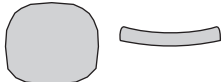
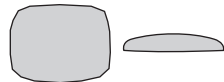



SEAT SELECTION GUIDE

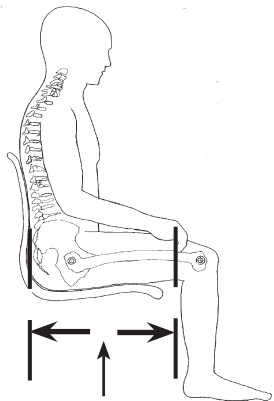
1. Choose Seat Style

	SomaComfort™	SomaForm™
a) Seat Shape	Concave: 	Convex: 
b) Seat Firmness	Softer seat	Firmer seat
c) Seat Width	Narrower seat. Best for slimmer bodies and straight-leg sitters.	Wider. Best for pear-shaped body type, V-sitters and sciatica issues. 

2. Choose Seat Size

a) Measure Sitting Length using **FIGURE A**

FIGURE A
Sitting Length



Measure distance from the back of the knee to the back of the back to determine sitting length

b) Use **CHART A** below to determine seat size based on measured thigh length and mechanism choice. Seat slider allows seat to adjust 1" shorter and 1.5" deeper

CHART A

SomaComfort™: formerly BioComfort™

Sitting Length	Seat Size w/ N, S, R, or K
under 14"	1
14" - 16"	2
15" - 17"	3
16.5" - 18.5"	4
18" - 20"	5 & 6
19.5" - 21.5"	5 & 6 w/ SS
over 21" SS set at Max	5 & 6 w/ SS

SomaForm™: formerly BioForm™

Sitting Length	Seat Size w/ N, S, R or K
under 15"	1
15" - 17"	2
16" - 18"	3
17" - 19"	4
18.5" - 21"	5 & 6
20" - 22.5"	5 & 6 w/ SS
over 21" SS set at Max	5 & 6 w/ SS

BACKREST SELECTION GUIDE

1. Choose Backrest Style

Low Backs

(Recommended mechanism: S or E for maximum low back support)

- Ideal for people who like to sit upright and who do a lot of data entry.
- Supports the low back and lumbar region, by stabilizing the hips.
- Relaxation achieved by sitting balanced over the spine unloading on top edge of backrest.

Midheight Backs

(Recommended mechanism: R, E, V & K for maximum complete back support)

- Ideal for people who multitask and are in and out of their chair often.
- Designed to keep shoulder blades free to form a naturally supported open posture.
- Supports the low back and lumbar region, the spine.

Tall Backs

Recommended mechanism: R, E, V & K for maximum complete back support)

- Ideal for people who like to recline and people with neck problems.
- Designed to keep shoulder blades free to form a naturally supported open posture.
- Supports the low back and lumbar region, the spine, and the neck.
- Relaxation achieved by slightly reclining and resting the entire upper body against the backrest.

2. Choose Backrest Size

a) Low Backs:

- Choose backrest size based on the width of the backrest. The backrest should not impede the free movement of the users arms/elbows should not hit the back rest, but should be able to move past it.

b) Midheight Backs:

- Same as Low Backs

c) Tall Backs:

- Same as Low Backs
- Measure torso height (see **FIGURE B** to determine which tall backrest to choose (see **CHART.B**))

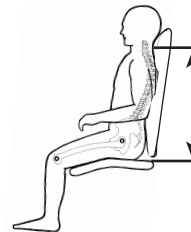


CHART B

Sitting Height to Nape-of-Neck Height

- < 22": 26" Tall Back (i.e. TAs TBs, or TCs)
22" - 29": 32" Tall Back (i.e. TAt TBt, or TCt)