



## Goal Low Back Pneumatic Task Chair – Ergonomic Features



### **PROPERLY CONTOURED CUSHIONS**

Support the body effectively, allowing you to sit longer without discomfort.



### **SEAT HEIGHT**

Raise or lower to allow your feet to rest flat on the floor. Avoids pressure under your thighs, easing blood flow.



### **BACK HEIGHT**

Raise or lower to position lumbar support in your lumbar area. Reduces likelihood of back pain.



### **ARM HEIGHT**

Raise or lower to support your forearms. Reduces muscular effort in neck and shoulders, minimizing risk of pain.



### **SEAT DEPTH**

Change the depth of the seat to accommodate the length of your thighs. Keeps your back in contact with the backrest while avoiding pressure behind your knees.