

WHY  
HERMAN  
MILLER  
**CAPER?**

INNER / SPACE







# A **STRONG** FOCUS /

## **STATE-OF-THE-ART LEARNING SPACES /**

Modern tertiary institutions have a strong focus on teaching excellence with a commitment to developing state-of-the-art learning spaces that are in step with industry demands and expectations. The institution has already invested substantially in creating great learning environments in which to assist students to study and research. In turn thousands of students have invested their time and money in this leading teaching institution, to learn, study and improve their knowledge.

Both the institution and your students have a lot riding on how they perform, when they sit down to study and be tested on what they have learnt.

# EFFECTS OF STRESS /

**IT IS PROVEN THAT DURING THE UNDERTAKING OF STUDY AND EXAMS AT THE CULMINATION OF LEARNING PROGRAMS, IT CAN BE A VERY STRESSFUL EXPERIENCE.**

During study or examination student may experience any of the following bodily changes:



perspiration



rapid heart beat



sweaty palms



tense muscles



headache



rapid breathing



upset stomach

**DURING STUDY OR EXAMS STUDENTS ARE KNOWN TO SUFFER THE FOLLOWING PHYSICAL SIGNS AND EFFECTS OF STRESS AND ANXIETY:**

- Nervousness.
- Difficulties in concentration.
- Difficulty reading and understanding the questions on the exam paper.
- Difficulty organizing your thoughts.
- Difficulty retrieving key words and concepts when answering essay questions.
- Poor results, even though the material was well learnt and understood.
- Mental blocking.
- Remembering the correct answers only as soon as the exam is over.



THE STUDY/EXAM ROOM ENVIRONMENT,  
AND **PARTICULARLY THE SEATING** PROVIDED,  
CAN PLAY A **VITAL ROLE** IN OFFSETTING THE  
STRESS AND ANXIETY, **ENABLING STUDENTS**  
**TO PERFORM AT THEIR PEAK /**

# HOW CAN A CHAIR REDUCE STRESS? /

**AN IDEAL CHAIR WILL KEEP PEOPLE COMFORTABLE,  
MORE ATTENTIVE AND ENCOURAGE THE BRAIN TO OPERATE  
AT PEAK PERFORMANCE, PRODUCING THE BEST IDEAS.**

To be effective in reducing stress, a chair needs to:

**Support the sitter** whilst they maintain neutral positioning of the spine.

It also needs to **distribute the sitter's weight evenly**, to ensure good circulation, reducing their heart rate and feeding oxygen to the brain.



An optimal chair will also **allow heat to move away from the body**, eliminating heat pockets within compressed tissue, which is not only a discomfort, but can also lead to tissue trauma.

To ensure the Caper Chair is the ideal investment it also offers a 12 year warranty, high level ease of use (stacking, transportability and storage), ease of cleaning, user weight ratings and AFRDI Bluetick and Greentick certifications.



SO... DOES THE  
**HERMAN MILLER CAPER CHAIR**  
PASS THE TEST? /



## 1. DOES THE CAPER CHAIR **SUPPORT THE SITTER** IN OPTIMAL UPRIGHT SITTING POSITIONS?



Yes, the Caper chair's unique contoured design with perforated seat and back provides ergonomic comfort and support for optimal upright sitting.

### **DOES THE CAPER CHAIR ALLOW HEAT TO MOVE AWAY FROM THE BODY?**

When the heat is on, you have to stay cool to perform. The Caper keeps you cool under pressure!

People are more comfortable when ambient temperatures are neutral, allowing the body to maintain thermal equilibrium without sweating or shivering. Increased humidity at the skin's surface can lead to sitting discomfort.

The Caper chairs perforated breathable seat and backrest materials provide comfort and allow conduction of heat and dispersion of moisture away from the surface of the skin.

In some climates, the cost of additional air conditioning required to counteract the insulating properties of non-breathable seating materials can be a significant expense.

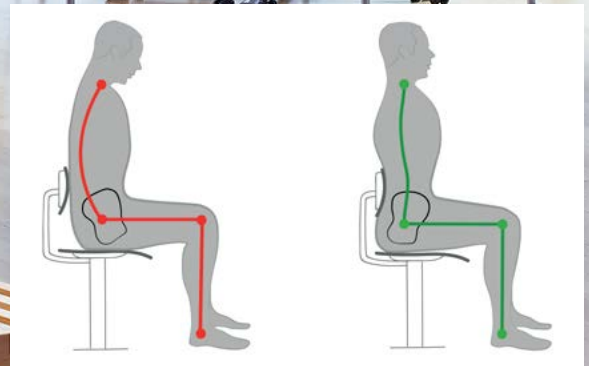


**/ A report published by the Rocky Mountain Institute estimates that an office chair upholstered with a non-breathable material insulates 20 to 25 percent of the body's surface. This can add \$140 to \$290 per worker in HVAC and utility equipment costs (Houghten et al., 1992).**

By helping to maintain neutral body temperatures, a chair with a breathable facility requires less cooling. It may, over the life of the chair, generate enough HVAC cost savings to offset the chair's initial cost.







## **CAPER SEAT DISH (PELVIC STABILIZATION)**

Evolution over the 5 Million + years that man has been known to exist, has engineered our spine to assist in the support of the weight of our head (approx 5 kilos) to lessen the burden on our musculature whilst we carry out our historically most common activity, walking upright. The modern activity of sitting in one position for many hours on end, without moving is in revolutionary terms, equivalent to the blink of an eye. The human physiology is not designed for it.

To sit in a chair and hold our head upright we are placing far greater load on our core muscles. When they tire, we slide forward in the chair, our pelvis tilts back, our spine changes position from a S curve to a C curve. This forces our neck and shoulder muscles to support the weight of our head and we lose contact with any designed lumbar support feature. In addition as we slide forward, our body weight is concentrated onto our coccyx and we cut circulation off to our lower limbs due to the weight of our legs being born by the front of the seat, rather than across a wider platform.

**Sounds uncomfortable and distracting to our ability to concentrate on completing the exam to the best of our ability doesn't it?!**

And it is, further exacerbated by the fact that in an exam program, we cannot get up, stretch and move around which is crucial to break the cycle.



**The Caper chairs unique dished seat goes a long way to assist the body in carrying the load of enduring this unnatural activity with minimal effort and distraction to the task at hand.**

The dished seat discourages the forward sliding movement and assists in keeping our pelvis vertical, maintains lumbar support and the desired S curve to the spine. A simple feature, but crucial to providing optimal postural support to enable the sitter to perform at their peak.

## 2. DOES THE CAPER CHAIR **REDUCE THE RISK OF BACK INJURIES** WITH **EASE OF MOVING?**

Yes, the Caper chair can be very easily lifted and moved, reducing the risk of OHS issues.

The Caper chair's thorough design facilitates ease of movement through the unique hand hold in the back. This feature enables the chair to be moved quickly into the designed locations without the need to bend. As the Caper can be lifted at this designated point, it reduces marking on the chair from constant man handling. All this cleverly engineered at a total weight of only 3.9kg.



## 3. IS THE CHAIR **EASY TO CLEAN** AND **MAINTAIN?**

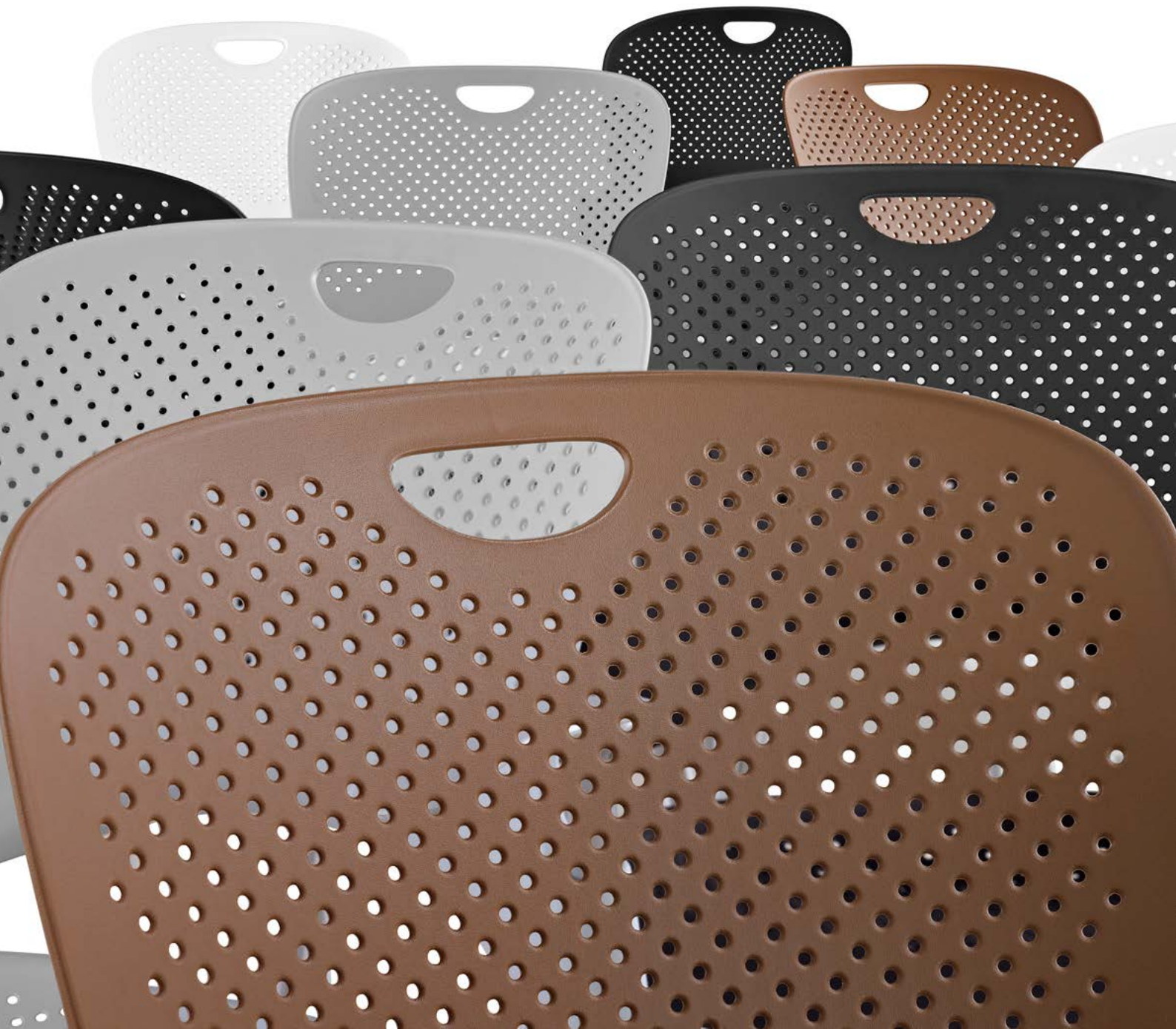
Yes, the Caper chair's construction ensures the longevity of the product with the absolute minimal maintenance.

The Caper chair's injection-molded thermoplastic seat and back can be simply washed with a soft cloth soaked in mild detergent and warm water. Rinse thoroughly and dry with a soft cloth.

Perforated seat also insures any spillage drains does not pool and stain.









#### 4. IS THE CHAIR **EASY TO STACK** AND STORE?

Yes, the Caper chair has been PURPOSELY DESIGNED as a stacking chair.

##### **PROTECTING YOUR INVESTMENT: STACK PROTECT.**

The Caper chair is designed to stack over and over again. It is stackable up to 6 high on the floor, or up to 15 high on the Caper Cart. The Caper has a purpose designed component installed providing a buffer, load carrier and protector between each chair as they are stacked on top of each other. The Caper chairs are transported with 4 x chairs to a single box. The boxes can be kept for ease of storing the exam chairs, which can then be presented when required both clean and with minimum effort and time.



#### 5. IS THE CHAIR BACKED BY **WARRANTY** GUARANTEES?

Yes, the Caper is the chair you can trust – a proven performer globally in tertiary institutions with the highest warranty rating.

The Caper chair is backed by the comprehensive Herman Miller, 12-year, 3-shift warranty.



**A warranty is a promise.**

## 6. IS THE CHAIR **GENTLE TO THE FLOOR** AND TO YOUR EARS?

Yes, the Caper chair's lightweight construction enables it to be a silent mover; together with clever feet options to best suit your floor composition.

The robust construction of the chair's tubular steel frame together with its injection-molded thermoplastic shell, has been engineered in a way that ensures there are no creaks and squeaks when you sit in or move the chair: An important issue in exam environments, when it is critical that students are not being disrupted by other fidgety students or latecomers.

### **GLIDE SAVES YOUR FLOORS.**

Stacking chairs can be equipped with optional innovative Floor Saver Glides, which don't mark hard finishes and are ideal for vinyl composition tiles (VCT); the glide pushes dirt out of the way instead of running it over and grinding it into the tile. Easy and safe, to pull over here, or push into a group over there.



## 7. IS THE CHAIR A **FLEXIBLE INVESTMENT?**

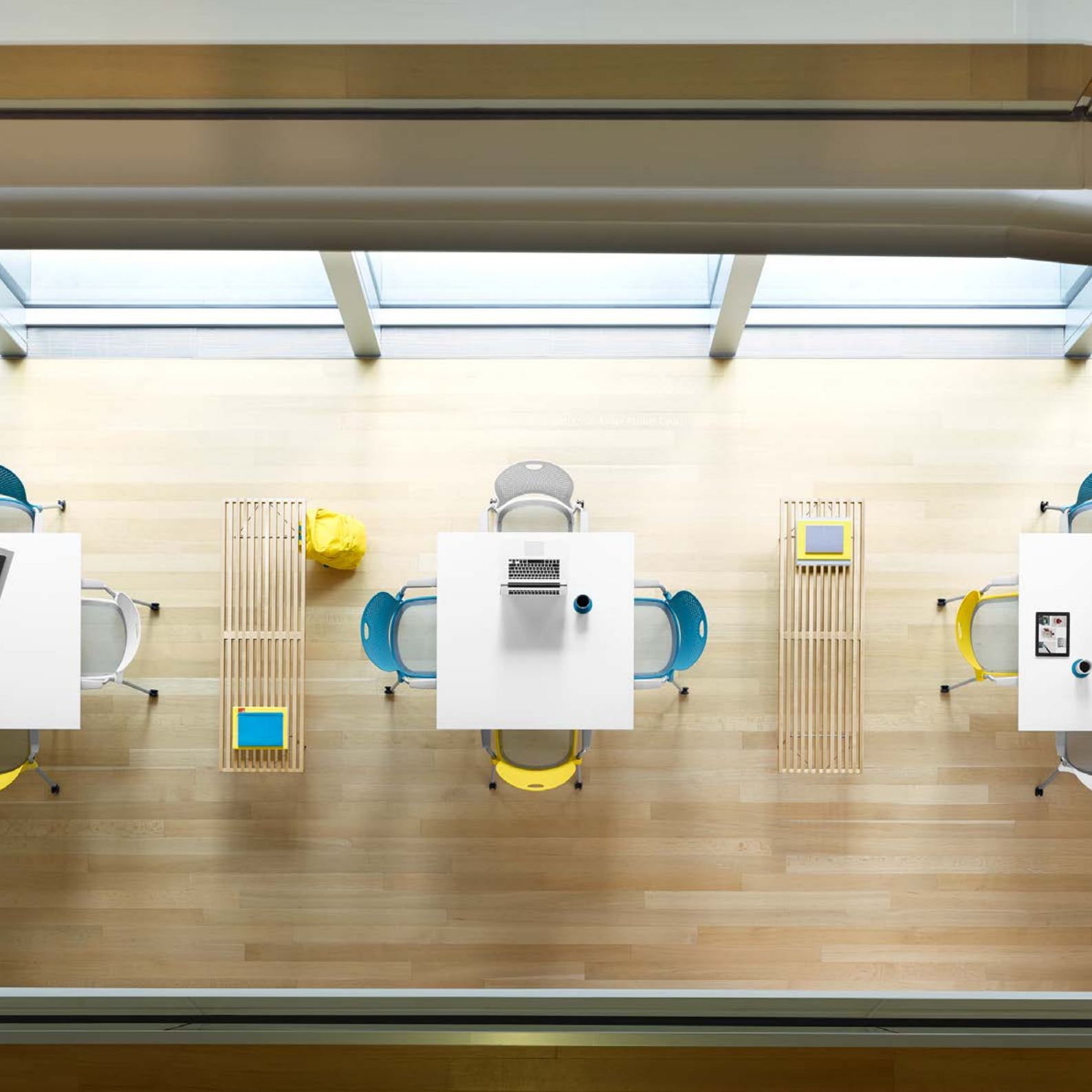
Yes, the Caper chair is a MULTIPURPOSE SEATING SOLUTION, making it [not just] the perfect exam chair.

The Caper chair offers a multitude of problem solving attributes. The Caper works equally well as a robust, elegant and comfortable solution for ceremonies, meeting rooms, conventions, banquets, training, library seating and cafeterias. The Caper is not just a perfect solution as an exam room chair that needs to be stored away when not in use. It's a multi purpose seating solution that will be on hand to solve any requirements for additional seating at any time.









## 8. IS THE CHAIR **CERTIFIED** WITH NATIONAL AND INTERNATIONAL **ACCREDITATIONS**?

Yes, the Caper chair has been designed and manufactured following expert advice on performance, ergonomic and environmental standards.

### **ERGONOMIC BENCHMARK.**

Caper has been certified to the highest level AFRDI Bluetick ergonomic standard Level 6.

### **GREEN AS IT GETS.**

The Caper has been tested and approved to Australian standard ARDI Greentick Platinum. It has also been tested and certified to the international standards BIFMA Level 3 & Greenguard - specifically for schools and universities.

### **EARTH-FRIENDLY.**

Each Caper chair is 100% recyclable and made of 19.7% recycled material.

Because all Caper chairs weigh about half as much as competitive models, fewer materials and less energy are required for their manufacture. Caper chairs adhere to McDonough Braungart Design Chemistry Cradle to Cradle Design Protocol and are GREENGUARD certified and may contribute to LEED credits.

This product has been certified to meet the chemical emissions requirements for UL GREENGUARD Gold Certification (formerly known as GREENGUARD Children & Schools Certification).



## 9. DOES THE CHAIR OFFER A **RANGE OF COLOUR OPTIONS** FOR AESTHETIC FREEDOM AND EFFECTIVE ARRANGEMENTS?



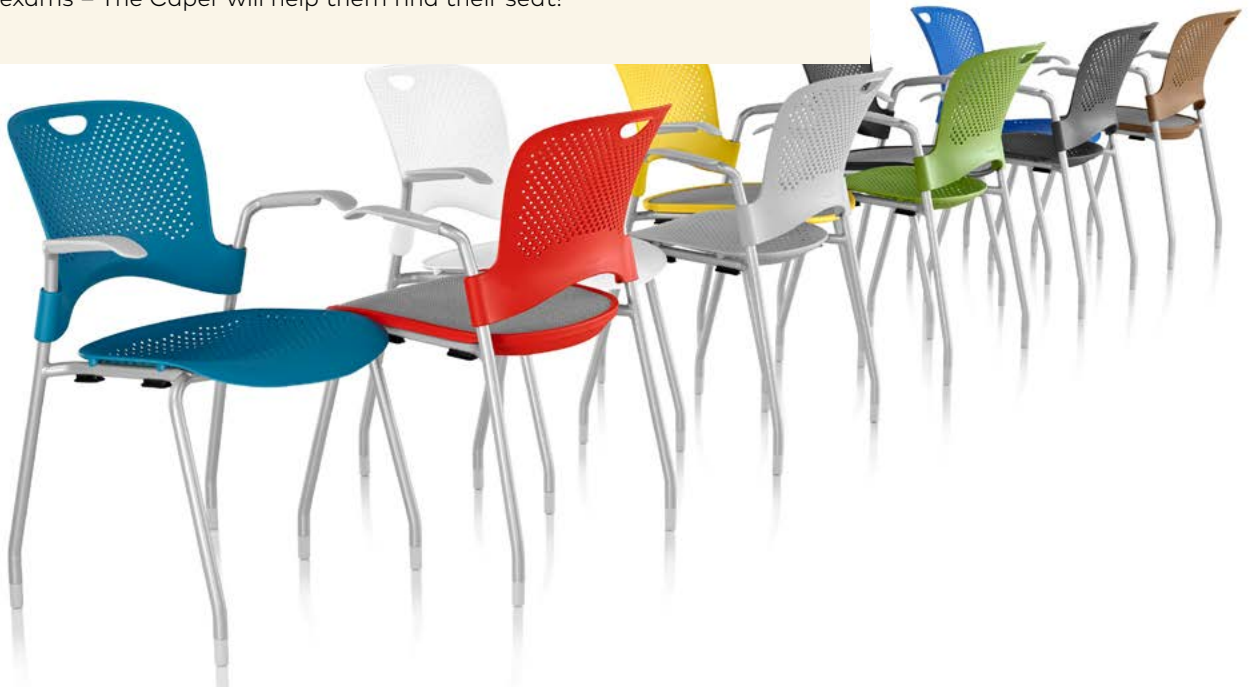
Yes, the Caper Chair is available in an extensive pallet of FOURTEEN contemporary colours.

Colour psychology is a proven influencer on people's mood and clever selection is said to maximize productivity and provide a calming and stress relieving effect. Caper offers a pallet of colours to not only compliment the exam room landscape, but can even enhance performance and settle the nerves!



**Further to this, the colour options available enables exam rooms to be divided and organized into a multiple of easily recognizable sections to assist in ease of students quick stress free path finding to their allocated seating positions.**

So if your students are in a "blind panic" from the stress of sitting their exams – The Caper will help them find their seat!





## 10. DOES THE CHAIR **MEET THE REQUIREMENTS EXPECTED BY** TYPICAL EDUCATION PROJECT STANDARDS?



Yes, the Caper chair conforms to these specification criteria.

- Easy to move, transport and store.
- Easy to clean.
- Fixed height, lightweight that is no more than 4.5 kilograms.
- Robust and stackable, minimum 6 per stack.
- Trolley transport option available.
- Seat and back in moulded plastic, no upholstery.
- Four powdercoated legs, black with no wheel/castors.
- No arms.
- No chrome finishes.
- Minimum of 10 year warranty (GECA certified or equivalent).
- AFRDI level 6, or equivalent.
- Chairs are to support individuals weighing up to 135kg.
- System and handling equipment to facilitate movement of chairs between sites.
- Exceptional value.



HERMAN MILLER  
CAPER  
**10/10** /





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