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Please Seating

# THE BACKREST MODELLED ON YOUR SPINE

Your choice of office seating is the most important ergonomic decision you'll ever make at work. That's why our goal at Steelcase is to provide healthier seating that will keep you comfortable and productive all day long. We call it High Performance Seating, because if you feel better you'll perform better. Please chairs incorporate the LTC² (Lumbar Thoracic Cervical), a mechanism that gives independent support to both your upper and lower back regions.

At first glance you would never guess that such a streamlined backrest could provide such amazing levels of comfort and ergonomics. But it's this balance of style and sitting pleasure – plus its versatility and hand-crafted quality – that makes Please something out of the ordinary.





# **BE IN MOTION**

At work or at home, we spend most of our time in a seated position. Yet, our bodies and our minds are designed to work best when dynamic and flexible.

Employees need to be supported by highly ergonomic chairs that support the body as it moves, promote movement and are comfortable for long periods of time. What's more, they need intuitive adjustments to accommodate a wide range of users. These key insights drove the development of the Please chair.

**75.000** 

We spend 75.000 hours of our life sitting in the office.





### **OUR UNIQUE MOTION STUDY**

At Steelcase we base our seating solutions on a scientific understanding of spinal motion and posture because the user is our research material. That's why we intensively study the ways people sit working individually - and how they move while seated - giving us a deep insight into the biomechanics of the human body in the seated position.

4 YEARS
732 PARTICIPANTS
27 SCIENTISTS
4 UNIVERSITIES

**3 DISCOVERIES** 





#### 1

#### THE SPINE DOESN'T MOVE AS A SINGLE UNIT.

As you change posture, the upper and lower regions of the spine move independently, not as a single unit. When the top of the spine leans backward, the bottom arches forward.

#### 2

#### EACH INDIVIDUAL SPINAL MOTION IS UNIQUE.

Each of us has unique spinal motion, a 'spine print' that is as individual as a fingerprint, and changes as our posture varies throughout the day.

#### 3

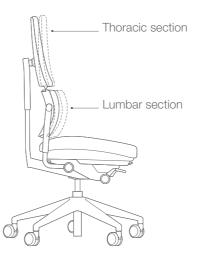
# THE UPPER AND LOWER BACK REQUIRE DIFFERENT AMOUNTS AND KINDS OF SUPPORT.

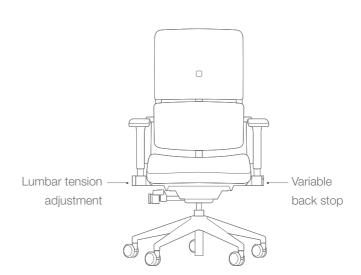
Our need for upper back support increases when we recline, but our lower spine requirements remain more or less the same.



## A RESEARCH BASED SOLUTION

The Please chair was designed to mimic the movement of the spine as you change postures throughout the day.





#### 1

#### INTELLIGENT SUPPORT.

LTC<sup>2</sup> is a unique, patented synchronised tilting mechanism with two separate backrests. The lumbar and thoracic sections are connected yet they function independently of each other - just like the upper and lower areas of your spine.

#### 2

#### MADE-TO-MEASURE COMFORT.

The chair adapts itself to the morphology of every user providing a unique backrest support which allows for more freedom of movement.

#### 3

#### SEPARATE CONTROLS FOR EACH BACKREST.

Thanks to Please's independent and precise upper and lower back controls, any user – regardless their build – will obtain full back support even as they recline.



# B6241



# A CHAIR FOR EVERYWHERE

Please facilitates task-intensive jobs which involve long periods of sitting, high levels of concentration and heavy computer. While some of us like to sit upright, others prefer a more relaxed, reclined position.

Please recognises that everybody has their own way of working – and their own way of sitting. The chair is designed to support diverse work styles, ensuring lasting comfort and optimum postural support.





#### **VISITOR CHAIRS**

Visitor chairs are available with and without armrests, with or without castors, and some of them are stackable (vertically or horizontally).

# **ADJUSTABILITY & DURABILITY**

With an exceptional range of intuitive adjustments, Please delivers full support for various body shapes and sizes.











Seat height

Seat depth

Backrest height

Tilt tension









Armrest height

Variable back stop

Lumbar tension adjustment

Headrest height (option on the Task Chair Standard)

For an interactive user guide visit www.steelcase.com/adjustmyplease

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Task chair with armrests





Visitor chair sled



Executive chair

Horizontal stacker



Sled New Design



Conference chair

#### ARMRESTS (OPTIONAL)

TASK CHAIR

Visitor chair 4 legs



Height adjustable plain arms Not for Executive

VISITOR CHAIR



Fixed plain arms



Height, depth, angle adjustable plain arms Not for Executive

VISITOR CHAIR NEW DESIGN



Fixed plain arms



Upholstered height, depth, angle adjustable Only for Executive

VISITOR CHAIR CONFERENCE



Fixed plain arms in black leather for conference chair

#### OPTIONS

Task chair. Metallic paint, Polished aluminium, Fabric stitched seat (not for Executive).

Visitor chair. Metallic paint, Chromed version, Fabric stitched seat/Softex.

Visitor chair New Design. Metallic paint, Chromed version, Fabric stitched seat/Softex, Felt glides.

Visitor chair Conference. Polished chrome base, Felt glides.

#### DIMENSIONS

DIMENSIONS	Task chair	Sled	4 legs	Sled New design	4 legs New design	Horizontal stacker	Conference
Seat height	412-516	445	440	420	410	450	475
Seat depth	395-463	435	420	435	450	450	450
Seat width	460	450	450	445	445	/	490
Back height from seat	645-705	430	430	485	490	430	/
Arm height from seat	195-295	200	200	250	270	225	210
Distance between arms	470	500	500	490	490	500	490

(in mm following EN 1335-1: "Office furniture" \_ Office work chair)

#### SURFACE MATERIALS

Surface materials shown in brochure:

**FABRICS** 

Atlantic AT10 Pepper Atlantic AT16 Blue Jay Gaja 2036 Orange

**LEATHERS** 

Europe Leather 0282 Ivory Europe Leather 0273 Black PAINTS NI Nickel

A1 Polished Aluminium

SL Platinium

#### DESIGNING FOR THE ENVIRONMENT REQUIRES INNOVATIVE THINKING AND SOLUTIONS.

#### LIFE CYCLE ASSESSMENT

During our products development process we consider each stage of the life cycle: from materials extraction, production, transport, use and reuse, until the end of its life. Thanks to the Life Cycle Assessment (LCA) method, Steelcase quantified Please environmental impacts to set the stage for further improvements. This method, based on ISO 14040 and 14044 and selected by The European Union for environmental evaluation, allows us to quantify the environmental impact of our products throughout their whole lifecycle.

#### **CERTIFICATIONS**

To show continuous improvements, we communicate Please environmental performance through voluntary environmental labels and declarations. Sustainability related actions and results are communicated in the annual Steelcase Corporate Responsibility report.

#### MATERIALS

32% recycled materials, by weight.

100% recycled cardboard and 30% recycled LDPE film in packaging.

#### **PRODUCTION**

Assembled in Sarrebourg (France) by Steelcase. Uses powder-coat paints: VOC-free and free of heavy metals.

#### TRANSPORT

Assembled in Europe, close to customers.

EcoSmart packaging to keep transport volumes as low as possible and improve filling rates.

Designed for a long product life, with replaceable parts. Limited substances harmful to health and indoor air quality. Maintenance information available on Steelcase.com

#### END OF LIFE

99% theoretically recyclable by weight.

100% theoretically recyclable cardboard and LDPE film for packaging.

Quick and easy disassembly.

Plastic parts clearly labelled for easy sorting and effective recycling.

Designed to ensure responsible end of use strategies refurbishing, charitable donation or recycling.

#### **PRODUCT**

**EPD** EPD - Environmental Product Declaration



NF Environnement



Indoor Advantage Gold #02138

#### **MATERIALS**



OekoTex 100 - Confidence in textiles



European Eco-Label - for textiles

#### **PLANTS**



ISO 14001 - Environmental management system



OHSAS - Occupational Health and Safety Assessment Series

#### FIND OUT MORE

Visit **steelcase.com** to discover more about Steelcase's unique ecodesign strategy.