

# humanfactor

seating solutions

## HF 3 Series: Low Back System Therapod®

**HF 3 Series is the low backrest version of our best selling product the HF5 Series. It is recommended by many health care professionals and workplace assessors for use by shorter individuals due to the ergonomic function of the main chair body and the back care properties of the System Therapod® incorporated within the backrest.**

Suitable for use in high intensity office environments, call centres, or for VDU operators in all general office positions, the HF 3 Series is proven to help avoid back stress.

In addition to the unique adjustment method of the System Therapod® dynamic backrest, the chair has a wide range of features to make it both flexible and comfortable in use. This makes it suitable for a wide variety of users.

Adjustments include a height-adjustable backrest, deep-comfort pressure-sensitive seat foam on a depth-adjustable sliding seat, multi-functional and swivelling height- and depth-adjustable armrests, and a bodyweight-adjustable back-rake housed within a synchronous or independent backrest mechanism that promotes body movement whilst seated.

Low Back  
**therapod™**



Model HF 3055/AL

5  
five year  
guarantee

v  
v-foam pressure  
sensitive foam



**ProBax®**  
Advanced Seating Technology



**HF 3 Series Low Back System Therapod® features:**

- The patented Low Back System Therapod® plastic backrest shell with 4 torsion-adjustable straps for sacral, lumbar, upper and lower thoracic comfort or support, hidden behind a zipped upholstery.
- Quick-lift height-adjustable backrest providing 84mm of movement locatable in one of five positions.
- V-rated flexible polyurethane CMHR backrest foam.
- Multi-functional armrests; featuring a push button height adjustment of 100mm with swivelling arm pads that also slide forwards and back.
- Fabric for the backrest is glued to a thin 4mm upper-layer of CMHR foam for comfort and stretch.
- Pressure-sensitive mid-layer of CMHR seat foam.
- ProBax® foam under-layer providing a sophisticated foam-density seating combination that promotes correct posture for the synchronous mechanism.
- 685mm polished aluminium 5-star base.
- 50mm twin-wheel castors.
- 150kg (23.5 stone) rated gas lift with 80mm height adjustment
- Sliding Seat depth range: 55mm
- Tilt angle lockable in 5 incremental positions
- Side-activated, telescopic, rotary tension control
- Advanced synchronous action:
  - Back recline: 21° Seat recline: 0° to 9°
- Advanced independent seat and back action:
  - Back recline: -1° to 20° Seat recline: -2° to 8°



**HF 3050**



**HF 3054/AL**



The patented Low Back System Therapod® dynamic backrest is adjusted by loosening or tightening the support straps at the rear.

**HF 3 Series Low Back System Therapod® measurements in mm.**

Overall height of chair from ground MIN	880
Overall height of chair from ground MAX	1010
Back height from seat MIN	470
Back height from seat MAX	540
Back width	525
Height of arm-pad from seat*	160-260
Diameter of 5-star base	685
Seat height from floor MIN†	410
Seat height from floor MAX†	470

<b>Seat Type</b>	<b>S</b>	<b>M</b>	<b>SW</b>	<b>W</b>
Seat depth: lumbar to front (min)	385	425	385	440
Seat depth adjustment	55	55	55	55
Seat width maximum	475	510	570	570
Inner distance between armrests*	425	460	465	465
Outer distance (Total chair width)*	635	670	730	730

† Seat measurements assume that the seat foam is depressed with a 64kg occupant in accordance with ISO EN1335.

\* Measurements depend on armrest choice