

Chiropractor Report

Fortis Heavy Duty Task/Manager Chair

BCF/K360/BK

Evaluated by:

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1. High Back, Contoured Mesh Backrest

Posture benefits:

- Supports the full spine from lumbar to upper back to maintain the natural S-curve.
- Contoured shape encourages upright or slightly reclined sitting instead of slumping.
- Mesh conforms slightly to the back, improving contact and support.

Ergonomic benefits:

- Distributes load across a larger back area, reducing local muscle fatigue.
- Mesh improves airflow, helping users maintain posture for longer.
- Better upper-back support helps reduce protracted/rounded shoulders.

2. Adjustable Lumbar Support

Posture benefits:

- Can be positioned to match the user's own lumbar curve.
- Reinforces lumbar lordosis and stops the pelvis rolling back.
- Makes upright sitting more sustainable because the chair holds the curve.

Ergonomic benefits:

- Keeps the lumbar spine closer to neutral, reducing disc and ligament strain.
- Helpful for users with recurring low-back tightness.
- Adjustability avoids overpressure, improving comfort and adherence.

3. Moulded Seat Pad with Waterfall Edge

Posture benefits:

- Moulded shape stabilizes the pelvis so the backrest and lumbar can work properly.
- Encourages sitting right back in the chair, not perching.
- Waterfall edge stops the front from digging into the thighs, which can pull posture out of position.

Ergonomic benefits:

- Better pressure distribution reduces discomfort-driven fidgeting.
- Waterfall edge supports healthier blood flow to the lower legs.
- More comfortable seating → longer tolerance in a good posture.

4. Weight-Tension Control

Posture benefits:

- Lets the user set recline resistance to match their body weight.
- Prevents uncontrolled or sudden backward tilt that breaks alignment.
- Makes small, frequent posture changes easy — ideal for desk work.

Ergonomic benefits:

- Controlled movement of the spine reduces stiffness from static sitting.
- Allows the backrest to share load with spinal muscles, reducing fatigue.
- Encourages active sitting, which is better for joints and circulation.

5. Locking Tilt Mechanism

Posture benefits:

- Lets users select and hold an upright or slightly reclined working posture.
- Supports the torso so posture isn't held purely by muscle effort.
- Enables postural variation through the day.

Ergonomic benefits:

- Slight recline can lower lumbar disc pressure versus strict 90° sitting.
- Reduces static load on spinal structures.
- Makes in-chair micro-breaks easier.

6. Height-Adjustable Armrests

Posture benefits:

- Can be set so forearms are supported at desk height, keeping elbows around 90°.
- Prevents shoulder shrugging (arms too low/high) that leads to neck/shoulder tension.
- Helps keep the user close to the desk with a neutral upper-limb posture for typing and mouse work.

Ergonomic benefits:

- Reduces load on the upper trapezius and neck muscles.
- Lowers risk of shoulder and forearm overuse from unsupported arm weight.
- Better arm support often improves overall sitting endurance because the upper body isn't working as hard.

Summary

This chair combines spinal shaping (high contoured mesh back + adjustable lumbar), pressure-conscious seating (moulded pad, waterfall edge), and movement/control features (weight tension + locking tilt), and now adds height-adjustable armrests so the upper body is supported too. Together, that set of features promotes a neutral spine, relaxed shoulders, and dynamic sitting — the key ingredients for healthier, longer, desk-based work.

