all fire safety standards without the use of any chemical finishes. The low flammable polyester fibres form the foundation of a new generation of functional textile products. The fabrics' low flammability properties neither wear out after washing nor deteriorate with wearing or use. Trevira was awarded with the German industry's innovation award for this product in 1982.



The OEKO-TEX® 100 Standard is an international test and certification system that tests textiles against the use of harmful substances in raw materials, intermediates and final goods. The harmful substance tests cover illegal substances, legally regulated substances, known harmful chemicals and prioritised health measures.

The tests are performed only by authorised, independent and expert textile research and test institutes. Tests are based on the OEKO-TEX® modular principle: certification is possible at every stage of the textile manufacturing chain and existing certificates from earlier stages are recognised. More than 65,000 certificates have been issued to date and millions of products have been marked with the OEKO-TEX® label.

The slogan “Confidence in Textiles” has become a synonym worldwide for responsible textile production, safety and transparency.



IMO certification is an international code (FTP code) used for fire test procedures and is presented with MED (Maritime Equipment Directive). This certificate is awarded to products that pass non-combustibility test procedures and smoke and toxicity tests. All raw materials in products to be used in passenger vessels and commercial vessels are required to have IMO certification.



THE BUILT-IN ANTIMICROBIAL PROTECTION

This is an anti-microbial product designed to protect fabrics from microbes and bacteria that can multiply from a few into millions in very short periods of time. Fabrics create an ideal environment for microbes and bacteria to multiply rapidly while under favourable conditions however, Sanitized provides constant protection against the invasion of harmful microorganisms. Sanitized has been proved beyond doubt to be effective against bacteria, fungi and dust mites. The fabric also prevents bad odours and stains caused by microorganisms. A leader of hygiene and protection, Sanitized also eliminates mould and fungi that causes the fabric to decompose. Sanitized also has OECD 404-406 certification.



Recognized by the European Union and represented with a flower icon, the European Union Ecolabel marks products and services that have low harmful impacts on the environment. The non-profit system is set forth to direct consumers towards eco-friendly products and with the launch of the system in Turkey, products that carry the Ecolabel mark will give motivation and create an advantage for producers to enter the international market.

The EU Ecolabel is a part of the more comprehensive Sustainable Consumption-Production, Sustainable Industry Policy action plan launched by the European Commission on 16 July 2008.

The programme is non-profit so it does not cause any trade barriers. On the contrary, many producers have notices that the programme presents them with competition and advantages.

What the EU Ecolabel means for the producer:

- Recognition of your product in all European Union countries with just one label
- Discounts for small- and medium-sized enterprises
- Proof that your product is truly eco-friendly from production till disposal compared to other products
- Certification that your product is eco-friendly by an independent body
- Making improvements for nature with production
- A product criteria used by many companies in Europe



GREENGUARD Environmental Institute aims to create environments with high-quality indoor air for healthy living and a higher quality of life. The institute aims to certify all products used within a building that create this environment. With production phases that restrict the contents of environmental pollutants, it encourages the use of materials that have low indoor chemical emissions that are not harmful to human health. The GREENGUARD certificate is an internationally recognised by comprehensive sustainable building programmes (LEED/BREEAM) and laws.

thank you