



Ergonomic Chairs in HR Training Room (TEF3)

Below is a list of the chairs in UBC’s HR Training Room. Please note that this is not an exhaustive list of ergonomic chairs and not all chairs in the training room are equal; some of more adjustability features than others.





Departments, staff and faculty may book appointments to test chairs and learn about the adjustability features. Purchasing decisions are made by the department; testing a chair does not necessarily mean that your department will purchase a chair for you. Please check with your department before booking an appointment to determine what options are available in your department.

Good chairs typically range in price from \$650 to \$800; however, there are some options for as low as \$400. Please contact your preferred provider for a formal quote.

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Chair	Features on chair in training room	Instructions & Environment Info	Available From
<p>AllSeating: YOU</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height and depth • Backrest Height: Mid-back • Seat pan size: Medium • Chair Height: Standard • Armrest (R): 4D Arms, short brackets • Armrest (L): T2 • Seat Pan: Adjustable Depth • Tilt: Synchro Tilt Back-lock/Stop • Weight Capacity: 350lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environment Info • Specification Info 	<p>Demo Provided By Kim Lennox, AllSeating kim.lennox@allseating.com</p>
<p>Global-Obus Forme Comfort</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height and depth • Backrest Height: Mid-back • Seat pan size: Standard • Chair Height: Standard • Armrest (R): 4D Arms • Seat Pan: Adjustable Depth • Tilt: Multi-Tilt • Weight Capacity: 300lbs 	<ul style="list-style-type: none"> • Instructions: PDF • Environment Info • Specification Info 	<p>Demo Provided By: Kate Hatami, eway Kathleen.Hatami@staples.com</p>
<p>Global-Tritek</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height and depth • Backrest Height: Mid-back • Seat pan size: Standard • Chair Height: Standard • Armrest: T6 • Seat Pan: Adjustable Depth • Tilt: Multi-Tilt • Weight Capacity: 300lbs 	<ul style="list-style-type: none"> • Instructions: Video PDF • Environment Info • Specification Info 	<p>Demo Provided By: Kate Hatami, eway Kathleen.Hatami@staples.com</p>
<p>Haworth: Fern</p> 	<ul style="list-style-type: none"> • Lumbar: Built in wave suspension+ additional Adjustable height Lumbar • Backrest Height: High-back • Seat pan size: Medium • Chair Height: Standard • Armrest: 4D • Seat Pan: Adjustable Depth • Tilt: Back lock/forward tilt • Base: Aluminum • Weight Capacity: 325lbs 	<ul style="list-style-type: none"> • Instructions: Video • Instructions: PDF • Environmental Info • Specification Info 	<p>Demo Provided By: Peter Chen, Brooks Corning pchen@brookscorning.com</p>



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<p>Haworth: Soji</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height/Depth Lumbar • Backrest Height: Mid-Back • Seat pan size: Medium • Chair Height: Standard • Armrest: 4D • Seat Pan: Adjustable Depth • Tilt: Back lock/forward tilt • Base: Aluminum • Weight Capacity: 325lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental info • Specification Info 	<p>Demo Provided By: Peter Chen, Brooks Corning pchen@brookscorning.com</p>
<p>Haworth: Very</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height/Depth Lumbar • Backrest Height: Mid-Back • Seat pan size: Medium • Chair Height: Standard • Armrest: 4D • Seat Pan: Adjustable Depth • Tilt: Back lock/forward tilt • Base: Plastic • Weight Capacity: 325lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental Info • Specification Info 	<p>Demo Provided By: Peter Chen, Brooks Corning pchen@brookscorning.com</p>
<p>Haworth: Zody</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height/Depth Lumbar with Pelvic Support • Backrest Height: Mid-Back • Seat pan size: Medium • Chair Height: Standard • Armrest: 4D • Seat Pan: Adjustable Depth • Tilt: Back lock/forward tilt • Base: Aluminum • Weight Capacity: 325lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental Info • Specification Info 	<p>Demo Provided By: Peter Chen, Brooks Corning pchen@brookscorning.com</p>
<p>Herman Miller-Mirra2</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable height and depth • Backrest Height: Mid-back • Seat pan size: Standard (22.9") • Chair Height: Standard • Armrest: Adjustable • Seat Pan: Adjustable Depth • Tilt: Tilt Tension and lock; forward tilt • Weight Capacity: 350lbs 	<ul style="list-style-type: none"> • Instructions: Video • Instructions: PDF • Environmental Info • Specification Info 	<p>Demo Provided By: Kenny Reid, Contemporary Office Interior (COI) kreid@coi.bz</p>



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<p>Steelcase-Amia</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable Height • Backrest Height: mid-back • Seat pan size: Standard with adjustable depth • Chair Height: Standard • Armrests: 4D • Tilt: Synchro Tilt, tilt tension with back-lock stop • Weight Capacity: 400lbs 	<ul style="list-style-type: none"> • Instructions: Video and PDF • Environmental Info. Indoor Air Quality GOLD; Recyclability 97%; BIFMA level 2 certified • Specification Info 	<p>Demo Provided By: Edson Vazquez, Heritage Furniture evazquez@heritageoffice.com</p>
<p>Steelcase-Amia Air</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable Height • Backrest Height: mid-back • Seat pan size: Standard with adjustable depth • Chair Height: Standard • Armrests: 4D • Tilt: Synchro Tilt, tilt tension with back-lock stop • Weight Capacity: 400lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental Info. Indoor Air Quality GOLD; Recyclability 97%; BIFMA level 2 certified • Specification Info 	<p>Demo Provided By: Edson Vazquez, Heritage Furniture evazquez@heritageoffice.com</p>
<p>Steelcase-Gesture</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable Height & Depth • Backrest Height: High back • Seat pan size: Standard with adjustable depth • Chair Height: Standard • Armrests: 4D; greater range of motion than others • Tilt: Synchro Tilt, tilt tension with back-lock stop • Weight Capacity: 400lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental Info. Indoor Air Quality GOLD; Recyclability 97%; BIFMA level 2 certified • Specification Info 	<p>Demo Provided By: Edson Vazquez, Heritage Furniture azquez@heritageoffice.com</p>
<p>Steelcase-Leap</p> 	<ul style="list-style-type: none"> • Lumbar: Adjustable Height • Backrest Height: mid-back • Seat pan size: Standard with adjustable depth • Chair Height: Standard • Armrests: 4D • Tilt: Synchro Tilt, tilt tension with back-lock stop • Weight Capacity: 400lbs 	<ul style="list-style-type: none"> • Instructions: Video • Environmental Info. Indoor Air Quality GOLD; Recyclability 97%; BIFMA level 2 certified • Specification Info 	<p>Demo Provided By: Edson Vazquez, Heritage Furniture evazquez@heritageoffice.com</p>