

Werkstoel model Groningen

Jörg & Sohn, type 1001-1



Adjustment of the Dental Operator's Stool Model Groningen

INSTRUCCION

EXPLANATION

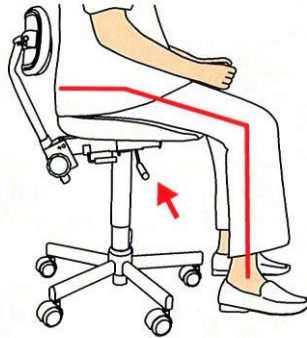
Height and seat adjustment

A. Use the rear lever to adjust the back part of the seat and push backrest fully rearwards as far as possible



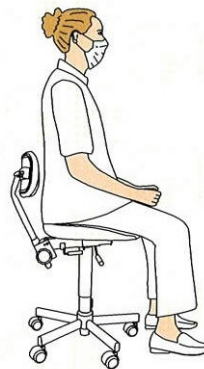
- The rear part must be horizontal to get a stable sitting posture.
- Always sit down right at the back of the seat.
- Thighs slightly apart.
- Adjust to minimum 110°, or higher.
- The legs must not be pinched by the front edge of the seat.
- Sitting upright, with a knee angle of minimum 110°, results in a lumbar curvature comparable to the curvature when standing, the abdominal muscles are tensed.

B. Use the front lever to adjust the height the angle between thigh and lower leg being 110°.

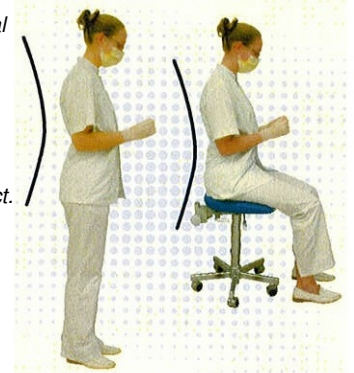


Proper sitting posture

C. Take the proper working position by sitting up straight, with the breastbone slightly stretched forwards and upwards



- The abdominal muscles and the back muscles keep the upper body erect.



Adjustment of backrest

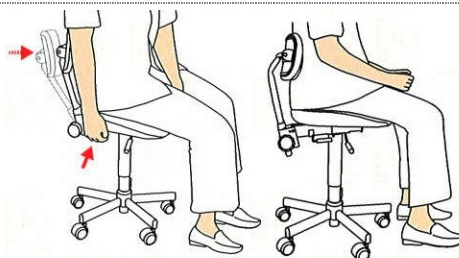
D. Use the turning knob to adjust the proper height, abt. 1/3 above the top edge of the pelvis



- Check the right height by palpating the edge of the pelvis with the thumbs.
- Push backrest up along the haunches exactly above the curvature of the gluteal muscles, in the lower part of the lumbar curvature. Do not push up any further.



E. Pull the rear lever to let the backrest come forward until it rests against the lumbar curvature without pressure.



- To adjust the backrest horizontally, with the left hand hold on to the front edge of the seat to keep it from dropping.
- The backrest resting against the lumbar curvature gives a feel of stability. This indicates proper adjustment.

Ready for use

F. Correct sitting / Work posture on the properly adjusted work chair.



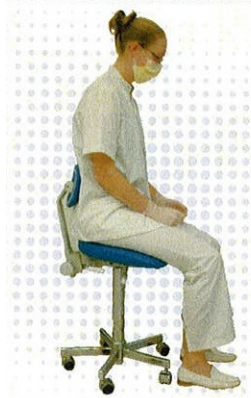
- Sit relaxed, symmetrically upright with upper arms close to the body.
- Ensure proper working height: forearms lifted, about 10° to maximum 25°.
- The head be bent forward up to maximum. Distance between working area in the mouth and eyes or glasses 35-40 cm.
- The body can be bent out of hip joint up to maximum 10°.
- Create a dynamic workstation.

Adjustment / Wrong use

EXPLANATION

Sloping seat

► With very short body height or short (lower) legs use a sloping position of the rear part of the seat.



- To use only the sloping rear part of the seat up to abt. 6-8° than would be necessary with very short height.

Wrongly adjusted backrest

► When sitting upright and the backrest does not closely rest against the lumbar curvature but sticks out backwards, a curved C back will result during use.

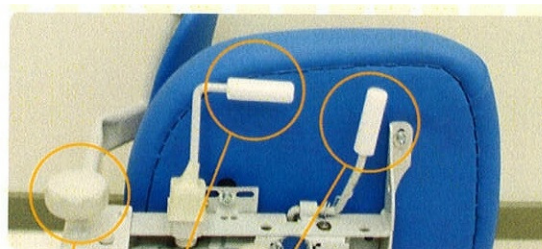


- A C back is very straining and must be avoided.

Parts



Side view of the stool



- 1 Seat height adjustment
- 2 Seat and backrest adjustment
- 3 Backrest adjustment (vertical)

View from below with adjustment levers



Top view of seat

Specifications

The dental operator's stool Model Groningen (Jörg & Sohn, Type 1001-1) has been designed to specifications of the Centre for Dentistry and Oral Hygiene (UMCG, Hokwerda/De Ruijter).

- The dimensions are in proportion to the human dimensions for users (90% of users).
- The correct sitting work posture is individually adjustable.
- The stool is suitable for working with four-handed dentistry.
- Fast and simple adjustments for a workstation with several practitioners.

Seat:

- *The seat has a flat rear part (forward/backward 20 cm) to support the ischium hump and at the front edge a forward sloping part to support the thigh (angle 20°).*
- *The width of the seat at the rear side is 39 cm, at the front side 44 cm and the depth is 39 cm from front to rear.*
- *The seat can be tilted forwards through 6-8°.*

Backrest:

- *The backrest is rounded backwards at the top and bottom and has a midsection that can rest against the upper edge of the pelvis. It can also be pivoted 15° forwards and 24° backwards on a horizontal axis for a perfect fit of the shape of the back.*
- *Dimension: 30 cm wide with a half-round 12-13 cm high midsection so that it can rest against the lumbar curvature.*
- *Height adjustment 18-24 cm.*
- *Adjustable forward and back over 12 cm (seat reference point as average).*

Upholstery:

- *Rigid to provide correct support of sitting comfort.*
- *Grippy surface to prevent slipping.*

Base:

- *The height adjustment permits: lowest position 47 cm, highest position 69 cm, so that users with a body length of 1.96 m (P95 man) with a knee angle of 110° and can sit correctly.*
- *Rugged (no gas spring with vertical play).*
- *Adjustment levers smooth in accordance with hygiene requirements in two shapes for unambiguous operation.*
- *Smooth low-friction castors without locking.*
- *Small base with five arms for free movement below patient chair, also four-handed.*
- *Also available with foot ring.*