

## RH Philosophy

Ever since they started in 1975, RH have used the human form as the blueprint for their ergonomic office chairs. We agree with their belief, that a chair should adapt itself to you, not the other way around. An RH chair is designed to fit your body. You can move, stretch and vary your position, all while sitting upright. The result - suddenly you have more energy for your work and your leisure time.



**A slightly more active working position.**

Despite the more forward-leaning position, you still sit centrally on the seat, with excellent strain relief. The lumbar support enables the body to retain its upright posture and a straight back. The balanced rocking motion -best kept unlocked - works actively with 2pp (2-point principle), continuing to support the underside of the legs and minimise pressure on the thighs



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**A more restful position.**

The body still has the same healthy posture, retaining the relative position of the knee and hip joints, while the back and neck receive the extra support they need. And although the body is leaning sharply backwards, the feet remain firmly planted on the ground without any increased pressure on the underside of the thighs.