

**HUMAN  
WORKSPACE**

**TRESTON**

# Workplace chairs



FOR ANY INDUSTRIAL AND TECHNICAL WORKING ENVIRONMENT

# Chairs for any industrial and technical working environment

High-performance chairs with maximum customer benefits for any industrial and technical working environment

Treston offers specialized seating solutions for industrial and technical working environments. Our high-quality technical products fulfil the highest requirements, offer outstanding value for money and meet the requirements of every single workplace - from production and packaging to standing work, ESD areas and R&D. Treston chairs ensure safety in the workplace by fulfilling the requirements of DIN 68 877 standard and by carrying the GS safety mark.



**Production**

**10 year warranty.** Treston offers specialized seating solutions for industrial and technical working environments. Our high-quality technical products fulfil the highest requirements, offer outstanding value for money and meet the requirements of every single workplace. To back up this statement, we grant A FULL 10 YEAR WARRANTY for our workplace chairs.\*



**ESD area**

The 10 year full warranty applies for normal wear and tear to all Treston chairs and their spare parts, gas spring, mechanism, castors and upholstery. The warranty periods shall apply for customary industrial use, namely 8 hours a day for 220 working days. The warranty period shall be reduced accordingly where there is shift operation or 24/7 use.



**Standing work**

*\*Saddle chairs 2 years.*



**Laboratory**



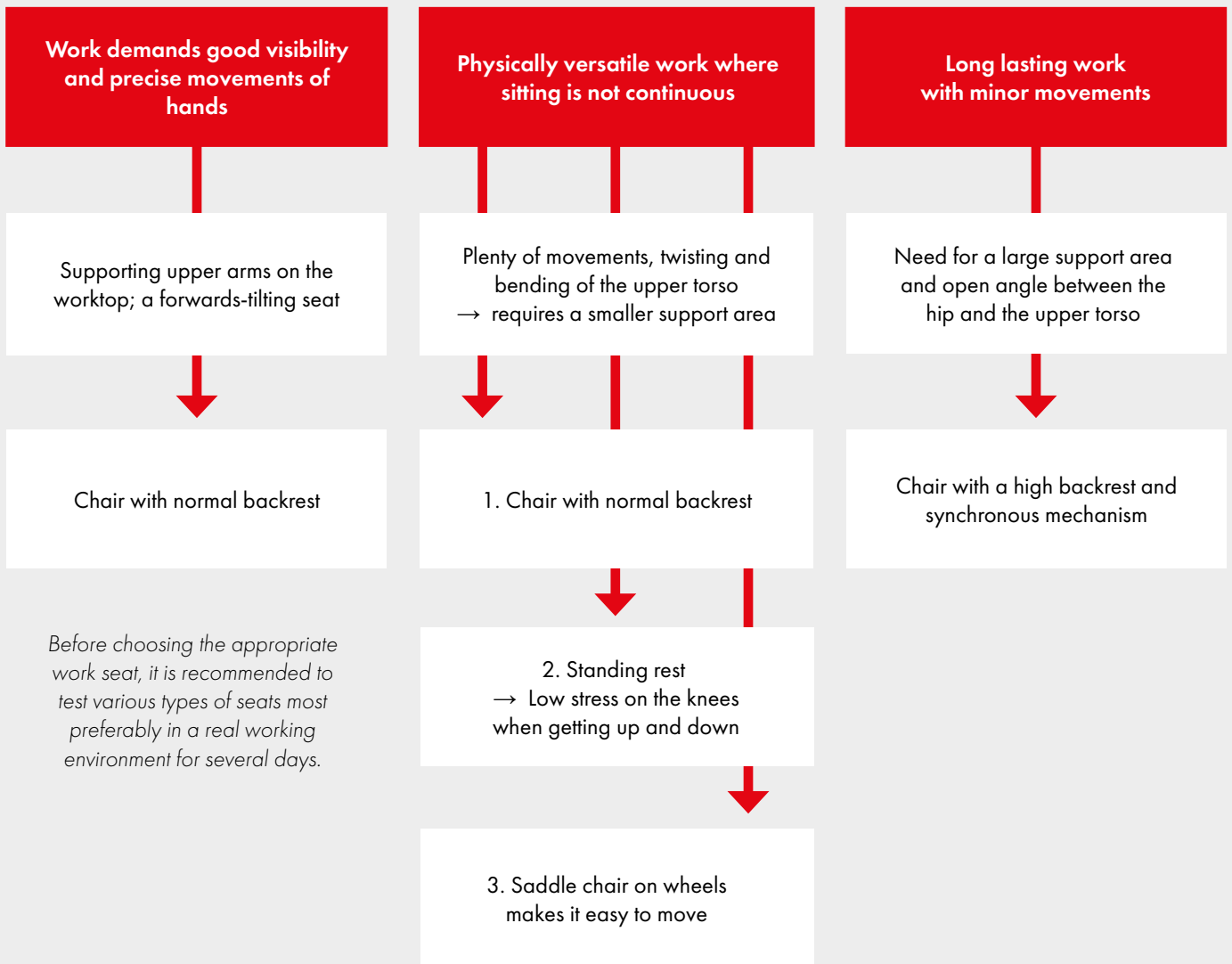
**Cleanroom**



**For cleanroom** (classifications 3) **and laboratories** selection is available upon request. Contact your sales person for more details!



# Choice of chair for different work functions

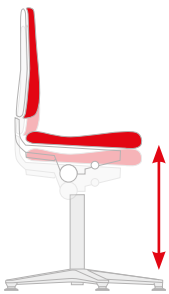


	Treston Ergo	Treston Plus	Neon	Stool	Saddle chair	Flex – standing rest
Production / heavy	✓			✓		✓
Production / light	✓	✓	✓	✓	✓	✓
ESD	✓	✓	✓	✓	✓	✓
Standing work					✓	✓

# Adjustments and features of Treston workplace chairs

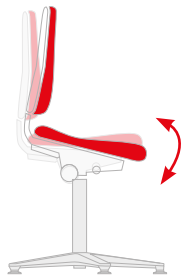
A workplace chair must be equally good fit for anyone and everyone – men and women, small people and large, heavy and light, and young and old – which is why it is essential to have a sufficiently wide range of settings and adjustments. See here the different adjustment possibilities of Treston workplace chairs.

## Seat and back rest adjustments



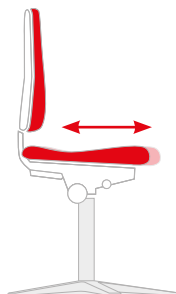
### Seat height

Allows adjustment to body size and height of workplace. The ideal seat height is when the knees, hips and elbows form an angle of at least 90 degrees, with the feet resting flat on the floor.



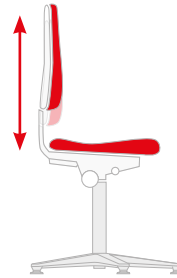
### Seat tilt

Many jobs are carried out in slightly raised positions, and require people to bend forwards. A correspondingly tilted seat provides a seat angle of at least 90 degrees, while at the same time providing contact with the backrest.



### Seat depth

Matches the depth of the seat to the size of the body, giving the best possible contact surface for the thighs. Contact with the backrest, and therefore the support it provides, are maintained.



### Backrest height

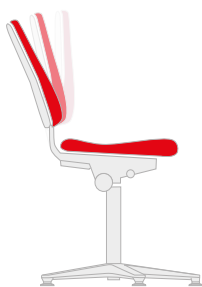
Ensures that a person is ideally supported – especially in the lumbar region – no matter how tall he/she is.



### Weight regulation

By individually adjusting the pressure of the backrest, both light and heavy people can sit with the correct posture.

## Back rest mechanisms and arm rests



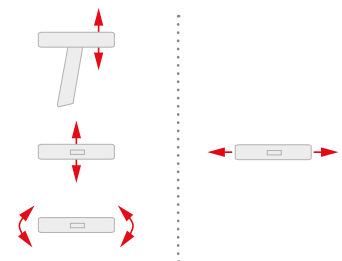
### Permanent contact backrest

... follows the movements of the upper body, and ensures that the back always remains fully supported. Ideal for people who have to lean forward for long periods of time, with only a small distance between eyes and workplace (e.g. working in precision engineering or in the laboratory).



### Synchronous mechanism

... provides an active-dynamic sitting experience with weight regulation. The seat and backrest accompany to body as it moves. This gives the user a feeling that can best be described as "weightless floating". The synchronous technology comes into its own where users are working at office type working situations, working at a screen, or constantly changing their sitting position.



### Armrests

Armrests have the important function of reducing the strain on the upper body and arms. The height, width and depth of 4D armrests can be adjusted, and can also be swiveled.

# How to adjust your Treston workplace chair

Ergonomically sound chair is a vital part of a well-functioning, ergonomic and user-friendly workstation. Good sitting enables effective and appropriate movements, reduces postural fixity and enables good and relaxed working postures. Chair alone, however, will not improve your workplace ergonomics, you have to adjust the chair according to the person using it – adjust the chair, not the person.

When taking into use your workplace chair, make sure to follow the adjustment guidelines below.



Adjustments and features	Treston Ergo	Treston Plus	Neon	Stool	Saddle chair	Flex – standing rest
Seat height	✓	✓	✓	✓	✓	✓
Seat tilt	✓	✓	✓		✓	
Seat depth		✓	✓			
Backrest height	✓	✓	✓			
Contact backrest	✓					
Synchro mechanism		✓	✓			
Arm rests as an option	✓	✓	✓			
Changeable upholstery			✓			



# Are you sitting well?

## A short introduction to workplace chair ergonomics

The ergonomic requirements of workplace chairs in industrial and technical environments are inherently different to those of other areas, such as offices. The jobs carried out at manufacturing workstations may involve force, precision skills and repetitive movements, and it is not always possible to adopt an ideal position in relation to the work piece. A workplace chair must adapt perfectly to the working environment and to the person, in order to

enable necessary actions when seated – without adopting unhealthy positions or unnatural postures and without affecting productivity and efficiency.

**A good workplace chair adjusts easily to the person using it and supports the person doing the task in various working positions.**

### FEATURES OF A GOOD WORKPLACE CHAIR

#### Suitability for the measurements of the person/user

- ✓ Adjust the chair, not the person

#### Supports the person in various working postures

- ✓ Unsupported sitting in an upright posture results in a 40 % increase in disc pressure compared to standing
- ✓ Synchronous mechanism

#### Promotes lumbar lordosis

- ✓ A backrest for the lower back
- ✓ Seat tilt

#### Minimizes static loading of the back muscle

- ✓ For example with a reclined backrest

#### Easy adjustability

- ✓ Adjustable work seat promotes productivity and reduces pains in shoulders and in the back

#### Adjust the backrest height

Adjust the backrest so that its curvature supports the spine in the area of the 3rd and 4th lumbar vertebrae (approximately belt height).

#### Use the entire surface of the seat

The bottom should be right at the back of the seat to fit its anatomically shaped contours. Only this posture ensures a contact with the backrest so that the user benefits of its support. The seat should slightly be inclined towards for jobs involving fine motor skills. Ideally, the chair will have a seat depth adjustment mechanism allowing the optimum setting for the length of the thighs.

#### Adjust the seat to the correct height

The seat is at the correct height when the upper arms and forearms for a right angle and the forearms are level with the working surface. At the same time, the angle between the thighs and lower legs should be at least 90 degrees. The feet should be flat on the floor or on a footrest.



# Sitting or standing?

If tasks require paperwork, typing, no heavy lifting, and/or all tools for the job are provided in arm's reach, then the workstation should be designed for sitting, but with possibility to stand. Latest cognitive research shows how beneficial changing working posture can be. It's been studied that even slight movements, like standing up every now and then, improve memory, attentiveness, learning and ultimately cognitive performance. So what better way to improve the efficiency of a desk-tied person?

If tasks require lifting heavy loads, continuous movement, parts retrieval, and/or there is no leg space, then the workstation should be designed for standing but with the possibility to rest every now and then, whenever possible.

Do note however that even though stand up working posture is becoming increasingly popular, many official recommendations still state that proper seating ergonomics is one of the most crucial aspects of preventive actions for work related musculoskeletal disorders. Therefore it is not indifferent how and on what you are sitting, when you are sitting!

**See below general tips on different work tasks and choosing the right working position.**



When seeking out potential solutions, consider chairs, standing rests, saddle chairs, footrests and easily adjustable workbenches, which allow for both sitting and standing work that may be most suitable for your environment and staff.

Task	Primary choice	Secondary choice
Lifting the weight over 5 kgs	Standing	Semi-sitting
Working below the elbow level	Standing	Semi-sitting
Need to reach widely in horizontal level	Standing	Semi-sitting
Light assembly work	Sitting	Semi-sitting
Precision work	Sitting	Semi-sitting
Visual monitoring or supervising	Sitting	Semi-sitting
Need to move between workstations	Semi-sitting	Standing

**Semi-sitting**  
between sitting and standing; reduces the strain of the back due to sitting and the strain of the lower limbs due to standing.

# Treston Ergo

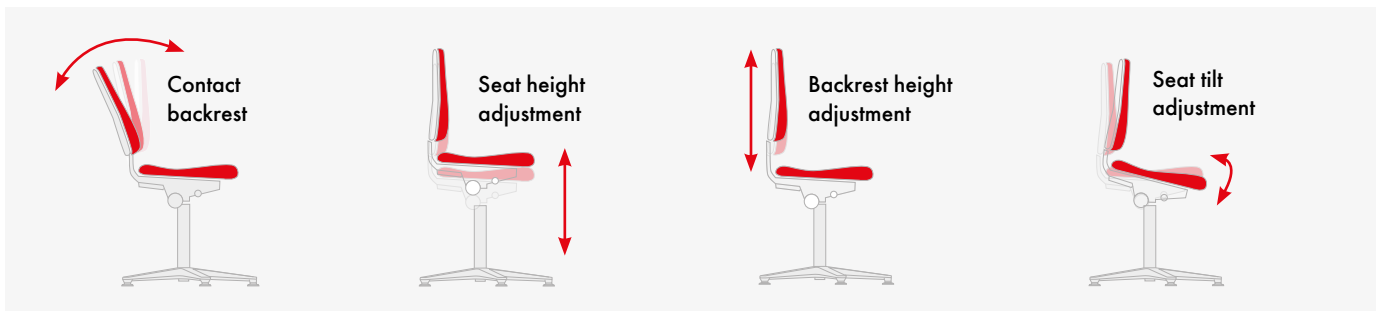
Multipurpose chair for almost any application in the industry



- ✓ User-friendly and quick adjustability
- ✓ Excellent price-performance ratio
- ✓ Large, ergonomically designed seat and backrest and lumbar support

Treston Ergo is your choice when you are looking for a good, solid chair for majority of tasks and functions in industrial and technical working environments. Ergo has sturdy technical features accompanied with all the necessary ergonomic functions needed for healthy sitting in a production context.

Especially well suited for work that demands good visibility and precise movement of hands as well as for physically versatile work where sitting is not continuous. A forwards tilting seat is a prerequisite for precise work and normal sized backrest allows movements, twisting and bending of the upper torso. Ideal for example to light assembly, workshops, packaging areas, production, precision work and also for many other type of work and environments.



## Treston Ergo chair with polyurethane foam (PU)

PU surface is an excellent choice for demanding production environments with oil, grease, mild acids and alkalis, moisture or flying sparks. The PU surface is highly resistant, extremely robust, washable and very easy to clean. PU material can also withstand pointed and sharp-edged objects.



	Treston Ergo 20 PU	Treston Ergo 20 PU ESD	Treston Ergo 25 PU	Treston Ergo 25 PU ESD
Description	With soft dual-wheel safety castors with load-sensitive brakes	With conductive soft dual-wheel safety castors with load-sensitive brakes	High version with foot ring and glides	High ESD version with foot ring and conductive glides
Code	C20PU	C20PU-ESD	C25PU	C25PU-ESD



## Treston Ergo chair with fabric upholstery

Fabric upholstery is recommended for use in clean working environments. The high-quality fabric upholstery is breathable and can both absorb and expel moisture. The soft surface guarantees maximum comfort. The upholstery can be cleaned by using commercially available upholstery cleaning products.



	Treston Ergo 30	Treston Ergo 30 ESD	Treston Ergo 35	Treston Ergo 35 ESD
Description	With soft dual-wheel safety castors with load-sensitive brakes.	With conductive soft dual-wheel safety castors with load-sensitive brakes.	High version with foot ring and glides.	High ESD version with foot ring and conductive glides
Code black	<b>C30BL</b>	<b>C30BL-ESD</b>	<b>C35BL</b>	<b>C35BL-ESD</b>

## Treston Ergo chair with artificial leather upholstery

Artificial leather provides the same seating comfort and softness as fabric, but in addition the upholstery is washable, resistant to disinfectants and is easy to care. Treston Ergo chair with artificial leather upholstery is an ideal choice for production instead of PU, but at the same time suitable also for medical environments.



	Treston Ergo 30 AL	Treston Ergo 30 AL ESD
Description	With soft dual-wheel safety castors with load-sensitive brakes.	With conductive soft dual-wheel safety castors with load-sensitive brakes.
Code	<b>C30AL</b>	<b>C30AL-ESD</b>



See optional armrests and other accessories on page 11.

# Treston Plus

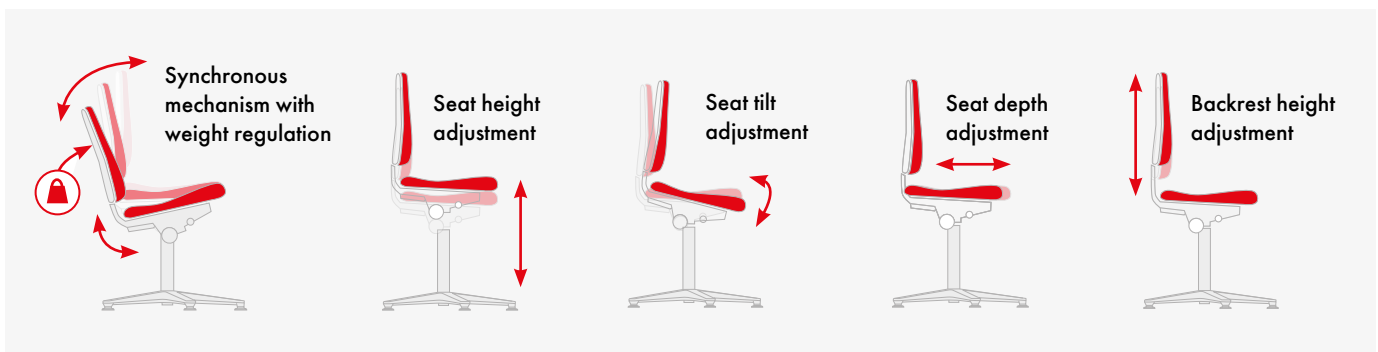
The all-inclusive ergonomic package



- ✓ Best possible adjustment to body size
- ✓ Supports the body in every position
- ✓ For any work situation

Treston Plus offers all the ergonomic features you would expect in a good office chair, with the exception of being designed as a good workplace chair. Besides the outstanding ergonomic features, the requirements of industrial and technical working environments for the materials and construction of the chair are well taken into account. The All-inclusive ergonomic package ensures that it suits every single person and every single workplace situation, without having to make any compromise at all.

Especially well suited for long lasting work with minor movements, where is a need for a large support area and open angle between the hip and upper torso. Ideal for example to R&D departments and semi-technical environments such as quality assurance and engineering.



Optional armrests on page 11

	Treston Plus 40 BL	Treston Plus 40 BL ESD	Treston Plus 40 AL	Treston Plus 40 AL ESD
Description	With soft dual-wheel safety castors (conductive with ESD versions) with load-sensitive brakes			
Upholstery	Black fabric	Black fabric ESD	Artificial leather	Artificial leather ESD
Code	C40BL	C40BL-ESD	C40AL	C40AL-ESD

# Treston Ergo and Treston Plus ESD features

- ✓ Aluminium base
- ✓ Conductive backrest shell, upholstery, plastics and coating
- ✓ Typical discharge resistance of  $10^6 \Omega$

ESD protection is regulated by European standard EN 61340, which is designed to help users select appropriate protective measures. In regards of workplace chairs, the standard says: "The resistance to the point of contact with the floor of any parts of the seat that could come into contact with the user's body during standard use must be  $<10^{10}\Omega$ ."

Discharge resistance	Acc. to EN 61340-5-4	Treston ESD chairs
Workplace chair	$< 10^{10} \Omega$	$10^6 \Omega$
Surface resistance	Acc. to EN 61340-5-4	Treston ESD chairs
Workplace chair	-	$10^6 \Omega$

## Accessories and spare parts

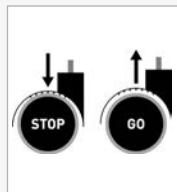
**For your safety:** Did you know that according to standard DIN 68877, any chair with seat height over 650 mm needs to have glides and a foot ring for safety reasons? That's why our high chair models are equipped with glides and a foot ring as a standard.



High glides



Castors



Stop&Go castors



Armrests  
ARE



Armrests  
ARE-ESD



Armrests  
ARN-ESD



Foot ring

Product	Code	Code ESD	Description
High glide set	CGLIH	CGLIH-ESD	Abrasion-resistant plastic glides have large surface area and offer superb level of stability. The glides can be retrofitted to all our chairs.
Soft castor set for hard floor	CSCAS	CSCAS-ESD	Dual-wheel safety castors are equipped with load-sensitive brakes, which means that the castors will brake when unloaded. As a standard, we supply soft castors for hard floors, but hard castors for soft floors needs to be ordered separately.
Hard castor set for soft floor	CHCAS	CHCAS-ESD	
Soft Stop&Go castor set for hard floors	CSTOP	CSTOP-ESD	In case the high chair needs to be moved around the workplace, Stop&Go castors will provide the safe solution. These castors will brake as soon as they are loaded, but when not loaded, the chair is easy to move around.
4D armrests for Treston Ergo and Treston Plus	ARE		Adjustment of height, width and depth with possibility to swivel.
4D ESD armrests for Treston Ergo ESD and Treston Plus ESD		ARE-ESD	Adjustment of height, width and depth with possibility to swivel.
4D armrests for Neon		ARN-ESD	Adjustment of height, width and depth with possibility to swivel.
Chrome-plated foot ring	CRING	CRING	Foot ring can also be retrofitted to our lower chair models by attaching it to the chair column. Can be used on both ESD and non-ESD models. The height can be easily adjusted without any tools.

# Neon

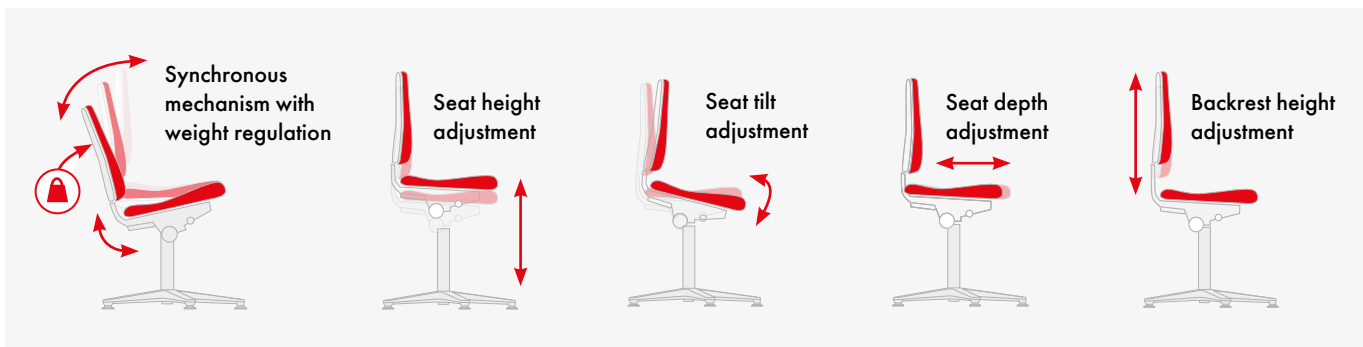
New generation workplace chair



- ✓ All the same adjustments and features as in Treston Plus
- ✓ In addition changeable upholstery and flex strip for protection of the chair and its environment

Neon chair consists of two elements: the chair element with base and mechanism and the upholstery element. This offers many advantages, such as sustainability, flexibility, individuality and economy, which the changeable upholstery provides.

Neon is the new generation workplace chair. Simple production jobs are increasingly being replaced by tasks that are more complicated. Similarly, office and manufacturing workplaces are merging closer and closer together, and demands on the workplace are increasing. Neon combines ergonomic and functional characteristics to meet the demands of modern industrial workplaces.



Optional armrests on page 11



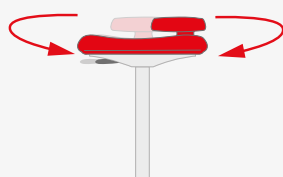
Neon 50 ESD	
Description	With conductive soft dual-wheel safety castors with load-sensitive brakes
Upholstery	Black fabric ESD, grey flex strip
Code	C50BL-G-ESD



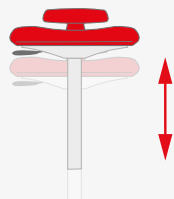
- ✓ 360° rotation of the seat
- ✓ Easy height adjustment of foot ring
- ✓ Space saving
- ✓ Slip resistant seat

Standing work is common in tasks where people have to change location often, or have to move around a lot, or have to communicate eye-to-eye with other people.

Flex standing rests allow you to stand for prolonged periods without any signs of fatigue by adapting to different body sizes, and supporting a person's posture without forcing them into a particular position.



Seat swivel range of 360°



Seat height adjustment



**Did you know:** Standing rest takes off 60% of your body weight from your feet compared to standing.



Flex 19



Flex 19 ESD

	Flex 19	Flex 19 ESD
Description	High version with foot ring and glides	High ESD version with foot ring and conductive glides
Upholstery	Polyurethane PU	Polyurethane PU ESD
Code	C19PU	C19PU-ESD



# Stools



- ✓ Optimal assistance in workshop and heavy duty applications
- ✓ Adjustment for seat height



	Stool PU	Stool AL-ESD
Description	With soft dual-wheel safety castors (conductive with ESD versions) with load-sensitive brakes.	
Upholstery	Polyurethane PU	Artificial leather ESD
Code	C15PU	C15AL-ESD

# Saddle chairs



- ✓ Freedom of movement with ergonomic sitting position
- ✓ Adjustment for seat height and seat tilt



	Saddle B	Saddle G ESD	Saddle AL ESD	Saddle L
Description	With soft dual-wheel safety castors (conductive with ESD versions) with load-sensitive brakes.			
Upholstery	Blue fabric	Grey fabric ESD	Artificial leather ESD	Leather
Code	SADDLE B	SADDLE G ESD	SADDLE AL ESD	SADDLE L



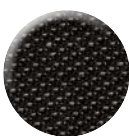
**Did you know:** Sitting on a saddle chair creates a 135-degree angle between the thighs and the upper body and this improves blood circulation in the hip and knee joints.

# Chair dimensions

Code	Description / Upholstery / Colour	Martindale	Seat height, mm	Seat width, mm	Seat depth, mm	Backrest height, mm	Weight, kg
<b>Stools</b>							
C15PU	Stool 15 polyurethane black		460-630	350	350		7,0
C15AL-ESD	Stool 15 artificial leather black ESD	50.000	460-630	400	400		8,0
<b>Flex standing rests</b>							
C19PU	Flex 19 polyurethane black		510-780	360	380	200	13,0
C19PU-ESD	Flex 19 polyurethane black ESD		510-780	360	380	200	13,0
<b>Treston Ergo chairs</b>							
C20PU	Treston Ergo 20 polyurethane black		440-620	440	410	380	11,5
C20PU-ESD	Treston Ergo 20 polyurethane black ESD		440-620	440	410	380	13,0
C25PU	Treston Ergo 25 polyurethane black		580-850	440	410	380	13,5
C25PU-ESD	Treston Ergo 25 polyurethane black ESD		580-850	440	410	380	15,0
C30AL	Treston Ergo 30 articial leather black	50.000	440-620	460	470	460	12,0
C30AL-ESD	Treston Ergo 30 articial leather black ESD	50.000	440-620	460	470	460	13,0
C30BL	Treston Ergo 30 fabric black	50.000	440-620	460	470	460	12,0
C30BL-ESD	Treston Ergo 30 fabric black ESD	40.000	440-620	460	470	460	13,0
C35BL	Treston Ergo 35 fabric black	50.000	580-850	460	470	460	14,0
C35BL-ESD	Treston Ergo 35 fabric black ESD	40.000	530-800	460	470	460	15,0
<b>Treston Plus chairs</b>							
C40AL	Treston Plus 40 artificial leather black	50.000	450-600	460	410-470	600	18,5
C40AL-ESD	Treston Plus 40 artificial leather black ESD	50.000	450-600	460	410-470	600	19,5
C40BL	Treston Plus 40 fabric black	50.000	450-600	460	410-470	600	18,5
C40BL-ESD	Treston Plus 40 fabric black ESD	40.000	450-600	460	410-470	600	19,5
<b>Neon chairs</b>							
C50BL-G-ESD	Neon 50 fabric black ESD grey strips	40.000	450-620	470	420-480	570	18,0
<b>Saddle chairs</b>							
SADDLE B	Saddle chair fabric blue	> 50.000	575-820	420	350		7,0
SADDLE G ESD	Saddle chair fabric grey ESD	> 50.000	575-820	420	350		7,0
SADDLE AL ESD	Saddle chair articial leather ESD black		575-820	420	350		7,0
SADDLE L	Saddle chair leather black		575-820	420	350		7,0



Fabric black



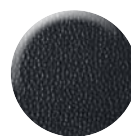
Fabric black ESD



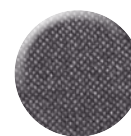
Artificial leather



Artificial leather ESD



Polyurethane PU



Fabric grey ESD (SADDLE G ESD)



Fabric blue (SADDLE B)

## HEADQUARTERS

Treston Oy  
Sorakatu 1  
FI-20730 Turku  
Tel. +358 10 4469 11  
sales@treston.com  
www.treston.com

## FACTORIES

Treston Oy, Turku plant  
Sorakatu 1  
FI-20730 Turku  
Tel. +358 10 4469 11  
sales@treston.com  
www.treston.fi

Treston Oy, Jyväskylä plant  
PO Box 33 (Sohlberginkatu 10)  
FI-40351 Jyväskylä  
Tel. +358 10 4469 11  
sales@treston.com  
www.treston.fi

## FRANCE

Treston France SARL  
Z.A.C. de la Bonne Rencontre  
1, voie Gallo Romaine, Quincy-Voisins  
77334 Meaux Cedex  
Tel. +33 1 64 17 11 11  
infofr@treston.com  
www.treston.fr

## GERMANY

Treston Deutschland GmbH  
Friedrich-Ebert-Damm 143  
22047 Hamburg  
Tel. +49 40 8816 5022 - 0  
info.de@treston.com  
www.treston.de

Treston Deutschland GmbH  
Niederlassung Raunheim  
Frankfurter Straße 101  
65479 Raunheim  
Tel. +49 6142 992 50  
mail.de@treston.com  
www.treston.de

## SWEDEN

Treston AB  
Enhagslingan 6  
187 40 Täby  
Tel. +46 8 511 791 60  
info.se@treston.com  
www.treston.se

## UNITED KINGDOM

Treston Ltd  
Treston House  
5b Bone Lane, Newbury  
Berkshire, RG14 5SH  
Tel. +44 1635 521521  
salesuk@treston.com  
www.treston.com

## USA

Treston, Inc.  
156 Bluffs Court  
Canton, GA 30114  
Tel. +1 770-721-7980  
infousa@treston.com  
www.treston.us

## Premium partners

### BENELUX

Human Workspace BV  
Mechelaarstraat 17  
4903 RE Oosterhout  
Tel. +31 162 454 383  
sales@humanworkspace.nl  
www.humanworkspace.nl

### NORWAY

Industrimøbler AS  
Bjørnerudveien 12A  
1266 Oslo  
Tel. +47 22 25 05 00  
post@industrimobler.no  
www.industrimobler.no

# TRESTON

# HUMAN WORKSPACE

## Workspaces for happier workfaces.

This is our aspiration. This is our promise. This is what Treston is all about.

With decades of experience, in-depth understanding of ergonomics in industrial environments, unmatched ESD competence and proven LEAN knowhow we at Treston are in a unique position to help our customers in keeping their business and people in good shape.