

# Sideways tilt is an ergonomic advance

**Tilter® offers completely new possibilities for workplaces and will contribute to reducing stress and back pain according to a workplace design specialist.**

Tilter is the only fitting on the market able to steplessly tilt forwards and backwards as well as to the sides. This functionality makes Tilter an exciting new product in the realm of, among other things, office furniture.

Physiotherapist Pernille Andersen from Ergomentor® in Denmark has worked in ergonomic consulting for 20 years, and thus has configured many different office chairs.

"I have never met an employee who has sat on an office chair or a meeting room chair that could tilt to the side. For me, Tilter thus is an exciting product offering new possibilities," says Pernille Andersen.

"Movement, even on a small scale, eliminates waste substances and adds oxygen and nutrients to back muscles and ligaments, which makes for less stiffness and fewer aches and pains. This is the mechanism that is exploited when for example one sits on an exercise ball. In my assessment, many people will benefit from a chair that can move in all directions while simultaneously supporting the back. It is precisely this that Tilter offers the opportunity to do," explains Pernille Andersen.



*Physiotherapist and ergonomic consultant*  
**Pernille Andersen,**  
*ergomentor®*

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## Good for shared chairs

Pernille Andersen is positive about chairs with Tilter not having to be permanently locked into a given position.

"Fundamentally, I believe in the importance of the chair suiting the user in terms of the size and being configured so it provides the possibility for appropriate sitting positions. In general, we are simply quite poor at using all these possibilities for adjustments. In large and open modern offices where chairs and desks are shared, very few people manage to have their chairs properly adjusted. Both here and in meeting rooms, Tilter has a huge advantage since movement and variation compensate to a large extent for any lack of individualised adjustments to the chair," says the physiotherapist.

"Tilter offers new possibilities for movement and variation, both for chairs with many as well as for chairs with few individualised adjustment possibilities, and regardless of whether the adjustment possibilities are being used or not," she says.

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## Further information

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