

repiroue



okamura

The Perfect Combination of Sitting and Standing – a New Style of Work Posture

It is no secret that changing our posture throughout the day is essential to our wellbeing in the office. What's more, adapting a posture that is appropriate for the task at hand helps relieve stress placed upon the body. Okamura recommends five postures for increased office productivity and efficiency. Among them is the perching posture, a perfect combination of standing and sitting, which is suitable for a standing meeting or a touchdown. Our perching stool, *repiroue* was brought to life with the intention of making the perching posture more accessible in the office environment.

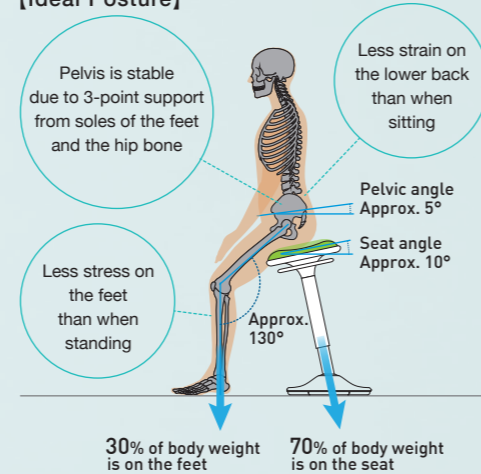


Reducing stress on your body for a comfortable work posture

Perching posture does not apply extra pressure on the gluteal muscles and minimizes the stress placed on the intervertebral discs. Supporting the body from 3-points (both feet and the hip bone) stabilizes the pelvis. Furthermore, tilting the seat forward brings the pelvic angle close to that of standing position, meaning the S curve of the spine is almost the same as when standing, thus reducing pressure to the lower back. *repiroue* distributes body weight between the feet and the buttocks so that the legs are released from solely sustaining the weight.

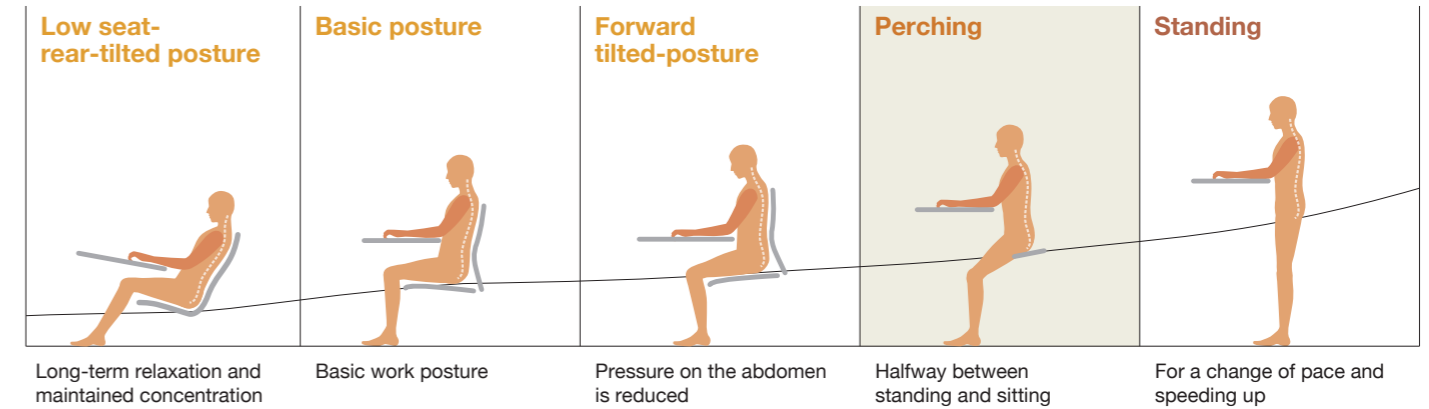
PERCHING

[Ideal Posture]



Source: joint research with Prof. Ko Matsudaira, M.D., Ph.D. Department of Medical Research and Management for Musculoskeletal Pain, 22nd Century Medical and Research Center, Faculty of Medicine, The University of Tokyo-Hospital, 2015

Adjust your posture to best suit the task at hand.



Easy on the legs

Easy on the back

Long

Working Time

Short

Relax

Active

Introducing a new style of work posture

Until recent years, office workers had spent most of their time seated at their desks, but with increased recognition of height adjustable tables' benefits, more and more office workers are starting to work on their feet. Our perching stool, *repiroue* is the perfect companion to height adjustable tables, with its easy height adjustment function, it can accommodate office workers of all body types.

Specifications



Black shell
350φ × 565~815H
(13 7/8"φ × 22 1/4"~ 32 1/8")



White shell
350φ × 565~815H
(13 7/8"φ × 22 1/4"~ 32 1/8")



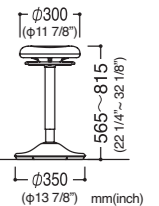
The supporting column can tilt in all directions with your body allowing you to sit at comfortable angle and move freely.



Use the lever underneath the chair to adjust the height between 565mm (22 1/4") to 815mm (32 1/8").



You can press the ring with all-around access underneath the seat, making height adjustment quick and easy.



[Colors]

Plain Knit



Interlock



● Specifications: Seat upholstery: Polyester Height adjustment lever: Fiberglass reinforced polyamide Base: Polypropylene Seat shell: Fiberglass reinforced polypropylene

Ecology



PRODUCT CERTIFIED
FOR LOW CHEMICAL
EMISSIONS:
UL.COM/GG
UL 2818

Awards



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The products listed in this catalog are available as of October 2019. Please note that specifications, dimensions, and colors are subject to change without notice. The colors of the actual products may differ somewhat from the colors shown in the catalog, depending on printing conditions.