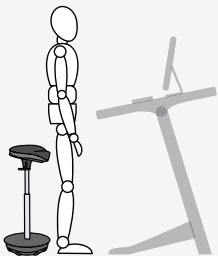




USING YOUR PIVOT SEAT BY FOCAL UPRIGHT

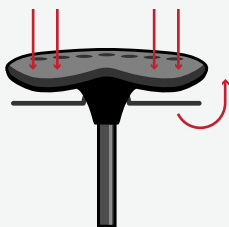
We'd bet you've never had a seat that moves quite like the Pivot. Not only does the Pivot let you spin 360° like the traditional office chair, you can also use it in a range of postures – from perching, all the way up to a full upright lean.

Setting up your Pivot is simple, and you'll soon be moving and grooving all day long. What's the key to success? Be open to changing your posture on the Pivot. Keep moving!



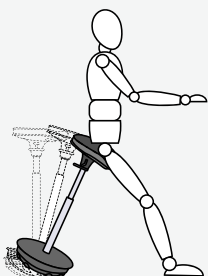
1. Position Your Seat

The distance between your bottom and your Pivot seat will impact the seat angle. Getting to the perfect angle is a personal preference, but a good rule of thumb is to put the seat a few inches behind your feet when standing right in front of your desk. Tilt the seat pan towards your backside and lean into the seat first. Don't sit directly on top of it or you could risk falling.



2. Adjust the Height

As you lean onto the seat, raise it gradually until some of your body weight is applied to the seat. Too high? Pull the levers towards the seat and apply your body weight to lower the seat. Too low? Still holding the levers, release your body weight (the way you would a height-adjustable office chair). The perfect seat height is up to you, but see below for tips on usage.



3. Sit, Lean or In-between

The Pivot allows for a range of postures, from perching, all the way up to the recommended Active lean (hip-to-torso angle of 135°).

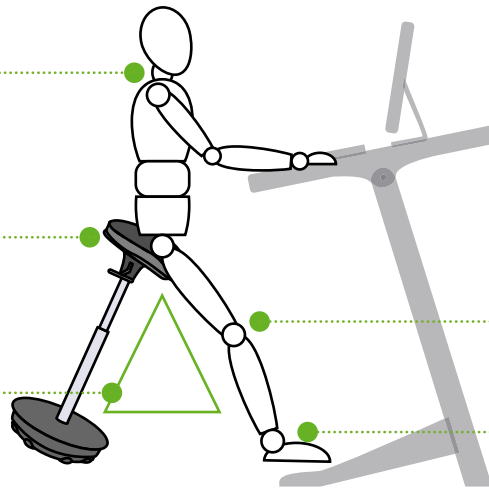
DO'S:

LEANING WITHOUT FOOTREST

Neck and shoulders are relaxed

Bum is supported by seat cushion

Posture forms a triangle between seat post and legs



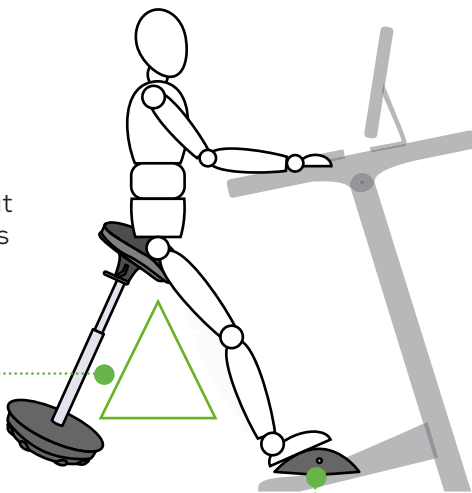
Knees are slightly bent

Feet are firmly on the ground

LEANING WITH FOOTREST

Posture forms a triangle between seat post and legs

Feet are angled upward and firmly planted on the footrest



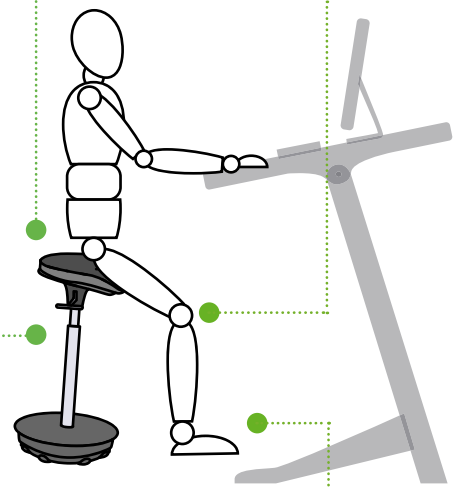
PERCHING

Bum is on top of seat instead of leaning against it

Seat is lowered and seat post is nearly vertical

Knees are slightly bent

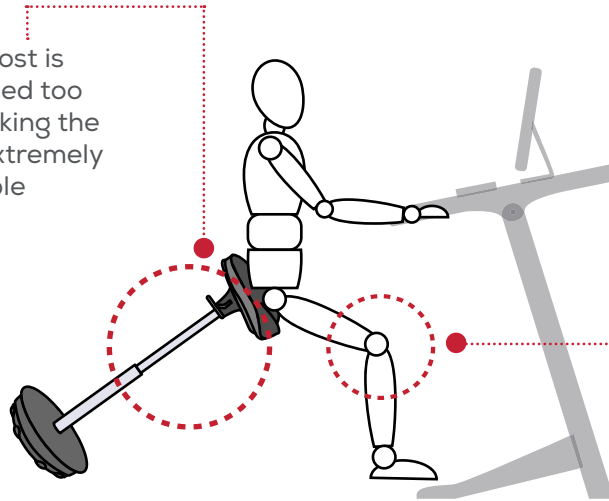
Feet are firmly on the ground



DON'TS:

OVER-EXTENSION

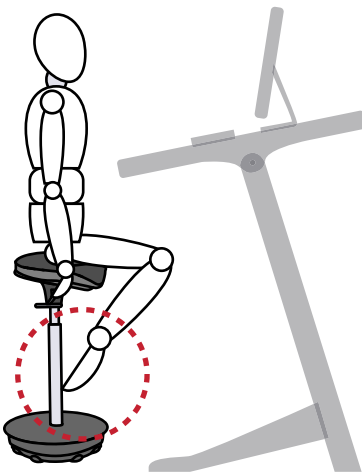
Seat post is extended too far making the seat extremely unstable



Knees are bent too much, which could cause discomfort

BALANCING ON SEAT

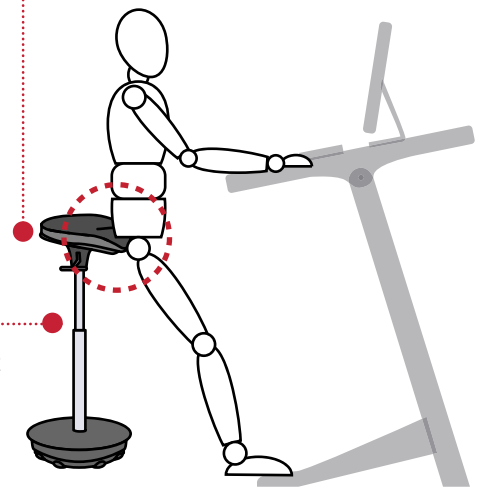
Sitting without your feet on the ground may cause you to fall



LEANING AGAINST SEAT

Bum should be supported by the seat, not leaning against the edge

Weight is not supported risking injury



FREQUENTLY ASKED QUESTIONS

Q: How do I know if my seat height is right for me?

A: If your seat feels unstable or like it might slip, then it may be too low for you. Too high and your hips might feel uncomfortably thrust forward. It's a good idea to start with a "low lean": begin in a seated position and keep your knees bent, then tip yourself slightly forward as you raise the seat height slightly. Even if you keep to a more traditional seated position, you'll still be in your Ergonomist's good graces thanks to the seat's ingenious design.

Q: My seat is uncomfortable. What can I do about it?

A: Try moving more. Feeling discomfort is your body's way of signalling you to move. Try standing a while. If you have achy feet, lower your seat, and try an active sitting posture.

Q: It's been two weeks. Why am I still uncomfortable?

A: You've spent a lifetime sitting. Upright working may be tiring at first. Hang in there and give it another two weeks of adjusting – it can take about a month to adjust to this new way of working.

Q: Am I too short? Am I too tall?

A: If you fall between 4' 11" – 6' 4", chances are good you'll be comfortable with our Pivot. And whichever equally lovely end of the height spectrum you find yourself on, we welcome you to find out for yourself.



Part of the Active Collection line; The Active Collection products are designed to promote active movement throughout the day and engage major muscle groups to help combat the negative effects of inactivity in many classrooms.



Visit us at www.safcoproducts.com/safcoactive
©2017 Safco Products Company. All rights reserved.