



Designed for human performance.

RH in figures

Established for over 30 years as one of Europe's most innovative seating manufacturers, RH Chairs has been part of Scandinavian Business Seating since 2008. Scandinavian Business Seating is an international group of companies with its headquarters in Oslo. With more than 450 employees around the world, the Group generated sales of approximately 125 million euro in 2009. Scandinavian Business Seating is owned by Swedish private equity company Ratos, which is listed on the Stockholm Stock Exchange.

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24/7 seating.

Just like running a marathon, sitting in a chair for several hours at a time places extreme demands on your body. And just like in sport, you need the right techniques, training and the best equipment to make sure you achieve all you can without losing focus. You need a chair that facilitates breathing and blood circulation, stimulates your muscles by allowing them to move in a variety of ways and keeps aches and pains at bay. And of course, you need to be comfortable.

The better care we take of ourselves, the better we perform. That is as true when it comes to sporting activities as it is when we are carrying out what we might assume are the most routine of tasks, such as sitting.

We know for certain that people and companies deliver the best results when they operate in an optimum working environment. We've been in this business a long time and we know how to design and make chairs that work with your body, to help you deliver world class results. We make chairs designed for human performance, especially when you are working exceptionally long hours.

That is why we are confident you will find that the RH Logic 400/300 is the ideal chair for any demanding 24/7 working environment. No wonder it is the first choice for high performance organisations around the world, including emergency services, transport control centres, offshore installations and trading rooms.



At RH Chairs we have our own philosophy of ergonomics based on the two important principles of upright posture and active sitting. This philosophy is based on our unique "two-point principle" or 2PP™, which ensures that your body receives the variation and support it needs, helping you to perform better.



5 steps to 24/7 performance

Increased performance

The RH Logic 400/300 is designed to encourage active sitting. It keeps you upright, making it easier to breathe, which in turn improves the oxygenation and circulation of your blood. This helps you to feel less fatigued and improves your sharpness.

Economical Health & Safety

Used correctly, the RH Logic 400/300 helps keep you free from musculoskeletal disorders. This can mean a huge reduction in absenteeism and associated costs for you as both an individual and employer. As you can simply change the seat and back pads when they become worn or damaged, the cost of ownership of the chairs is significantly reduced. You can rest assured that you won't need to buy a new chair simply because the upholstery needs to be replaced. RH is a healthy and safe investment.

Adjustable comfort

A chair used 24 hours a day needs to be extremely comfortable and durable. The RH Logic 400/300 incorporates an extra layer of wool in the seat and the back to improve breathability. Intuitive controls make it easy for any user to adjust the chair to suit them as an individual.

Guaranteed quality

RH chairs are built to last. That is why we offer a 5 year warranty for 24 hour use and 10 years for normal use (typically 8 hours a day). All of the chairs in the RH Logic 400/300 range are tested and approved according to EN-1335, BS 5459 level S and ISO 7173 and are thus proven to withstand very rigorous use. Furthermore all of the chairs in the range are 100 per cent recyclable and have earned EDP and ISO 14025 environmental credentials. The RH Logic range has also received the FIRA Ergonomic Excellence Award.

Customer support

While the RH Logic 400/300 gives your employees the support they need, RH also offers you everything you need as a business. Via our local dealer network we can offer training workshops to help you and your team get the very best performance from your chairs.

5 steps to higher performance

Introduction to 2PP

At RH Chairs we have our own philosophy of ergonomics based on the two important principles of upright posture and active sitting. These principles improve breathing and circulation and stimulate the muscles. The philosophy is evident in all our office chairs through the unique "two-point principle" or 2PP™, which ensures that your body receives the variation and support it requires as you move. As the chair's basic settings do not change, this helps you to do more and perform better.

Dimension

Adjust the seat height, depth, back height and armrest position. Always sit as far back in the chair as possible so that your lower back is against the backrest to ensure good support at all times. If working at a desk, set the height of the chair so that your hips are slightly higher than your knees.

Tension

When you have adjusted your chair to suit you, release the seat tilt mechanism. If the chair pushes you forward, loosen the tension control on the left hand side a little. If the seat is then too loose, tighten the tension control until you achieve the correct balance. Always remember: dimension before tension.

Balance

It's good practice to leave the chair in an unlocked position. This helps the oxygenation of your blood and ensures that you stay more alert and feel better. So, unlock the chair and with it, your potential.

Adjust

Regularly adjust your chair to get the most out of it. Never be afraid to adjust your chair, the adjustments are there to be used. Remember, the most important thing is to be comfortable while being supported by your chair.



Accessories: The RH Logic 400/300 comes with a seat slide, castors and a 5 star aluminium base as standard. The RH Logic 400 also has an adjustable lumbar support as standard. This feature is an option on the RH Logic 300. The adjustable neck rest is a very useful option especially in 24/7 environments, as are adjustable arm rests. The chairs can also be specified with an even thicker wool layer in the seat pad to improve breathability. Other options including an XL seat are also available. A number of upholstery options in various colours are available which are suitable for intensive use, including leather.