# HOW TO SELECT ARMRESTS

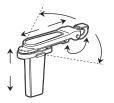
GLOBAL HAS A WIDE SELECTION OF ARMRESTS TO SUIT ALMOST EVERY WORK TASK. ARMRESTS ARE AN IMPORTANT FEATURE OF A CHAIR - THEY REDUCE STRESS AND TENSION ON THE SPINE, NECK AND SHOULDER MUSCLES BY SUPPORTING THE WEIGHT OF YOUR ARMS. THIS MAKES YOU MORE COMFORTABLE AND ULTIMATELY MORE PRODUCTIVE. HEIGHT, WIDTH AND ANGLE ADJUSTABLE ARMRESTS ENABLE YOU TO POSITION YOUR ARMS AT A COMFORTABLE WORKING POSITION, BASED ON THE TASK AT HAND.

#### **COMFORT TIPS**

- · Wrists should be in a straight or neutral position avoid bending your wrists.
- · When mousing, use whole arm movements instead of flexing your wrist.
- · Rest your palm on the mouse pad for support.

### HEIGHT ADJUSTABLE ARMS

- A full range of arms is available with armcaps in self-skinned urethane (SSU).
- Use the features available on Global's adjustable arms to accommodate your ergonomic requirements.



#### **MAXSUPPORT**<sup>™</sup>

An innovative, award winning product; these arms are designed to help reduce pain and injury to your wrists, arms, shoulders, neck and back. The Maxsupport<sup>™</sup> (AA) arms provide superior comfort by supporting your wrists and arms through a wide range of motions, helping to improve your comfort, productivity and health. Movement is smooth and precise for both mousing and keying.

- Telescopic armrests glide on smooth ball bearings to provide continuous support as you reach.
- The arm rotates 76° (38° to each side) to freely follow and support your arms as you mouse and key.
- The palm rests flip up to provide extra support for your hands.
- Integrated height control allows you to adjust the armrests to individual preferences.









5.5" telescopic extension

76° horizontal arm rotation

palm rest extension



2.25" adjustable height

## THE VARI-WIDTH ARM FEATURES MAXIMUM COMFORT WHILE ENABLING YOU TO MAINTAIN TOP PRODUCTIVITY LEVELS.

VARI-WIDTH



Easy to use levers enable you to adjust the distance between armrests quickly and simply. An ergonomic feature, Vari-Width maximizes shoulder support as it accommodates the specific width requirements of each user.

- Metal adapter plates provide width adjustability. One adapter plate is attached under each side of the seat. Arms are inserted into the adapter plates.
- Arms extend outward up to 2" on each side. A lever locks each arm in any position.
- Vari-Width is available only with Global's height adjustable arms. The arm chart (on the following pages) specifies all arm options available for the Vari-Width series. Vari-Width is standard on many chairs; they can also be retroactively installed on chairs.

#### **ROTATING ARMCAPS**



Rotating armcaps articulate inward and/or outward. This positions the arm to support mousing or keyboarding activities. Rotating armcaps can also be used to narrow the space between the arms for slender people seeking arm support while keyboarding.

#### SLIDING ARMCAPS



Select arms have sliding armcaps. They can slide over top of the seat to narrow the space between the arms for smaller users. Sliding armcaps also slide forward for arm support for larger users or slide to the rear allowing slender users to sit closer to their worksurface.