NOFER INSTITUTE OF OCCUPATIONAL MEDICINE

**Department of Environmental and Occupational Health Hazards**

Łódź, 18.11.2025

# ERGONOMIC ASSESSMENT PROTOCOL NR 82/2025

**Name and address of client:** **QUERSUS Sp. z o.o.**
**Podrzecze 182,**
**33-386 Podrzecze**
**NIP 7343530735**

Name and symbol of furniture item:
**ICOS.2 Swivel Chair**

Testing of ergonomic and physiological properties in accordance with:
**ANNOUNCEMENT OF THE MINISTER OF FAMILY, LABOUR AND SOCIAL POLICY of 9 January 2025 (Journal of Laws 2025, Item 58) on the publication of the consolidated text of the Regulation of the Minister of Labour and Social Policy on occupational health and safety at workstations equipped with display screens.**

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**PHYSIOLOGICAL AND ERGONOMIC ASSESSMENT**

**ICOS.2 Swivel Chair**

**ICOS.2** swivel chairs are office/gaming chairs equipped with a gas lift, allowing adjustment of seat height and lumbar support, as well as the tilt angle of the backrest. The chair's backrest is connected to the seat via the MS (MAXIMUS SYNCHRO) synchro-mechanism, whose main functions are operated using knobs located under the armrests.

The implemented synchro-mechanism, combined with the ability to adjust seat height, lumbar support, and backrest tilt angle, as well as appropriately contoured seat and backrest profiles, allows the seating conditions to be adapted to the anatomical needs of users. The synchro-mechanism also enables dynamic sitting and adopting a relaxed, reclined body posture.

**The ICOS.2** swivel chair base is a **star base** constructed of aluminium with dimensions that guarantee high stability of the chair.
The star base is equipped with Ø 60 mm caster wheels suitable for either soft or hard surfaces.

**The gas lift** provides smooth cushioning and seamless height adjustment, available in a version that allows up to 100 mm height difference.

**The mechanism** for **adjusting** the seat height and tilt, as well as the backrest height and angle, ensures an appropriate range of movement.

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Additionally, the mechanism is equipped with a manual spring tension adjustment system, enhancing overall comfort. It allows for continuous, physiologically correct support of the back—particularly the lumbar region—regardless of the user's current posture, which is essential for dynamic sitting. The user can both rock freely or lock the backrest in place.
The controls for adjusting the backrest tilt and seat height are located on the mechanism's levers, making them easy to operate.

Synchronous mechanism – functions:

- Free rocking motion
- Backrest tilt lock in 4 positions using a knob
- Seat depth adjustment
- Backrest resistance adjustment
- Seat height adjustment using a knob
- Anti-Shock – protection against the backrest hitting the user's back

**The chair seat** features a slightly tilted and rounded front edge to reduce pressure on the thigh muscles and prevent numbness in the lower limbs during a forward-leaning posture (e.g., while writing). The seat is made of plastic covered with high-quality QRS Cold-Cure foam.

**Chair Backrest –** Made of plastic covered with high-quality QRS Cold-Cure foam, the backrest is contoured in the lumbar area. It features ergonomic LUMBFLEX™ lumbar support, adjustable in 4 directions using a single knob. The height and depth adjustment of the lumbar support, coordinated with the contour of the rear part of the seat, allows proper lumbar support necessary for prolonged sitting and performing various seated tasks (e.g., computer work, handwriting). The carefully designed contours, combined with the wide seat and backrest, enable maintaining correct posture (without lateral slouching) while still allowing freedom of movement and position changes during work.
The backrest is equipped with an adjustable RESTFLOW™ headrest.

**Armrests –** Made of plastic with soft pads, available in a height-adjustable version. The pads can slide forward/backward, move sideways, and the distance between the pads can be adjusted. The armrest pads are replaceable.
The armrests provide support for the forearms during almost all office tasks, as well as when using a keyboard and mouse, allowing for a neutral wrist position while working. Height-adjustable armrests enable precise customization according to the user's preferences and needs, taking into account both their anthropometric measurements and the height of the work surface.

**Upholstery Materials –** High-quality polyurethane foams and fabrics that are resistant to deformation and designed for use in office and public spaces. This includes, among others, pet-friendly PFV fabric with hydrophobic properties and hybrid synthetic leather UHL.

The design of **ICOS.2** swivel chairs allows for comfortable customization to individual needs, due to features such as adjustable seat height, backrest height and tilt angle, as well as lumbar support height and depth. The chairs are equipped with a synchro mechanism that can be adapted to the user's body weight, with easy access to all adjustment controls.

The range of adjustments, the generous distance between the armrests, and—most importantly—the proper contouring of the seat and backrest demonstrate **that ICOS.2 swivel chairs meet all ergonomic requirements for chairs intended for typical seated workstations**.

These features make **ICOS.2 swivel chairs** suitable for creating an ergonomically correct seated workstation for nearly any type of work, providing proper comfort during use. Thanks to their ergonomic and physiological properties, **ICOS.2** chairs can be used by individuals performing tasks that place significant strain on the spine due to prolonged maintenance of a fixed body position.

**ICOS.2** chairs not only offer high comfort during long hours of work but also provide a comfortable resting position when reclined for relaxation.

**The ICOS.2 swivel chair** in the version with height-adjustable armrests, also meets all formal ergonomic requirements for chairs intended for typical workstations with display monitors, in accordance with **the Announcement of the Minister of Family, Labour and Social Policy of 9 January 2025 (Journal of Laws 2025, Item 58) on the publication of the consolidated text of the Regulation of the Minister of Labour and Social Policy on occupational health and safety at workstations equipped with display screens.**

The **ICOS.2** swivel chair is certified as compliant with the standards **PN-EN 1335-1:2020 +A1:2022 and PN-EN 1335-2:2018** regarding functional dimensions, strength, durability, stability, and safety of use, issued by TUV SUD Certification and Testing (China) Co., Ltd., Shanghai – CERTIFICATE No. **70.404.25.10432.01.**

**ICOS.2 chairs permit—in accordance with the Regulation's guidelines—for dynamic sitting, performing keyboard work in a slightly reclined position, and easily adopting a relaxing, reclined position of the body, either backward or sideways.**

It should therefore be stated that, because of its ergonomic and physiological qualities, **ICOS.2 chairs can therefore be used at workstations equipped with display monitors in accordance with the Announcement of the Minister of Family, Labour and Social Policy of 9 January 2025 (Journal of Laws 2025, item 58) on the** publication of the consolidated text of the Regulation of the Minister of Labour and Social Policy on occupational health and safety at workstations equipped with display monitors, as well as with the EU Directive 90/270/EEC concerning workstations equipped with display screen equipment (VDU).

The overall physiological and ergonomic assessment of the ICOS.2 office chair is positive.

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