

Home Offices



Ergonomic options. | A Wilkhahn Magazine.

The challenges of
working from home

The power of
excellent design

Why movement's
so vital

The importance
of breaks

The power of excellent design



Wilkhahn factory facilities, architect Thomas Herzog © Mandy Will

When we're looking for inspiration, we often say we need a change of scenery. That's exactly what the famous American architect, philosopher and writer, Buckminster Fuller, meant when he said "Reshape the environment – don't try to reshape men!" Nowadays, studies show that our environment has an impact on the way we func-

tion. Our surroundings and past experience intuitively affect way more than 90 percent of our behavioral patterns.

The influence of design has been motivating Wilkhahn for decades. Founded in 1907, the chair manufacturer from the Deister-Düntel valley to the south west of Hanover in



Wilkhahn production pavilions, architect Frei Otto © Klemens Ortmeyer



Dear readers,

Home offices have now become part of everyday life. All of us experience working from home differently. Some of us live on our own, as part of a couple, with roommates or children and our homes vary accordingly. Which is why, when collaborating with designers and researchers, we've learnt to focus on people and develop our products accordingly. Which is why we're aware that an archetypal home office doesn't exist. Instead, we

offer a range of solutions to match your own personal circumstances. Sometimes tables in kitchens and dining rooms have to double as desks, or little alcoves serve as offices, or maybe people have dedicated spaces to work in. All our products are designed to meet very professional demands, exacting standards and adapt to your design requirements. Because whether people work from home or in offices, health, productivity and well-being needs to be top priority. Participating in the design of your own four walls gives you the power to ensure you achieve this result. I hope this brochure proves a source of inspiration and will guide you in making decisions that are right for you.

Dr. Jochen Hahne
Wilkhahn
President

Germany, became a pioneer of modern furniture design following the second world war. Attractive design, excellent functionality and durability have made the family-run company the multi-award-winning, prime example of design made in Germany that it is today. Because the chairs and tables repeatedly create new benchmarks in

terms of ground-breaking ergonomics and versatility worldwide.

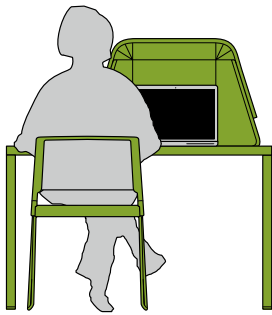
The German Environmental Prize, the Federal Ecodesign Award, or other top international design accolades, loyal customers and fans on every continent bear testimony to the popularity of Wilkhahn's desire to improve people's

living and working environments sustainably through the power of good design. More than 500 employees at the company's headquarters in Bad Münde, Germany, and its global branches, pull out all the stops to do just that.

The challenges of working from home – what do we need to remember?

Put in those steps

Commuting helps us switch to a working mode. Which is why it's also important to get dressed properly and take a post-breakfast walk around the block before you start the day.



Establish your home workspace

That's obvious. Without realizing it, our home suggests leisure-time activities to us. Therefore, visible symbols are required if a kitchen table has act as a temporary desk. These help you to make the switch and the people you live with notice that you're busy.



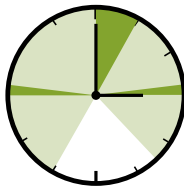
Agree on rules, availability and office hours

A failure to do so is bound to cause trouble otherwise! Clear rules help structure your day better and make it easier for others if they need to talk to you. By the same token, the inability to switch off is unhealthy and stressful.



Ensure a healthy metabolism

Mental health, diet and calorie burn have a big impact on your metabolism. Which is why it's important to eat healthily and home offices need to encourage us to move if we're to stay fit. Eating low-sugar, vitamin-rich food regularly and in moderation, as well as exercising as often and in as many different ways as possible, is crucial, even if it's hard to motivate ourselves at home.



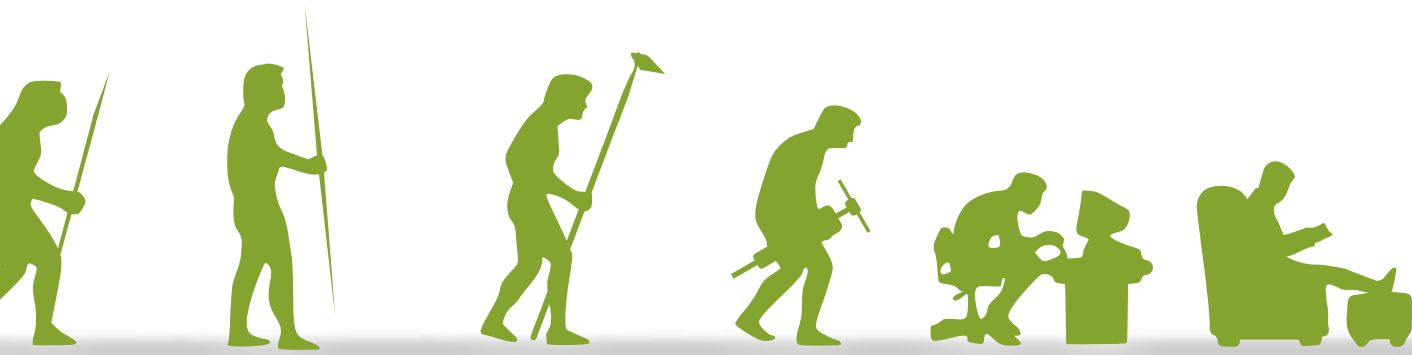
Take regular breaks

In order to relax, our body and mind need to alternate between work and play. In a digitalized office environment, this means unwinding now and again and stimulating our bodies too. A few exercises or quick walks blow away the cobwebs and get us ready for action again.

**How we can make
a positive impact...**

Can we sit and move
at the same time?





40,000 years

Hunters and gatherers,
10 – 12 hours
exercise per day

10,000 years

Tilling land and raising
livestock, 10 – 12 hours
exercise per day

150 years

Industrialization,
8 – 10 hours
exercise per day

30 years

The digital age,
25 minutes
exercise per day

10 years

Remote working,
??? minutes
exercise per day

All experts agree that the increasing lack of physical activity is the biggest risk to health. The majority of adults and 80% of young people take too little exercise. The reason dates back to the Stone Age when people moved only when necessary to save the calories needed to survive. The typical sedentary lifestyle of today's digital workers has led to a chronic lack of physical stimulation. And because our bodies rely on a healthy metabolism underpinned by plenty of exercise, this lack of movement is

generating a rise in backache, wear and tear on joints, mental health complaints and overweight populations. Which is why we spent five years collaborating with the German Sport University Cologne to revolutionize sitting and developed our free-to-move concept. Our Trimension® technology is the centerpiece of the new office chair generation. Even if someone makes minimal, subconscious shifts in weight, our concept encourages natural and fluid motion in all directions.

The clever part is that the frequent and varied types of stimulation of the joints, spine and muscles keeps the body healthier. Several scientific studies have proved that this approach prevents backache and joint problems, boosts wellbeing and powers of concentration. And in home offices, where distances are shorter and people stare at screens all day, movement is even more crucial.



Dynamic sitting with ON, IN, AT and the classic FS-Line chair



We recommend four dynamic chairs for home offices. What's the right model for you? That depends on your interior design style, your taste and your needs. We'll show you what the chairs' core commonalities and differences...



ON has garnered virtually every sought-after prize worldwide, from the German Design Award to numerous ergonomics accolades all the way to the Federal Ecodesign Award. The high-quality, crisp



The positions and motion of ON's joints reflect those of people's knee and hip joints.

and appealing design of this spacious chair looks comfortable and encourages a varied change of posture. Users can sit up straight, lean to the left or right, or simply lounge about. The vast range of design options and variants

checks virtually all the boxes. In other words, it's an ideal choice for anyone looking for a first-class, stylish and healthy office chair for their home.



The compact, athletic and dynamic **IN** chair looks very different. Its broad shoulders, slim waist and distinctive X on the backrest reflect the vast range of motion enabled by the direct controls, high-tech materials inspired by the automotive sector and fabric technology from the sports footwear industry. Adjusted to body size and weight, the sitting experience is unique and the chair responds to the slightest shifts in weight. This isn't just healthy but also feels

exceptionally comfortable. Just like sports footwear, the chair comes in a wide range of stylish to expressive colors to suit preferences.



The ON® office chair, design: wiege, for home workspaces



The sporty-looking IN office chair, design: wiege, is probably the world's most dynamic office chair.



The AT office chair, design: Wilkhahn, optionally with a mesh backrest, or a backrest shell in three heights, in black or white and with a variety of features.

The **AT** office chair range is the third in the family of free-to-move dynamic chairs. It stands apart for its seminal design, enormous range of models and design options. The frames, seat- and backrest-shells, or the backrest frames come in black or white to underscore the fresh,

consistent look. The fluid lines and ergonomically molded seat-backrest shell are inviting from the get-go. In this case, the combination of perfectly synchronized forward and backward tilts and the suspension of the seat and backrest ensures an assured, three-dimensional change of

posture. The chair is quick and convenient to adjust, making AT perfect for style-conscious individuals who like to configure their own 3D office chair.

The **FS-Line** chair is a unique companion in home offices for people who want future generations to enjoy it too. The chair's name is based on the initials of the ingenious designers Franck and Sauer and has been considered the archetypical dynamic office chair for decades. It was presented for the first time way back in 1980 and made dynamic sitting the new benchmark. This ergonomic chair is simplicity itself, lasts and lasts and looks good into the bargain. The very elastic seat shell is positioned like a hammock between the two swivel arms and the front axis. It's a perfect choice for home offices. The seat shell and armrests automatically and precisely respond to any change in movement or posture.

Users merely need to adjust the seating height or the backrest's counter pressure (particularly if they are on the lighter or heavier side) and



Timeless design, unbeatable quality and an ingenious range of motion make the FS-Line chair a chair for generations. Design: Klaus Franck, Werner Sauer

they're good to go! What's more, the seat shell and upholstery are easy to replace, giving the chair new leases of life for decades. It's no surprise that this chair's

environmental footprint is more in tune with current concerns than ever before. And what other office chair can claim to have had a monograph devoted to it as a part of a design classics series 20 years ago? Truly a chair to last generations...



Even in contemporary environments, the classic FS-Line chair looks as fresh and young as on day one.

Perching options



No space for a dynamic office chair? Then we recommend alternating between a dining room chair and seating to perch on. These options stimulate your brain, joints and muscles and there's room for them in the smallest of spaces.



The Stand-up stool, design: Thorsten Franck, is always at a tilt, comes in fantastic colors, with a practical carry strap and non-slip base.

A stylish eye-catcher, dynamic stool, or receptacle? Stand-up does all that in a playful way. The colorful cone stands on its head and is good fun. It's equally a handy place to stash things away (if not used for its intended purpose). Perched on diagonally, these one-legged items turn into dynamic three-legged ones that allow you to move your hips

and be creative. **Stand-up** encourages physical stimulation and contemplation, making it ideal for breaks, especially in home offices.

An earlier version of the furniture stems from the 1970s. Since 1991, the **Stitz** stool has defined a new approach to working. It's not a

case of sitting or standing, but fostering a range of postures for all those positions in between. What's so ingenious about Stitz, is that it allows the body to relax but puts it through its paces at the same time. Which is why this sitting-standing stool with its precision-adjustable height is perched instead of sat on. It straightens up the pelvis, stimulates the cardiovascular system, as well as the muscles without over-taxing them. As a result, it's relaxing to work at a lectern. What's more, when used frequently, this design icon has been shown to improve people's coordination and sense of balance.



An intuitive object in motion that lets people swing their hips and just chill.



Stitz, design: ProduktEntwicklungRoehricht, is the unparalleled prototype of all sitting-standing stools.

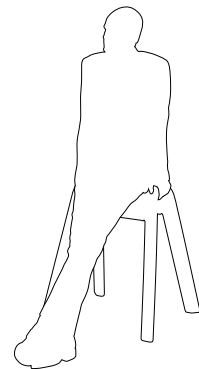


The black, or black and white Rider, design: Sven von Bötticher, based on a milking stool and horse's saddle.

Riders were the first people to spend prolonged periods of time in the saddle and still stayed in good shape. And this is where the stylish-contemporary design of **Rider** comes in. Its sophisticated details are reminiscent of a milking stool with a saddle as the seat. Users can sit astride or perch on the dynamic stool with its precision-adjustable height. It allows a change of perspective in workshops, while interacting with colleagues at work, or even at desks, ironing boards or hobs in homes. It's so lightweight that you can pick it up and take it wherever it's needed

The **Sitzbock** pommel horse seat also encourages new postures. It invites people to lean, sit astride or perch on it, just like they might have done on rocking horses as children.

Bright colors and optional saddle blankets ensure that even children will like it. And furthermore, placing two Sitzbocks opposite one another and putting a panel between gives you an extra table in no time if you need one!



The Sitzbock pommel horse seat, design: RSW, ideal for repurposing whatever your age



In many countries, people who only work from home need workspaces that comply with health and safety regulations. But that's rarely the case because laptops, tablets and smart-phones mean that office workers are no longer tethered to a physical space or specific times. As a result, they can work anywhere, sometimes in kitchens, on balconies, at dining tables or in cafés or hotel rooms. Even in offices, people no longer have to work in designated spaces. Anyone seeking peace and quiet, or interaction with colleagues, picks the appropriate environment. Take a look at some of the options, which might, at first glance, seem reserved for other purposes...

As you
like it.





The Fold-up Workspace, design: Wilkhahn, provides protection from glare, visual and acoustic privacy and doubles as a lectern.

Is deep work required at home, when out and about or somewhere in the office? No problem for the **Fold-up Workspace**. It's a space-saving, practical solution for anyone working remotely in kitchens or dining rooms, at benches in co-working spaces, or when out and about in cafés, or even on patios. Because it transforms any table into a place to focus. It also indicates to others that

people don't want to be disturbed, offers privacy and dulls noise. Tilted 90° forward, the compact Smart model even converts the table into a lectern. Once the job's done, it's quick to fold up, stash in the bag it comes with and hang up in a closet or on a coat rack.

You'd be forgiven for thinking that all tables are the same. But they're not. **Aline's** ideal where space is at a premium and the furniture has to double as a dining table and a desk. At 150x75 cm (59"x29¼") in size, it's small but big enough, sturdy and tested to professional standards. It's easy to adapt and the frame's shape offers plenty of leg-room on all sides. The all-white table with its stylish, aluminum feet blends in with any contemporary backdrop.





The Aline table, design: Andreas Störiko, fits in any corner, or doubles as a desk or table to eat at.

We recommend the varied **Occo** range for anyone looking for a coordinated mix of tables and chairs. The seating comes with solid wood or metal frames, compact or spacious seat shells, added fleece, seat cushioning, or is fully upholstered. It's available in black, white or bright colors, on glides or casters. There are also height-adjustable models that rock and combine fantastic design with dynamic motion. This appealing workplace chair won't look out of place at dining tables either. We hope this brochure has given you lots of new ideas about how to reconcile stylish home interior design with modern-day work styles.



The Occo range, design: jehs + laub, a work chair that goes well with its other siblings in the range, with precision-adjustable height and a rocking mechanism.

Discover the world of Wilkhahn, designed for you.



Design schilling. **Production** scherrer. **Text** Burkhard Remmers **Project management and production** scherrer.
Languages German, English, French, Spanish, Dutch
© 2021 **Wilkhahn** Wilkening + Hahne GmbH+Co. KG, Fritz-Hahne-Straße 8, 31848 Bad Münder, Germany

wilkhahn.com