



Goal Low Back Task Chair – Ergonomic Features



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



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.



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