

DYNAMIC SITTING



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THE CHALLENGE OF DIGITISATION

New technologies – old problems

The body is not designed to be inactive every day.

Sitting incorrectly damages the muscular and skeletal system in the long term.

Muscular and skeletal system

22.2 %

Psychological illnesses

17.1 %

Respiratory system

14.7 %

Injuries and poisonings

11.9 %

TOP 4:

The illnesses accounting for the largest proportions of sick leave¹

¹ DAK-Gesundheitsreport, 2017 (Health Report)

The problem with the back: the financial losses are enormous*

3.2 days off
per year and employee
can be attributed to muscular
and skeletal illnesses. ¹

1/10 of employees
suffer from chronic
back pain owing to a lack
of movement. ²

13 billion €
per year – the cost of muscular
and skeletal illnesses. ³

*German data

Dynamic sitting solves problems

€€€€€ €€€€€ **80** %

of **operating costs** in the
administrative sector can be
attributed to **wages
and salaries**.

 **85** %

of employees are dissatisfied:
70 % are **less motivated**,
15 % have already **resigned in
their heads**. ⁴

 **36** %

higher productivity thanks to
optimum **ergonomics** and
workplace design. ⁵



Investments in the working environment **have a
preventative effect, increase the motivation** of staff and
pay off for companies.

The Dauphin seating philosophy | For healthy sitting and working

Whether large or small, well-built or petite, everyone sits differently. However, our chair is suitable for everybody.



THE DAUPHIN SEATING PHILOSOPHY

For healthy sitting and working

Dauphin has created an ergonomic sitting culture:
with our **ergonomic building blocks**, the **focus is on people**. With seating solutions for every body size.

Our promise

1

The “building block system” secret:
A suitable seating solution for each type of person

2

For the office and industry:
Each employee gets the right chair for their workplace

3

Individually adjustable swivel chairs:
For every body size and every weight

4

Innovative chair mechanisms:
For a healthy, dynamic seated posture

5

For satisfaction, motivation and productivity: *Back problems, absences and expensive rehabilitation measures are reduced*

SYNCRO-SMART-AUTOMATIC®



Functions:

- » Synchronous mechanism with automatic body weight adjustment

Area of use:

- » **Ideal for shared workstations**



Benefits for users:

- ✓ Easy to operate: sit down, adjust the seat height, done!
- ✓ Employees sit ergonomically and dynamically

SYNCRO-DYNAMIC ADVANCED®



Functions:

- » Synchronous mechanism with patented weight compensation for a balanced seated posture at all times

Area of use:

- » Can be used universally
- » Ideal for all body sizes and all workplaces

Benefits for users:

- ✓ **Permanently balanced, dynamic seated posture**
- ✓ Noticeable weight adjustment with just a few turns
- ✓ Automatic seat-tilt adjustment during the movement process

SYNCRO-ACTIV-BALANCE®



Functions:

- » Synchronous mechanism with automatic seat-tilt adjustment and maximum adjustment range for the seat and backrest tilt

Area of use:

- » Can be used universally
- » Ideal for all body sizes and all workplaces

Benefits for users:

- ✓ Automatic seat tilt encourages an upright seated posture for active sitting
- ✓ Large body opening angle for maximum relaxation and recovery of the intervertebral discs
- ✓ Largest possible knee and hip angle, better circulation
- ✓ Weight taken off organs in the upper body, better breathing
- ✓ Lumbar support even in forward working postures, upper body is straightened

SYNCRO-3D-BALANCE®



Functions:

- » Synchronous mechanism with automatic seat-tilt adjustment, maximum adjustment range for the seat and backrest tilt as well as the lateral movement of the entire upper part of the chair

Area of use:

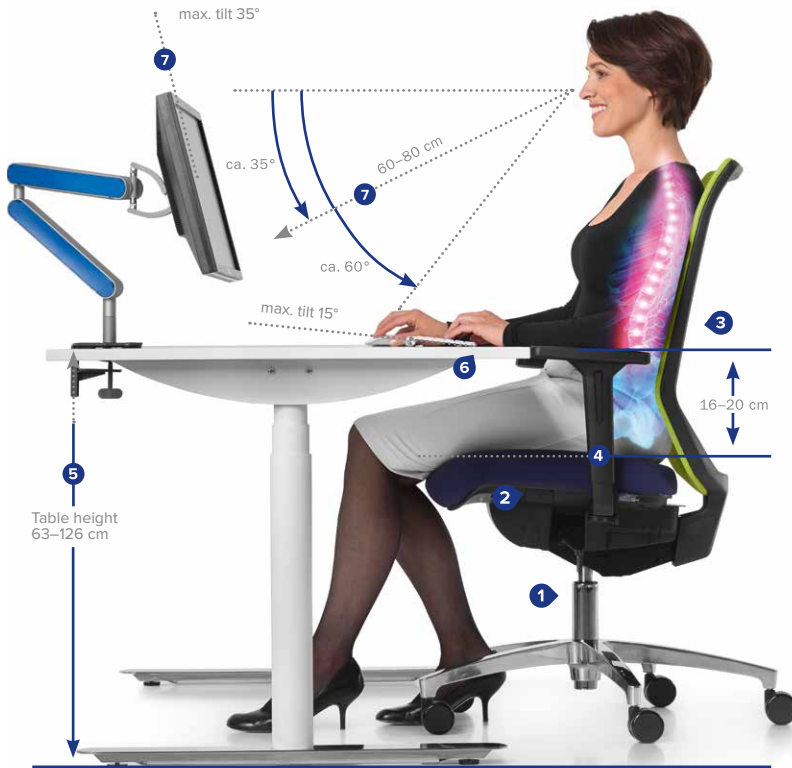
- » Can be used universally
- » Ideal for all body sizes and all workplaces

Benefits for users:

- ✓ Automatic seat tilt, large body opening angle
- ✓ Maximum three-dimensional mobility when sitting
- ✓ Naturally encourages movement
- ✓ Stimulates muscles and circulation, supports metabolism
- ✓ Best possible prevention thanks to dynamic 3D sitting

HEALTH AND MOTIVATION

The correct settings make all the difference



Chair settings

- 1 Seat height
- 2 Seat depth
- 3 Backrest
- 4 Armrests

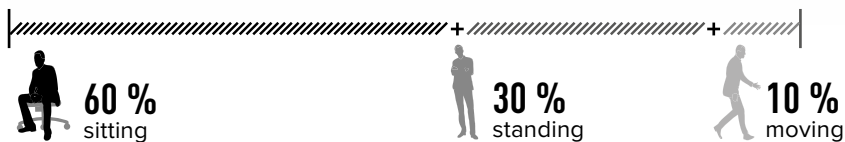
Table settings

- 5 Table height
(when sitting and standing)

Equipment

- 6 Keyboard and mouse
- 7 Monitor
(distance, height and tilt)

Healthy rhythm when working



OUR DIGITAL AIDS

The right settings for everyone

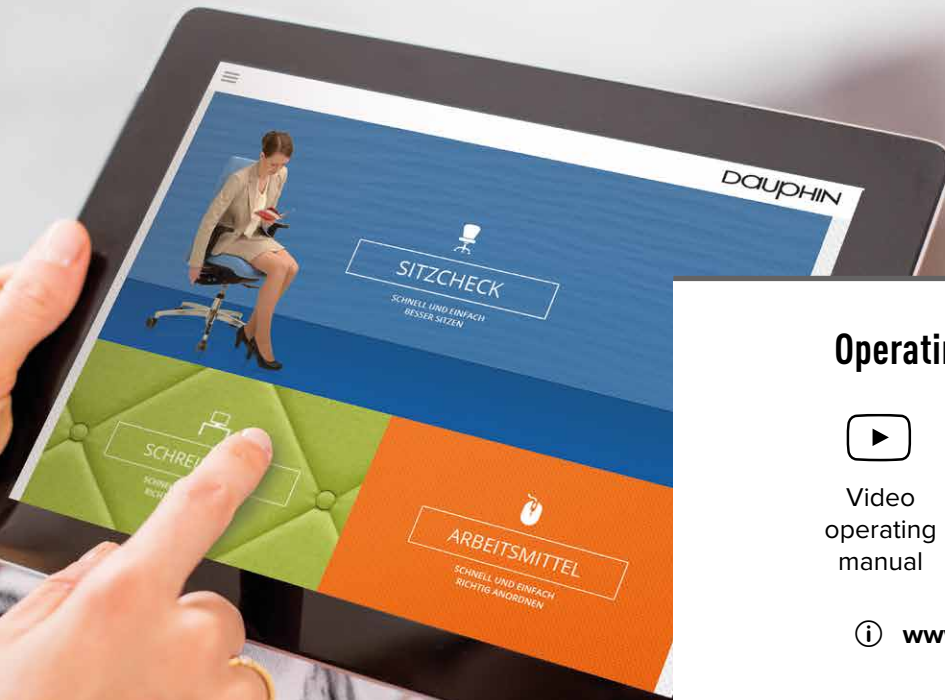
90 Second Workstation Check

... which establishes dynamic sitting in the company!

... which boosts the health of employees!

... which ensures a motivational and more productive working environment!

 www.arbeitsplatzcheck.com



Operating manuals:



Video
operating
manual



Interactive
operating
manual

 www.dauphin.de

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