

## Improving workplace performance

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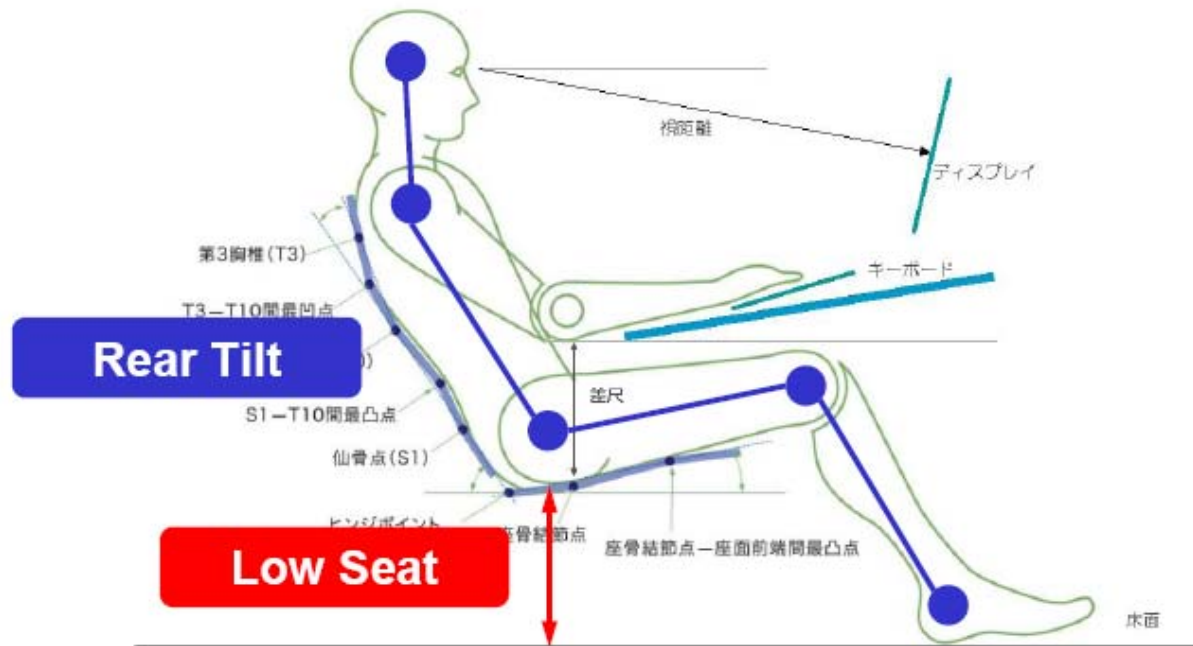
Do you demand high levels of focus and concentration from your key personnel and then expect them to maintain that for most of the working day? Is their work environment conducive to this high performance requirement? What distractions do they face ?

Noise ? Light ? Colleagues ? Personal discomfort ?

We at Think Furniture are always looking at new and innovative ways to help people within the working environment and we believe the new CRUISE system from **Okamura** may offer some important benefits.....

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The Cruise concept was developed through a collaboration between Okamura and the ergonomics research department at Keio University in Japan. It allows for a lower seating position coupled with a rear tilt that provides the user with a more natural and comfortable position. A well-relaxed posture stimulates concentration.

The scientific part of it is based on the following principles :

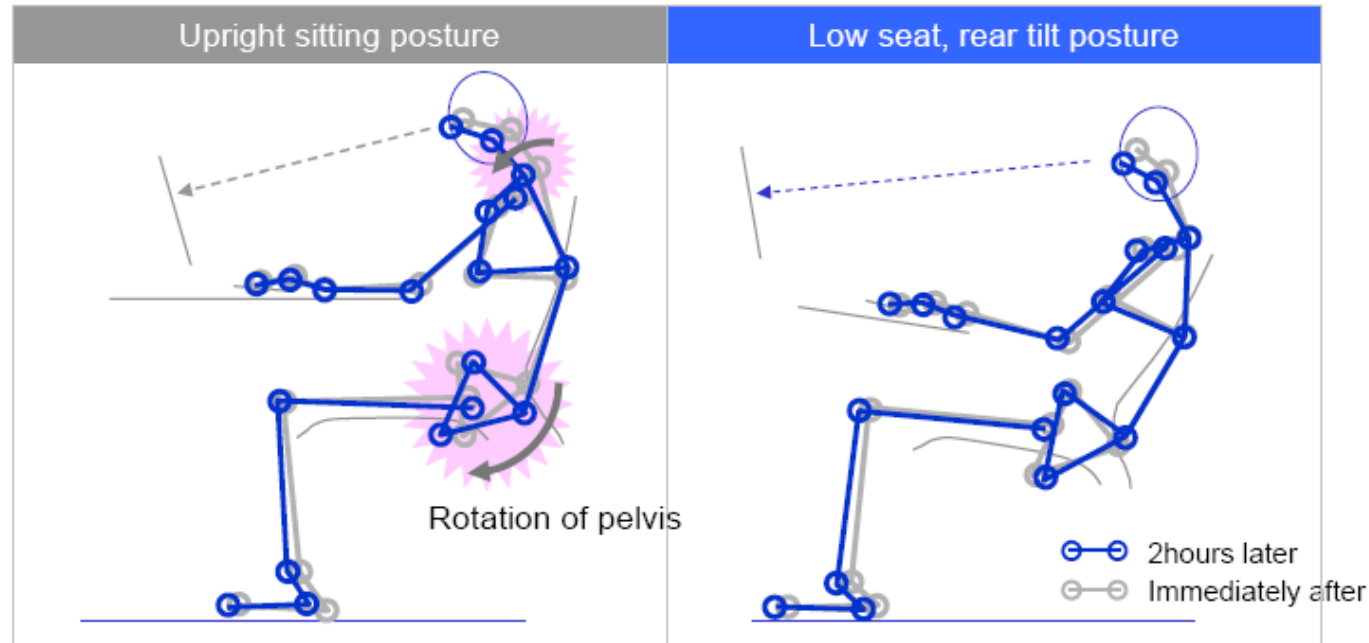
Open seating angles allow better blood flow , which in turn increases oxygen and therefore a more sustainable position before discomfort is felt.

Increased blood flow to the brain results in greater alertness

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## Seating comparison between normal seat and Cruise seat position



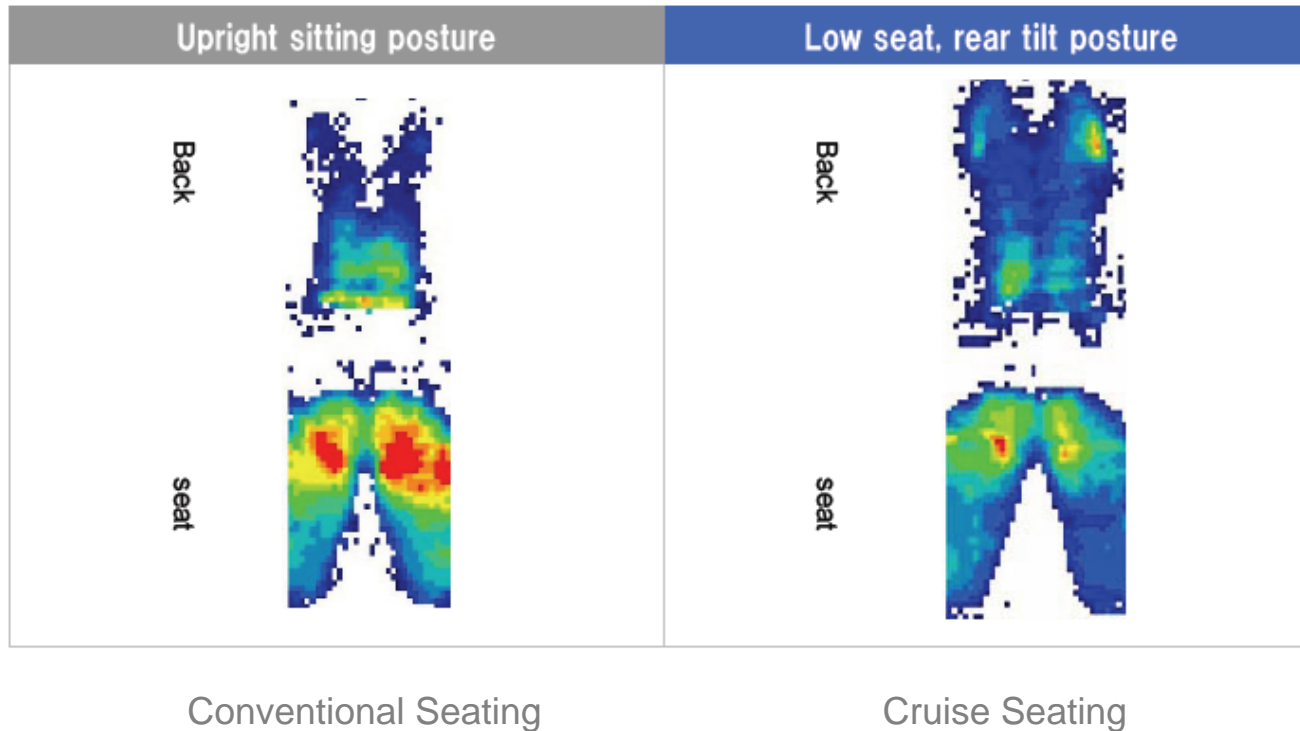
Sitting for long periods of time is not good for the human body. Humans were not designed to sit static for many hours. Conventional ways of seating, even using ergonomic chairs, do not always help the effects of gravity and muscle fatigue felt over a period of 8 hours. CRUISE differs in its ability to significantly prolong the time spent seated before discomfort and fatigue set in.

The scientists at Keio University conducted studies to compare the levels of pelvis rotation and upper body movement and the results showed that CRUISE reduces this movement by allowing for a more immediate 'relaxed' position.

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## Body stress diversion

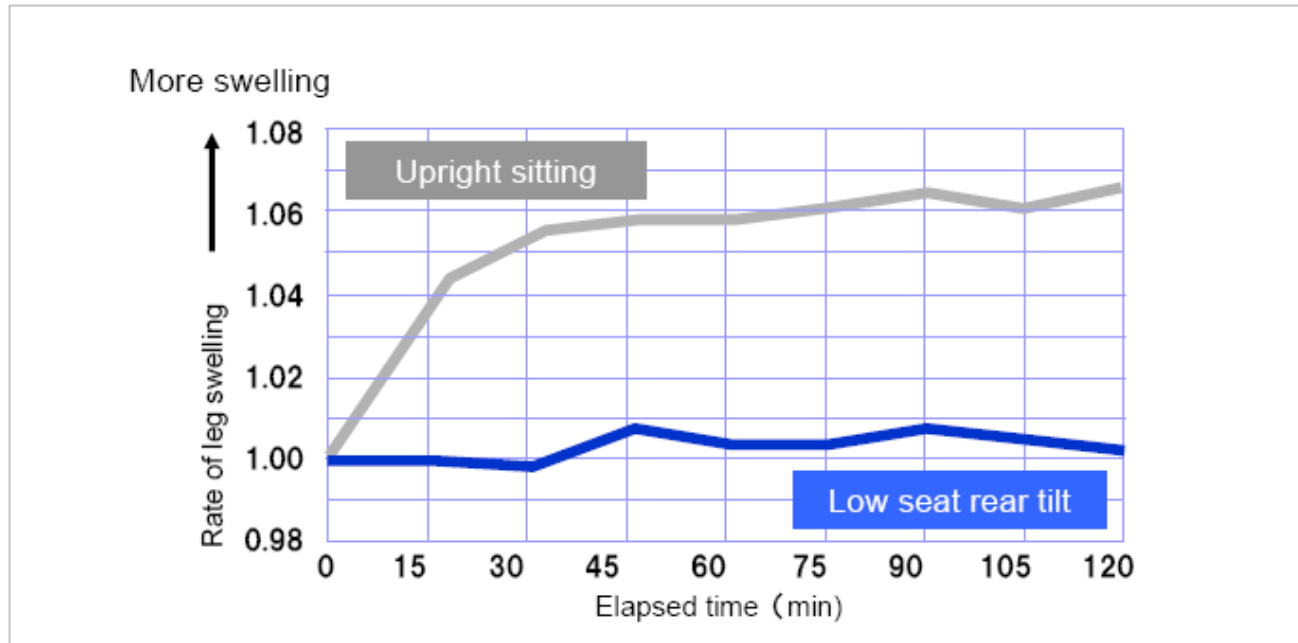


The above images show the points of pressure and movement. The more relaxed seating angle of Cruise not only helps spread the body weight over a greater contact area (high thus reducing the specific load on the seat area) it also eliminates the necessity for frequent movement and fidgeting which are often the first signs of body stress or discomfort.

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## Comparison of leg swelling



The graph clearly indicates a reduction in leg swelling when the user was placed in a Cruise type position. The position enables better blood flow rates and less constriction.

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## Body stress Difference

### Sitting on front side



- Narrow body support
- High pressure on backrest and buttock.

**Bad**

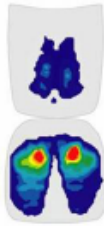
### Sitting in high position



- Low support on backrest
- High pressure on front seat and femoral compressed.

**Bad**

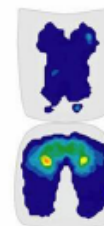
### Normal sitting position



- Appropriate pressure around ischial node
- Appropriate pressure on lumbar area

**Good**

### Low-seat, Rear-tilt position



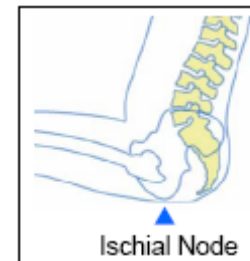
- Ideal pressure on backrest and support area is twice as large as normal position.
- Low pressure on buttock area

**Excellent**



### Key Points

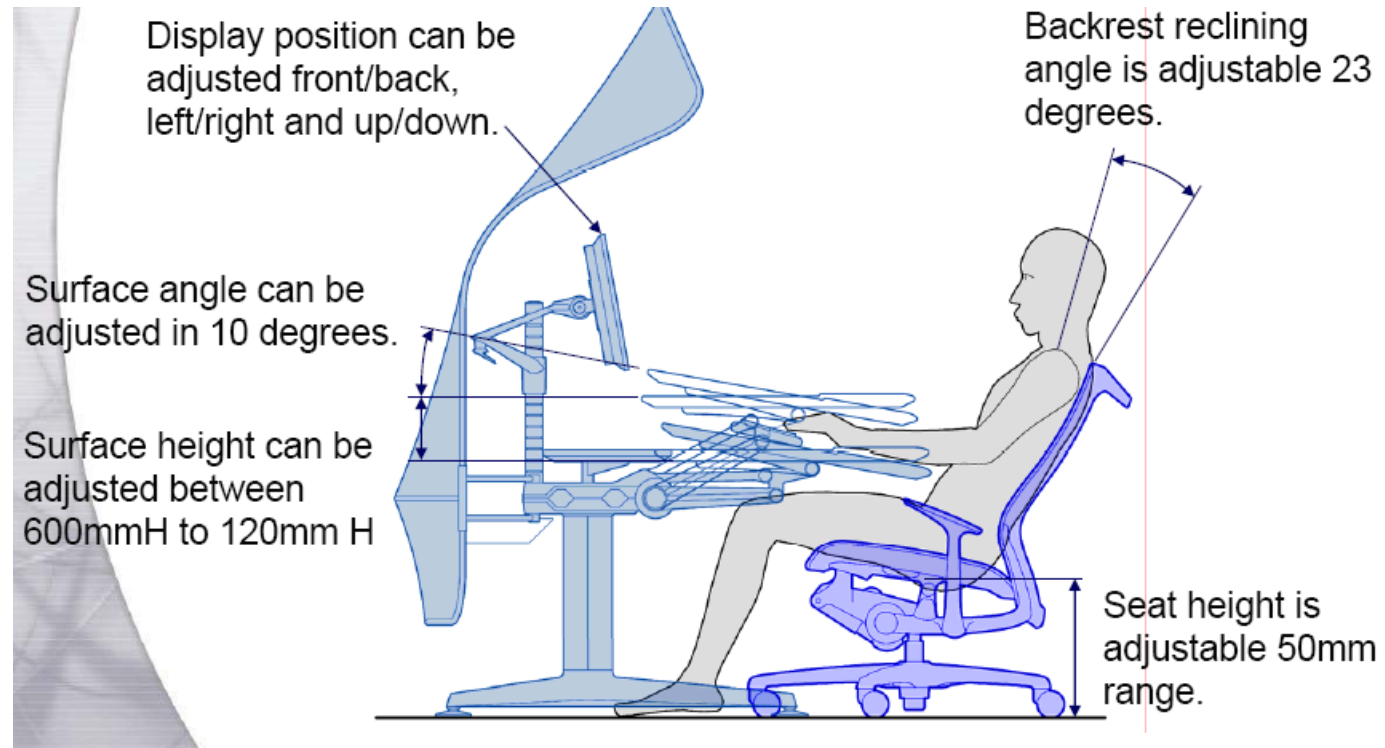
- \* Body pressure and weight distribution are an important factor in evaluating seating comfort
- \* Seating comfort varies by individual body type and sitting position, even when sitting on the same chair as a reference point.
- \* A better sitting position is achieved by ensuring body pressure gathers at or near the Ischial node (at the bottom of the pelvis)
- \* Increased pressure within the femoral area causes swelling of legs and creates further discomfort.



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## Cruise Adjustment Features

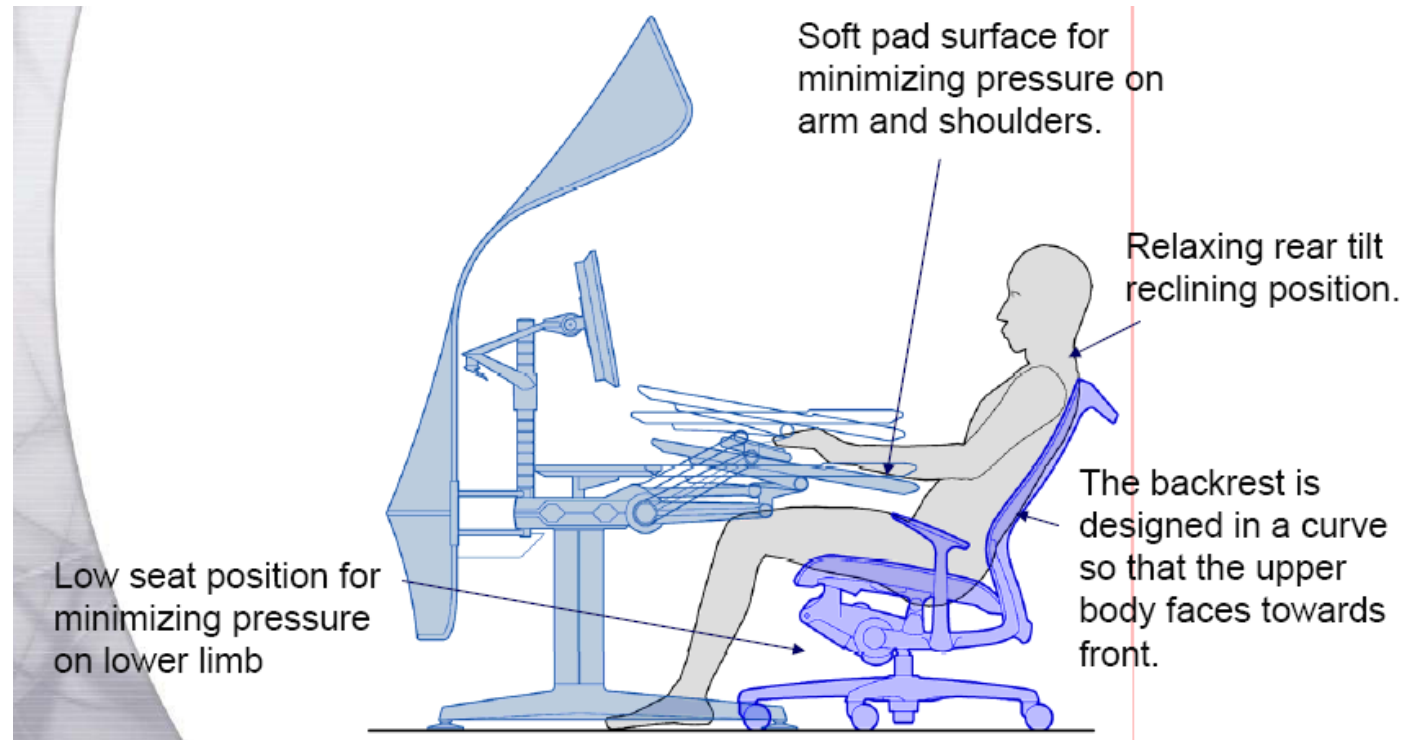


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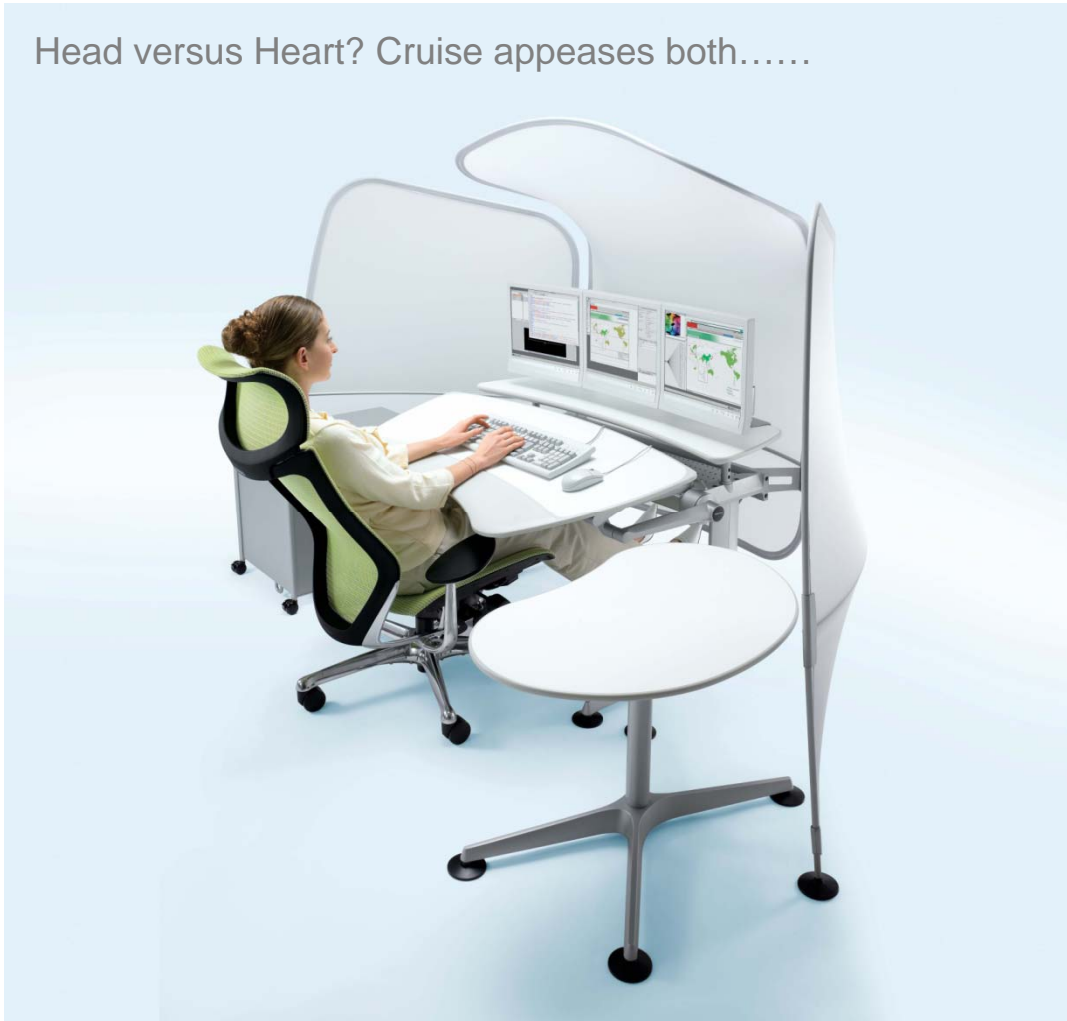
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Head versus Heart? Cruise appeases both.....



The science of this set up is proven, thus appealing to the head. Where Cruise also works is by appealing to the heart. Most people that work on multiple screens where high levels of concentration are required would benefit from this relaxed but focused work environment.

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Rear View

Cabin View:

The petal screens create a relaxed and organic feel that helps the desk user to focus on their work whilst reducing exterior distractions and stimuli



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## Cruise Summary

The office landscape is changing and evolving. Some companies require close team collaboration whilst others crave more 'hotelling' and 'hot-desking'.

Other environments are moving back from open plan to a more cellular workplace approach. The key to any change is ensuring that it is the best fit for the organization concerned. Invariably this starts with individual's needs and encompasses the needs of the team and so on. Products such as the Cruise from **Okamura** challenge the standards set in place and we at Think welcome new and innovative ideas.

For more information on this and other inspiring furniture ideas please call or e-mail us and we will do our best to offer you interesting solutions to your workplace needs. Of course we can offer the more standard options as well !!

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The main table is a round form design. Placing the body well inside reduces arm and shoulder stress and places it before the desk in a natural position



The main table height can be adjusted anywhere within a 600mm to 720mm height range and its angle can be adjusted 10 degrees. Handles (Right: height adjustment, Left: angle adjustment) under the table on the left and right hand side making adjusting easy



The mesh round panel effectively keeps the periphery out of view. Opening the fulcrum joining the two panels enables setting up side table and other arrangements.



The desk edge facing the body is a single piece soft molded padding that provides gentle support for the wrists and reduces stress on the arms and shoulders.



The sub-table height can be adjusted up to 120mm. You can use the sub-table as a place for your computer hard drive, desktop monitor, stationery, and other working tools. (Height range 600mm-720mm)



By using the display arm to adjust the monitor position forward and backward, up and down, and to the left and right you can find the best viewing angle and reduce eye and neck stress.



Wiring ducts for running electrical cable to nearby computers, monitors and other equipment keep cables that so often end up in confusing tangle under the desk neat and organized

## Technical / Specification

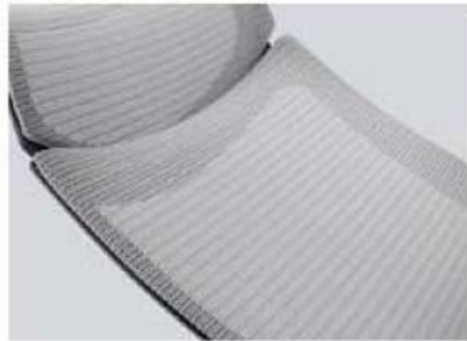
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A wide headrest provides firm support to the back of the head. You can choose an Atlas chair (Extra height adjustable (mobile) headrest)



Fabric using comfortable, transparent mesh materials comfortably supports the body and efficiently disperses weight



Large elbow pads with a striking round design provide arm support when standing up



Levers under the seat on each side can be used to easily slide the seat up to 50mm forward and backward



The chair can recline up to a maximum 23 degrees. By operating the lever on the chair's left, the chair can be set to rock freely or locked at a preferred angle.



Reclining tension can be freely set. Easily set your preferred tension by turning the dial under the seat on the right side



Seat height can be raised or lowered up to 58mm by operating the lever under the seat's right side

## Technical / Specification

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Think Furniture are an innovative furniture company.

As independent furniture specialists we can access furniture from a large variety of manufacturing partners; from the very economic right through to high design /bespoke products.

If you have specific requirements or would like some ideas on how we could help improve your working environment ,please call or e-mail us and we will be glad to send you details of products and ideas. We offer full design and space planning as well as creating bespoke furniture when required.

Tony King

Director

[www.think-furniture.co.uk](http://www.think-furniture.co.uk) – improving your quality of life at work

Summary

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