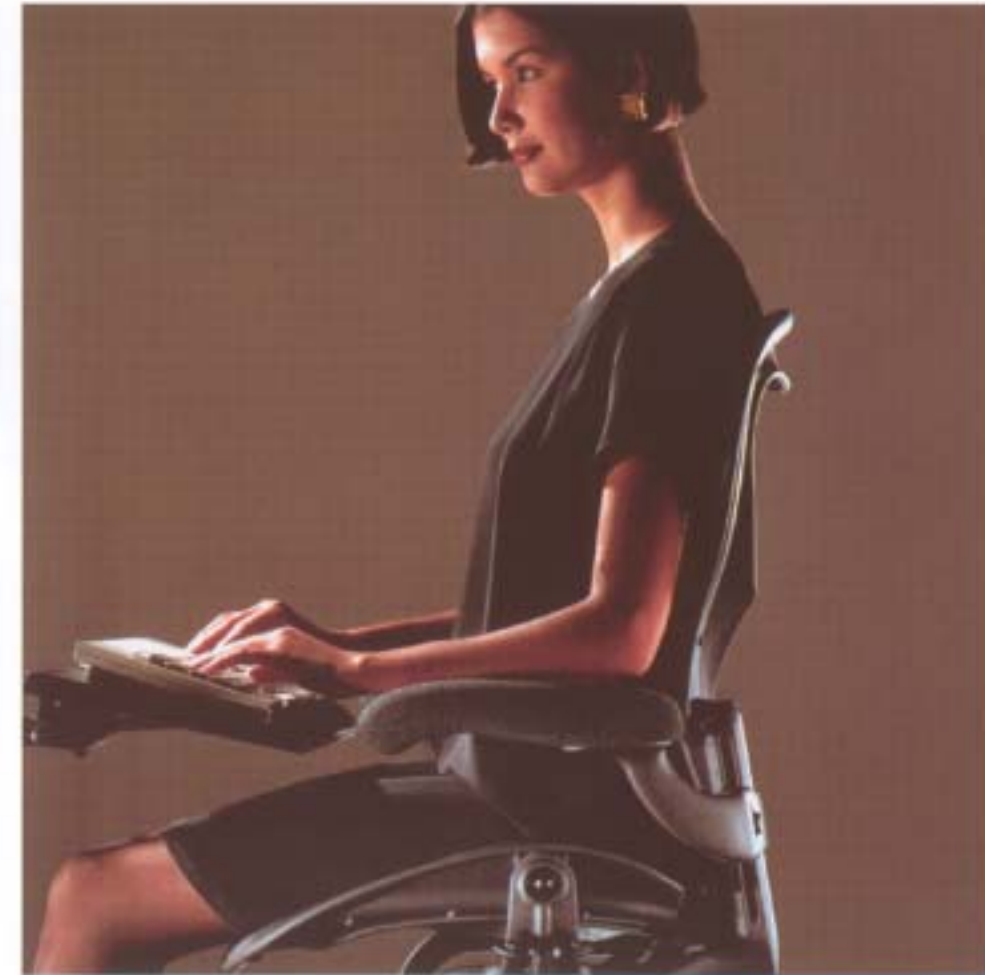
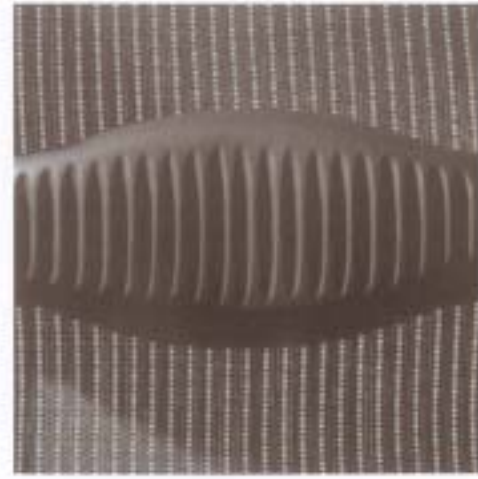


 Herman Miller



Aeron

It doesn't look like any chair you've ever seen. It doesn't feel like any chair you've ever sat in. Designed to perform as an extension of the human anatomy, the Aeron chair echoes the body's movements and anticipates its needs like a pair of comfortable and expertly fitted jogging shoes.



How we developed a chair that isn't just another chair



Aeron designers Bill Stumpf and Don Chadwick

Ergonomically it ought to do more than just sit there. It should actively intercede for the health of the person who sits in it longer than he or she should.

Functionally it ought to move and adjust as simply and naturally as possible. It should support a person in any position they care to assume, at any task an office job requires.

Anthropometrically it ought to be more inclusive than its predecessors. It should do more than accommodate small or large people; it should really *fit them*.

Environmentally it ought to be benign. It should be sparing of natural resources, durable and repairable, designed for disassembly.

Environmentally-sensitive design

The Aeron chair was designed with great sensitivity to its impact on the interior environment in which it will be placed and the broader environment that provides the resources for its manufacture.

Although it reveals its aesthetic heritage in lyrical shapes reminiscent of George Nelson designs, organic forms that recall the work of Charles Eames, and a spare, athletic aspect that brings to mind its designers' Equa chair, the Aeron chair finally looks only like itself. Its unique form expresses its purpose and use and the material composition of its parts and the way they connect. The slightly transparent and reflective nature of its surfaces gives it an airy quality. It becomes part of the person who uses it and the environment that surrounds it.

Made largely of recycled materials, the Aeron chair is designed to last a long time, with parts that get the most wear easily replaced and recycled.

Health-positive design

Like the computer prompt that asks, "Are you sure you want to quit?" when the operator accidentally hits the wrong key, or the anti-lock brakes that pump safely when a panicked driver slams down the pedal, health-positive ergonomic design anticipates and compensates for human error.

When it comes to using an office chair, the most common error is simply using it for too long. Made for movement, the human body suffers in the static postures associated with mental work. But people developing graphics for that important report, debating with colleagues on the internet, or working to debug a new software program tend to forget to move. To compensate for worst-case situations that keep a person seated at a keyboard for more than two hours at a stretch, the Aeron chair's designers built in health-positive features that help to keep the body healthy and comfortable in work-intensive postures.

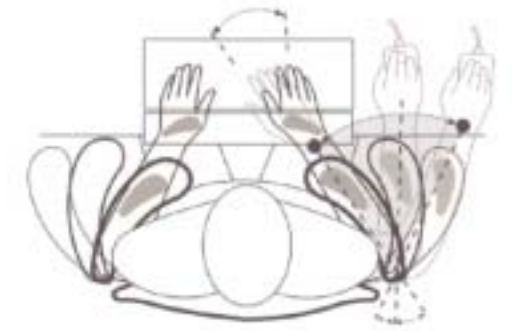
Cross-performance design

Growing concern about the incidence of repetitive motion disorders and other detrimental effects of computer-related work in the body has led, in recent years, to highly adjustable task seating that supports the body in optimal positions for computer use. Besides the fact that ergonomists have yet to agree on what this optimal position is – some advocate a forward bias, others a rearward tilt – these highly specialised chairs can be problematic for the increasing number of office workers whose days include some hours of intense computer use as well as a variety of other tasks.

Like the time-honoured Swiss army knife, the Aeron chair is a cross-performance tool that answers a variety of needs with a single design. It supports a person in postures for computer-related, task-intensive work, as well as a number of other postures for writing, reading, phoning, meeting, or any other task a person cares to be intense about.



The Aeron chair supports a full range of task-related postures, from high and forward to low and reclined.



Armrests pivot inward 17.5 degrees to support forearms for keying, and outward 15 degrees to provide a comfortable base for using a mouse. Better positioning and exceptionally soft and supportive armrest pads may reduce the risk of repetitive motion injuries.

Natural movement: staying in one position reduces the natural pumping action of the muscles that delivers nutrients to the intervertebral disks. The Aeron chair's Kinemat™ tilt allows it to move with the body in such a natural way that people can shift from forward to reclining postures without thinking about it, transferring weight to the backrest as they do. The chair provides support in a range of forward-facing positions, so the user can make significant changes in posture without interrupting concentration.



The Pellicle suspension helps to centre weight over the sitting bones and distribute pressure away from the spine and the backs of the thighs, where it can lead to physical problems and discomfort.

Pressure distribution: when people sit for long periods, any external pressure on the skin and other tissues can impede blood flow and the delivery of oxygen and nutrients to body systems. The Aeron chair's unique Pellicle™ suspension helps to eliminate uncomfortable, circulation-restricting pressure points by properly distributing weight across the seat and backrest. Made of a technologically advanced material engineered to create a "topographically neutral" surface, the resilient Pellicle seat and backrest conform to each person who sits in the chair, without the hammock-like effect typically associated with sling-type seats.

In the upright seated position, the spine has to support much of the weight of the upper half of the body, placing considerable pressure on the intervertebral disks. As a person reclines, the Aeron chair's wide, contoured backrest and broad, adjustable armrests are designed to take on a significant percentage of upper body weight and relieve the load on the spine.

Tests show that after 20 minutes of sitting, skin temperatures increase significantly in a foam-padded chair but remain constant in the Aeron chair.



Aeration: another hazard of prolonged sitting is heat and humidity build-up due to the insulating properties of foam-and-fabric chair cushions. The Aeron chair's highly permeable Pellicle material allows air, body heat, and water vapour to pass through the seat and backrest to help maintain even and comfortable skin temperatures and prevent moisture build-up on the skin's surface.

Ease of adjustment: all the negative effects of prolonged sitting are made even worse by a chair that is not properly adjusted to the person using it. If the chair is too high there is excessive pressure under the thighs. If tilt tension is too tight, it's hard to recline to reduce weight on the spine. If a tilt lock is not easily released, the person may remain in a static posture too long. To make sure that people get the full benefit of the Aeron chair's capacity for fine tuning, the designers worked on the placement and operation of the chair's control knobs until they were confident that all adjustments are intuitively understandable and easily manipulated from a seated position.



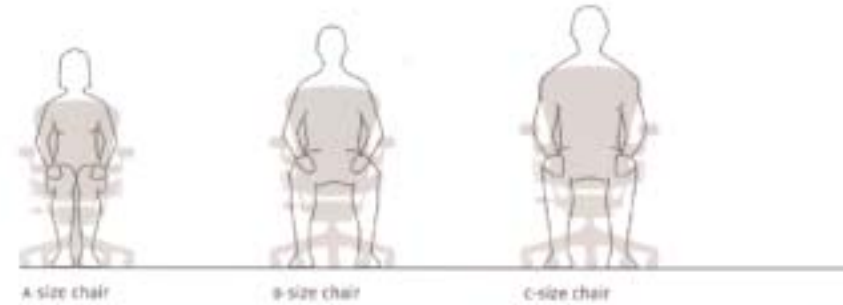
The Kinemat tilt echoes the body's pivot points (ankle, knee, hip) so the Aeron chair moves easily and naturally, shifting weight from the seat to the backrest. The backrest and armrests maintain the same relationship throughout the range of movement, to offer full support in upright or reclined positions.



- 1 Seat height: ranges from 36.5cm (A size chair) to 54.5cm (B and C sizes)
- 2 Tilt tension: controls resistance felt when leaning back
- 3 forward tilt: adjusts seat angle 5 degrees forward
- 4 Tilt limiter: limits range of recline
- 5 Arm height: adjusts independently within 10cm range
- 6 Arm angle: pivots independently 17.5 degrees inward to 15 degrees outward
- 7 Lumbar height/Lumbar depth: pad adjusts vertically 10.2cm, and has two depth settings



A person doesn't have to assume awkward postures to achieve a comfortable position in an Aeron chair. Convenient and responsive adjustments encourage sitters to tune their chairs over the course of the day, matching position to task.



Nondiscriminatory design

Work chair size is typically based on what ergonomists call the 'middle-out' model. The designer proportions the chair to fit the anatomical dimensions of the 50th-percentile male – the hypothetical average man at the centre of the anthropometric spectrum – then makes it adjust to fit people within a certain range either side of the middle. Typically, the goal is to accommodate people from the 5th-percentile female to the 95th percentile male.

While this would seem to indicate that these chairs should fit 90 per cent of the adult population, it doesn't work out that way. Most people are not perfectly proportioned: a person might be at the 50th-percentile mark for height, but have a 40th-percentile lower-leg length or a 65th-percentile upper-arm length. Even people who are proportioned the same may be shaped quite differently – rounder or bonier, with higher or lower lumbar regions, and with greater or lesser upper body weight. Add in the growing diversity of the work force and the common practice of providing size-related chair features – a high back, for example – only on chairs designated for people who have achieved a certain status within their organisation, and it's easy to see why so many people sit in office chairs that don't fit them well.

Based on an 'ends-to-the-middle' design approach, the Aeron chair comes in three sizes to provide a fit that is inclusive rather than exclusive. When the designers analysed the dimensional requirements of people at the edges of the anthropometric bell curve, it became clear that a 'one-size-fits-all' office chair cannot be made to provide the personal fit required by today's work patterns. Proportioning the chair in three sizes extends the range of people who can comfortably use an Aeron chair. It also provides people who are only marginally accommodated by chairs designed for 5th-to-95th-percentile users with the custom fit enjoyed by those at the height of the curve.

The result of applying an ends-to-the-middle model to work chair design: one chair in three sizes to fit comfortably people from the 1st-percentile female through the 99th-percentile male. The A-size chair fits the large group of people who fall in the centre of the anthropometric spectrum. The A-size chair, which adjusts lower than the other two, and the C-size chair, with its more generously sized seat and backrest, suit the smaller and the larger people at either end of the curve.



The Aeron chair's inclusive anthropometric approach makes it a truly global chair that complies with all major international standards and guidelines for office seating.

The Aeron chair's broad range of seat-height adjustment allows its users to choose either the forward-bias or semi-reclined position – or anywhere in between – over the course of a long day and through a variety of tasks. Its smooth-riding Kinemat tilt mechanism allows people to move between the two extremes with ease while maintaining proper geometric relationships among seat, back and armrests.



Visitor chair



A 'Middle-out' anthropometric design favours the 'average' person, fitting people within a certain range to either side of the 50th-percentile mark.

■ An 'ends-to-the-middle' design approach optimises fit for people at the outskirts of the anthropometric curve as well as those at the peak.

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Frame colour



Graphite

Pellicle colours



Nickel



Soapstone



Garnet



Cobalt



Tourmaline



Amethyst



Sapphire



Jade



Carbon



Leid

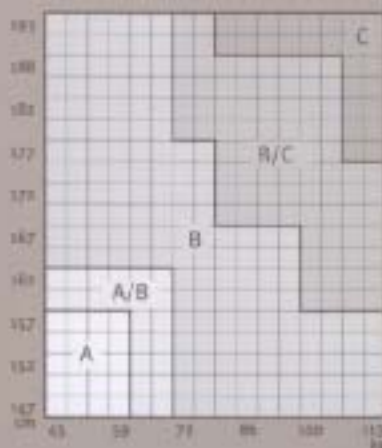
Arm options

	A-size	B-size	C-size	Visitor
Without arms	●	●	●	●
Fixed arms	●	●	●	●
Height adjusters	●	●	●	●

Tilt options

	A-size	B-size	C-size	Visitor
No tilt limiter	●	●	●	●
With tilt limiter	●	●	●	●
Forward tilt + tilt limiter	●	●	●	●

Size selection chart



Model range

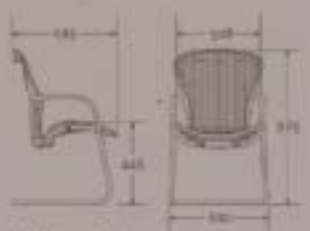
A-size



B-size



C-size



Visitor chair

Product details were correct at time of printing but are continually being updated. Check Product Handbook for current options and finish availability.

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