

HATIL Chairs: Finding the Right One

HATIL's newest ergonomic swivel chairs

Exams are just a week away. So, you decide to sit at the table to study a little- it's about time. You start like any normal person would, but after half an hour, you no longer feel comfortable, so you try to adjust your sitting position. Maybe tuck in your knees or lean back a little; and before you know it, you end up in a sitting position that has neither any physical explanation nor any name in known human history. Sounds familiar?



HATIL recognises your struggle to find a decent chair and that's why they are focusing on chair ergonomics so that you can find the chair that's right for you.

Ergonomics is a scientific approach that ensures that the design of products is well suited for the users, thus reducing human errors and discomfort and increasing productivity. But most importantly, ergonomics in chairs ensure that you are comfortable in it, even if you have to sit for hours in the same chair.

We're talking about office hours. Six to eight hours of sitting in the same chair can be tedious in the simplest way possible. More importantly, if you are not using the correct chair, you are bound to have some back pain. Add into the mix a bit of uneven workstations or space issues to that and you got a whole list of physical impact points, starting with wrist pain, neck pain

and a variety of other issues.

HATIL offers ergonomic chairs that have a proper seat depth, ensuring that you don't have to take too much pressure on your hips. Or if you feel like a harder surface is more after your taste, you can choose one of the chairs without the cushions. Either way, you can pick from HATIL's collection.

What most office workers complain about, after a long day of working at a workstation is back pain. Lumbar support is probably the most important issue about back pain. Ergonomic chairs come with a lumbar profile that's curved to be comfortable against your back and well blended with thoracic support, ensuring that you don't get lower back pain from sitting on a chair.

A supportive backrest that is padded with comfortable material will go a long way. If you need neck support, make sure that you have a headrest on your chair and it is adjustable. Armrests are just as important, if not more. An adjust-

able armrest is more desirable for your office chair because you never know who will claim the chair and what will be their physical dimension. Adjustable features allow you to modify the chair in ways that make it most comfortable and feels just right for you.

An ergonomic chair ensures that your feet are on the ground while you sit comfortably in the chair. This ensures that you can maintain your posture. Good posture keeps shoulder and neck tension at bay. Whoever said- 'keep your feet on the ground' sure knew what they were talking about.

An ergonomic chair will usually come with seats that are adjustable in height and tilt. This maintains your posture, regardless of your body dimension.

Sure, the design aesthetic is important as

well. But while buying a chair, comfort should be considered with equal gravity, if not more. A worker with back pain will not provide you with the most efficient productive hours. A worker in comfort, on the other hand, won't have his mind occupied with back pain, which means he can actually concentrate on the job. The same applies to the little boy who has to study for his tests next Monday. Fortunately for you, HATIL offers chairs that are both aesthetically pleasing and ergonomically designed. Style and comfort blended in an impressive cocktail.

Try and see for yourself.

For more information, visit their website: <https://hatil.com/>

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