

## SHIELD Law Enforcement Chair

The SHIELDChair® is heavy-duty seating designed for the unique needs of police, firefighters, security guards, customs officers, military personnel and maintenance workers.

Patented technology for heavy duty use.



*Also available  
as a stool.*

## PRONTO 24/7 Use Highback Chair



Designed specifically for 24/7 multiple-shift applications. The ultimate in comfort and longevity.

*Also available  
as a stool.*

## THE TITAN Chair

Big & tall with flip-up arms and a breathable mesh back. Supports up to 400 pounds.



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Office Chairs for  
**FIRST  
RESPONDERS**

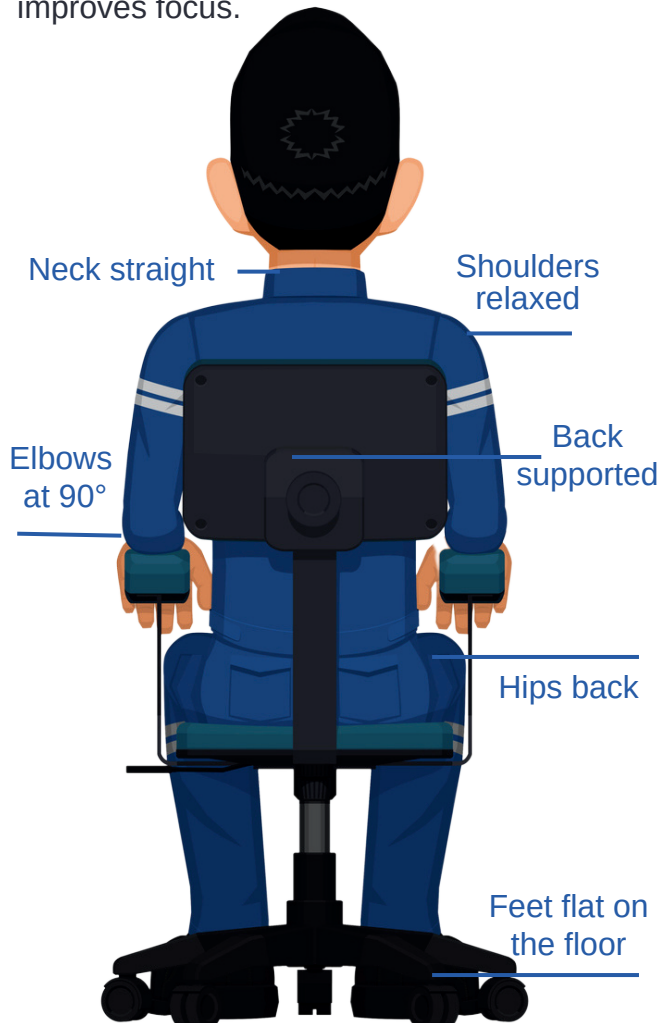


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# Posture and Ergonomic Chair Guide for First Responders

## Why Proper Posture Matters

Proper posture reduces strain on your spine, muscles, and joints, especially when wearing heavy gear. Slouching or leaning forward can cause back pain, neck stiffness, or poor circulation. Good posture - hips back, shoulders relaxed, elbows at 90 degrees, and wrists level with the keyboard - keeps your spine aligned, reduces fatigue, and improves focus.



## The Role of an Ergonomic Chair

An adjustable ergonomic chair supports healthy posture and accommodates heavy gear. Key adjustments include:

**Seat Height:** Hips level with or slightly above knees, feet flat or on a footrest.

**Seat Depth:** 1-4 fingers' space behind knees to avoid circulation issues.

**Back Support:** Backrest height set to support lower back, preventing slumping.

**Armrests:** Lower or remove to keep elbows close, reducing shoulder tension.

**Tilt and Tension:** Slight forward tilt or smooth rocking to ease back pressure.



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## Quick Tips

- **Adjust for Gear:** Ensure chair fits around duty belts or vests.
- **Monitor and Keyboard:** Eye-level monitors, sit close to keyboard to avoid hunching.
- **Take Breaks:** Stand or stretch to relieve pressure from sitting and gear.

