

The next sitting posture is the best one.

We from SATO Office accompany and actively encourage research. Scientific investigation proves that monotone, immobile sitting, regardless of the posture, fatigues and causes tension-related pain. Opposed to this, we know that relaxed and free movement is a basic human need -- also when sitting. Movement relaxes and reduces the tension in the spinal discs, joints and muscles and thus leads to healthy sitting.

Glide-Tec – the unique sitting technology.

According to our philosophy "encourage research – use knowledge" the results of these investigations continuously inform the further development of our patented sitting technology, Glide-Tec. Glide-Tec is the first chair mechanics which moves the whole person – without in any way disturbing the working processes.

Glide-Tec makes sitting properly simple!

Your qualified SATO specialty dealer:



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Sitting right is simple – with **Glide-Tec**, the patented movement mechanic in the chair.



Correct sitting – primarily a matter of adjustment.

Three basic things are very important for a healthy and comfortable sitting posture:



Backrest as a second back: Lean with your whole back on the backrest: in this way the whole spinal column is optimally supported. Your bottom should also touch the backrest.



upright sitting

With a slight hollow back (Lordose)

- Puts pressure on the spinal discs
- Equal pressure on the spinal discs

leaned back sitting

With a slightly rounded back (Kyphose)

- unburdens the spinal discs
- allows the spinal discs to have a nutrient flow, since the suction draws nutrients in

Seat height:

Adjust the seat height so that the thigh rests horizontally on the seat cushion (> 90°).

Both sitting postures are good – if they are not held too long.



Correct sitting with healthy, changeable movement

Glide-Tec. Intelligent Sitting comfort – perfect ergonomics!

Work better.

Glide-Tec keeps you moving - and thus makes possible at the same time a comfortable working posture however you sit. It doesn't matter if you lean back or sit up straight: your hands have, in all positions, contact to the writing surface or keyboard.

Sit better.

Your back needs movement – even when you sit. A healthy and stable spinal column is aided by a continuous change between swaybacked and round-back postures.

Relax better.

With Glide-Tec you stay fit - even at the end of a long working day when you have only been sitting. It does not matter which sitting posture you favor: our innovative sitting technology actively combats tension. The neck is not overtaxed and remains always relaxed - and your head stays clear.

Better adjustment.

Glide-Tec gives you the freedom to sit the way you want to. With a simple movement you adjust the chair to your individually desired seat height and Glide-Tec does the rest automatically for you. Intelligent sitting technology instead of complicated adjustments: The chair fits you so well that you always sit comfortably and in a healthy manner.