

1 Chair 1 Emergency number 2 Countries

Svenstol® in use with
the fire service in
Germany and France

THE LATEST ON THE SVENSTOL®

Height-adjustable Svenstol armrest
plus other innovations

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The Svenstol® – popular among fire services in Germany and France

Emergency call in a control centre: A distraught woman calls to say that her husband has collapsed in the garden in the midday heat. A fast response is essential. The fire control operator on the phone must keep calm and take the right decisions to help the man as quickly as possible and potentially save his life.

Situations like this which are often a matter of life or death are an everyday scenario in a control room. Control operators bear a huge responsibility. They have to act quickly in extreme situations and initiate the right response with total concentration. Control operators are specially trained for such cases. And their workplaces have ergonomically specially developed technology and equipment which gives the operators the support they need to totally focus on the emergency at hand.

With their comfort and their tailor-made ergonomics, Svenstol® 24 hour chairs have been specially designed for this purpose. So we are delighted to see that over 60% of all fire service control rooms in Germany now use Svenstol® 24 hour chairs. They include Bavaria's largest command centre in Nuremberg. Germany's third-largest control room is responsible for an area of 2,000 km² with a population of 1.2 million.

The control centre in Nuremberg coordinates around 280,000 operations a year.

Each year the control operators respond to more than 280,000 calls to the fire service, rescue service, civil protection and water rescue, day and night. Given this continuous pressure, Thomas Löhr, deputy head of the control centre, is very pleased with the robustness of the Svenstol®: "The chairs have now been nearly 5 years in use but you'd hardly notice."

In France too, where our subsidiary Stolcomfort France has been selling the Svenstol® since 2016, almost half of the 96 fire and rescue service control centres use Svenstol® 24 hour chairs. Since October 2019 these have included the CTA-CODIS (Centre de Traitement d'Alerte – Centre Opérationnel Départemental d'Incendie et de Secours) in Isère. The control centre serves an area of 7,431 km² with over 1.25 million inhabitants. Each year it receives over 400,000 emergency calls and coordinates more than 80,000 operations. Before they decided on the new Svenstol®

In French control rooms too, such as in Isère, the Svenstol® has impressed users right across the board.

24 hour chairs the operators in Isère tested a number of 24 hour chairs in a selection exercise lasting several months, based on criteria such as comfort, ergonomics and robustness. The Svenstol® convinced the testers on all test criteria.

We are delighted with this vote of confidence in our Svenstol® 24 hour chairs. To know that we are contributing to improved workplace ergonomics and supporting the operators in their vital work motivates and stimulates us in the ongoing development and improvement of our chairs. On the following pages of our magazine you can see for yourself how we are turning this promise into up-to-date reality.

The latest on the Svenstol®

Certified for special demands



Svenstol® also meets industry work chair standard DIN 68877:

Customers such as Airbus and others also use Svenstol® chairs in their production departments thanks to their superb comfort and robustness. Using swivel chairs in a production environment is not the same as using them in offices or control rooms. That's why DIN standard 68877 imposes different requirements for safety and ergonomics than corresponding office chair standards. The Svenstol® meets this standard's criteria so our customers can be safe in the knowledge that they can also use it as an industrial chair. And this also goes for the version with XXL height and climbing aid.

Comfortable and flexible



Height and depth adjustable lumbar support:

As an alternative to our pneumatic lumbar support the Svenstol® S5 and S6 24 hour chairs are now available with a mechanical lumbar support. This can be adjusted for both depth (bulge) and height using two wheels mounted in the backrest. The wheels can be operated while you are seated.

The height and backrest bulge can be adjusted much more quickly than with the pneumatic version. Both versions will allow you to avoid a sitting posture with a hunched back and excessive load on the spinal discs.

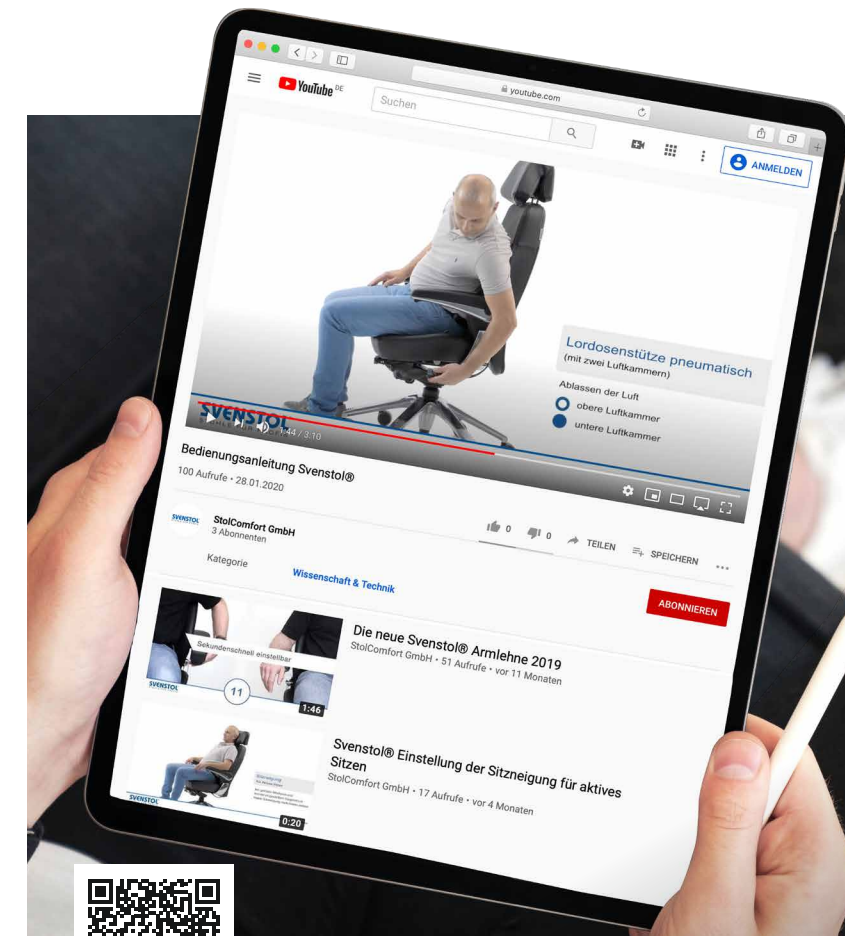
Height adjustment for the Svenstol® tip-up armrest:

Height adjustment for the Svenstol® tip-up armrest: Incorrectly adjusted armrests can result in your muscles cramping up or your arms pulling your torso down. This can lead to muscle problems or a hunched back over time. That's why our Svenstol tip-up armrest now comes with an optional height adjustment as well as an adjustable angle. The larger support surface for your forearms means you are more relaxed when seated. The height adjustment is easy to operate when seated and – like the whole chair – is designed for a continuous 24 hour load.



Video guide: 24 hour chairs usually have many different users, so it is essential that the particular user can adjust the chair quickly and easily. Which is why operating a Svenstol® is as intuitive as possible. But to make sure that every user really makes the most of the ergonomic potential of their Svenstol®, we have created a video that demonstrates and explains all of the possible settings.

The complete video guide is three minutes long but you can also view short videos about individual adjustments on our website. We will soon also start supplying our chairs with a QR code label on the seat surface so you can view the video guide at any time.



For more information visit: stolcomfort.com/en/our-promise/operating-instructions/



The spine – Facts and figures*

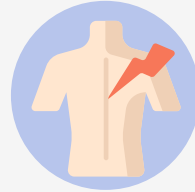
*you probably never knew

95 % of all living things do not have one – a spine. Fortunately we humans are among the remaining 5 % which do have one. That means we can walk upright, do sports and many other things we couldn't do without one. And when we are sitting doing our work the spine gives us great support – **but uneven or incorrect loads very often result in back pain and other physical complaints.**

To illustrate the spine's huge importance for our health and its amazing efficiency we have compiled some **interesting facts and figures** about one of the most important human body parts.



80 %



of back pain is caused by tension in the muscles. Spinal discs are to blame in only 3 out of 100 cases.

800 kg



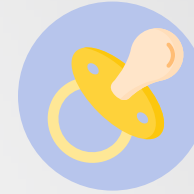
A young person's spine can withstand 800 kg of pressure. This decreases significantly with age, but it can still support 450 kg.

20 kg



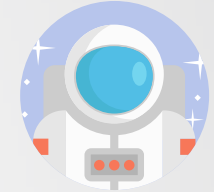
A human head weighs about 6 kilos. When we look down at our mobile phone the load on our spine increases by 20 kilos. That's equivalent to balancing a crate of bottles of water on our head. And a lot of mobile phone users look at their phone for more than 4 hours a day.

33-7 =26



We are born with 33 vertebrae, but as adults we only have 26. How come? Some vertebrae grow together to stabilise the pelvis and coccyx.

1/4



One quarter of the spine consists of cartilage tissue. During the day this tissue is compressed by the force of gravity, so we are shorter in the evening than when we get up in the morning. Astronauts on the other hand are taller when they return to earth than at the start of their journey because of the lack of gravity.

Our spine is surrounded by more than

300 muscles

muscles and it is only with their help that we can walk upright and with the head up.



1 kcal / min



When we sit, our muscles – including the 300+ muscles around our spine – go to sleep and we only burn around 1 calorie per minute. Unlike the 3 calories per minute we burn when walking. Incidentally, chewing gum increases consumption by about 0.1 calories.



You will find more about the right way to sit on our Svenstol® in our brochure **“Healthy Sitting”**

WIN NOW: Exclusive Svenstol® one-offs



PC games are a popular way of passing the time in the age of Covid-19, quarantine and lockdown (we recommend The Elder Scrolls Online role-playing game). The gaming virus has also been rampant at Stolcomfort recently, so it was only a matter of time before there were **calls for a gaming-style Svenstol®**.

Possible designs were quickly suggested and the first **Svenstol® 'Gamblers' were soon being produced** and tested by our gamers. These chairs are **special one-off creations and are not for sale**. But now you have an exclusive opportunity to win these two 'Gamblers'.



R



Which expression are we looking for?

Send us your answer using our web form (please give your email address) or email it to **info@stolcomfort.com** by 30.09.2020.

The judges' decision is final.

5 years full warranty on Svenstol® 24 hour chairs

Chairs in control centres are under a lot more strain than chairs in normal offices. So for our Svenstol® chairs we offer an extended 5 year warranty covering all costs incurred, including material, labour and travel. For our Svenstol® Manager office model you even get a 10 year full warranty with immediate effect. Our company service team will provide a fast, reliable response to deal with any problem. In addition to our service there is also the option of having your 24 hour chairs serviced annually. The chairs are checked over, adjusted correctly and also wet cleaned if required.



Would you like to test a Svenstol® for 4 weeks for free?

We will be happy to help: Email **info@stolcomfort.com** or call us on **+49 (0)5261-28897-0**