



ASCOT

COMMERCIAL GROUP



CHAIR ERGONOMICS

If you sit behind a desk for hours at a time, you're not doomed to live with neck and back pain or sore wrists and fingers. Proper office ergonomics, including correct chair height, adequate equipment spacing and good desk posture, can help you and your joints stay comfortable at work.

Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are sloping slightly forward.

NEUTRAL POSTURE

The body is most comfortable when the joints are in the balanced or 'neutral' posture.

HIGHER HIPS

Your hips should be higher than your knees with a forward sloping thigh.

NO PRESSURE POINTS

The seat should have a pronounced waterfall edge with no pressure points on the seat or the backrest.

BALANCED SPINE

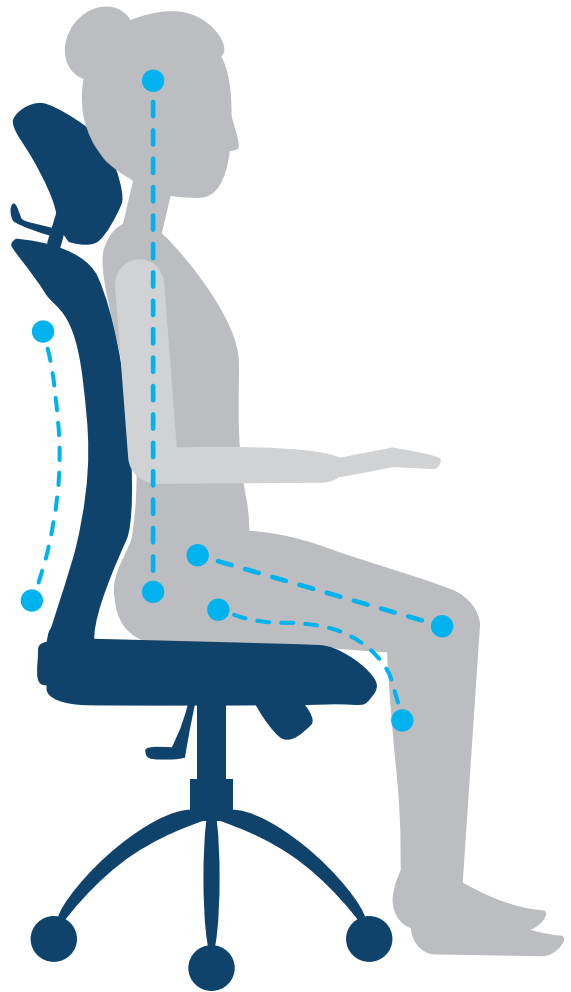
When working, the spine should be balanced and able to reach the backrest.

SUPPORTIVE BACKREST

The backrest should be supportive and follow the natural curves of the spine. Support should start at the pelvis and include the lumbar spine and the midback.

HEADREST

Supports the back of the head and the upper neck, reducing tension in the shoulders and upper torso.



KEEP MOVING

Muscles need movement – from the tiny muscles controlling your eyes to the big muscles supporting your back, movement is essential. To avoid muscle fatigue we encourage you to get up and move every 30 minutes. Walk to collaborate with someone, get a drink, or just take a break. Movement also aids circulation is great for your mental health and helps keep the creative juices flowing.

WHY CHOOSE US?

Ascot Commercial Group is a premier corporate and commercial furnishing and interior design company in Australia.

With more than 40 years of experience and a long list of clients, we have the skills and resources to create functional, environmentally conscious and professional interiors for all industries. Our business is family managed and owned, and has a singular focus – to satisfy the needs of each of our valued customers – whether large or small.

Our vast seating range is comprised of appealing, comfortable, high quality products designed to suit all aspects of your business. There is something for every person, occasion and budget.

We have extensive warehouse facilities and dedicated and knowledgeable staff, allowing us to offer speedy delivery on an exclusive range of ergonomically designed products unique to the Australian market.

Our team is comprised of some of the most accomplished, professional consultants Australia-wide, who understand the requirements of businesses in terms of fast turnaround, diligent service and products that represent a real value for money and investment in the future of your business.

WHAT'S INSIDE

TASK SEATING

A specialised desk chair or office chair. Functional, versatile, comfortable and promotes good posture.

BOARDROOM CHAIRS

Create a uniform style in your boardroom. Intended for short-time use such as meetings or brainstorming.

24/7 RANGE

Durable, ergonomic and heavy-weight. Designed to withstand intensive use and 24-hour workplaces.

STOOLS

Perfect for dynamic areas. Space-saving and versatile.

VISITOR SEATING

Comfortable and appealing seating for visitors or clients.

EXECUTIVE SEATING

Executive chairs are premium, tall-backed office chairs providing superior comfort and support for the entire upper body.

HOSPITALITY SEATING

Versatile, comfortable, lightweight and durable. A perfect fit for hospitality and busy environments.

SOFT SEATING

Designed for leisure and comfort. Perfect for flexible, shared spaces.

SYMBOLS



WARRANTY

How many years your chair is covered by our reliable warranty.



WEIGHT CAPACITY

How many kilograms the chair will safely hold.



AFRDI APPROVED

AFRDI approved office chairs are tested to the Australian New Zealand standard.



COLOUR/FABRIC OPTIONS

These chairs have different colours or fabrics available to choose from.



Cornwall Duotech Medium Back Typist Chair

Without arms **\$322.30** inc GST

With arms **\$383.90** inc GST

3 Lever fully ergonomic
Moulded seat and back foam
Available in medium and high back
Code: T12



Cornwall Duotech High Back Clerical Chair

Without arms **\$353.10** inc GST

With arms **\$414.70** inc GST

3 Lever fully ergonomic
Moulded seat and back foam
Available in medium and high back
Code: T13C





Malta Medium Back Typist Chair

Without arms **\$398.20** inc

^{GST}
With arms **\$459.80** inc GST

3 Lever fully ergonomic
Moulded seat and mesh back
Available in medium and high back
Code: T66



Malta High Back Clerical Chair

Without arms **\$429.00**

^{inc GST}
With arms **\$490.60** inc GST

3 Lever fully ergonomic
Moulded seat and mesh back
Available in medium and high back
Code: T67C





Dominion High Back Chair

Without arms \$468.60 inc GST

With arms \$530.20 inc GST

3 Lever fully ergonomic
Large moulded seat and moulded foam back
Available in medium and high back

Code: T183



Dominance High Back Chair

Without arms \$468.60 inc GST

With arms \$530.20 inc GST

4 Lever fully ergonomic
Large moulded seat and mesh back
Available in medium and high back

Code: T232



Patmos High Back Chair

Without arms \$502.70 inc GST

With arms \$564.30 inc GST

3 Lever fully ergonomic
Large moulded seat and back
Available in medium and high back

Code: T308





Flare High Back Chair - Chrome Base

Without arms **\$585.20** inc GST

With arms **\$663.30** inc GST

Fully ergonomic chair with heavy duty 4 lever mechanism
 Seat depth adjustment with seat slider
 Ratchet back height adjustment
 High density seat and back foam
 With lumbar pump

Code: J76



Flare High Back Chair - Black Base

Without arms **\$554.40** inc GST

With arms **\$632.50** inc GST

Fully ergonomic chair with heavy duty 4 lever mechanism
 Seat depth adjustment with seat slider
 Ratchet back height adjustment
 High density seat and back foam
 With lumbar pump

Code: J66



Roy Chair

\$537.90 inc GST

3 Lever mid back
 Ratchet height adjustable back/lumbar
 Independently adjustable seat and back angle
 Polyurethane moulded foam
 Optional mid or high back
 Optional arms
 Available in black, dark blue, charcoal, green, red

Code: N14





Jilton High Back Chair

Without arms **\$555.50** inc GST

With arms **\$616.00** inc GST

- Mesh back
 - Tension adjustable synchro mechanism
 - Moulded seat with waterfall front
 - Seat slider for taller users
 - Adjustable lumbar
 - The 4D arms are optional
- Code: E113



Jilton High Back Chair with headrest

Without arms **\$606.10** inc GST

With arms **\$676.50** inc GST

- Mesh back with headrest
 - Tension adjustable synchro mechanism
 - Moulded seat with waterfall front
 - Seat slider for taller users
 - Adjustable lumbar
 - The 4D arms are optional
- Code: E114





Glanton Boardroom Chair

\$429 inc GST

- Adjustable seat height
- Adjustable seat and back angle
- Mesh back
- Code: T267



Menzies Boardroom Chair

\$605.00 inc GST

- Adjustable seat height
- Adjustable seat and back angle
- Knee tilt mechanism with 3 locking positions
- Available in: Black mesh, Terracotta PU, Tan PU and Black PU
- Code: T303





Nikola Meeting Room Chair - Castors

Without arms **\$537.90** inc GST

With arms **\$649.00** inc GST

Adjustable seat height
Available in 6 colour options
Code: P11



Nikola Meeting Room Chair - Fixed

Without arms **\$357.50** inc GST

With arms **\$464.20** inc GST

Sled base chair
Available in 6 colour options
Code: P12





Controlmaster 24/7

\$2635.60 inc GST

High back heavy duty chair
 Full internal steel frame
 Injection moulded foam
 Adjustable lumbar support
 Reclinable backrest
 Fully adjustable headrest
 In Gabriel Fighter Black fabric
 Also available in black leather at extra cost
 Code: E112



Jackson High Back 24/7

\$876.70 inc GST

Large aluminium base
 Height and width adjustable arms
 Seat slide adjustment
 Ratchet height adjustable back/lumbar
 Independently adjustable seat and back angle
 Optional mid or high back
 Available in black, dark blue, charcoal, green, red
 Code: N24





Crete HB Multi Shift Seating

\$597.30 inc GST

- 4 lever fully ergonomic
- Adjustable arms
- Moulded seat and back foam
- Code: T309



York HB Multi Shift Seating

\$784.30 inc GST

- 4 lever fully ergonomic
- Adjustable arms
- Moulded seat and back foam
- Black leather finish
- Code: T18





Dyson Stool

\$601.70 inc GST

Flexibility for standing/sitting postures
Auto return swivel seat
Gas lift height adjustable
Available in black, red, charcoal or dark blue

Code: N28



Ventura Stool

\$220.00 inc GST

Polypropylene shell
Timber legs
Seat colours black, grey or green
Code: R153



Waratah Stool

\$168.30 inc GST

Polypropylene shell
Metal frame
Seat colours black, grey or green
Code: R154





Neo Sled Base Chair

\$174.90 inc GST

Stackable
Square tube
Mesh back with padded seat
Black metal frame

Code: T319



Dover Sled Base Chair

Without arms \$303.60 inc GST

With arms \$343.20 inc GST

Stackable
Fully strengthened plastic back shell
Fully welded frame
Sled chrome base
Available in all local fabrics

Code: T26



Vinn Sled Base Chair

Without arms \$333.30 inc GST

With arms \$383.90 inc GST

Stackable
Fully strengthened plastic back shell
Fully welded frame
Sled chrome base
Available in all local fabrics

Code: T294





Kennedy Executive Seating

\$618.20 inc GST

Adjustable seat and back angle
Adjustable weight tension
Available in high and low back
Fixed heavy duty aluminium arms
High density foam
Knee tilt mechanism with 3 locking positions

Code: T205



Web Executive Seating Medium Back

\$471.90 inc GST

Adjustable seat and back angle
Adjustable weight tension
Available in high and low back
Fixed heavy duty aluminium arms
High density foam
Knee tilt mechanism with 3 locking positions

Code: T270



Web Executive Seating High Back

\$POA inc GST

Adjustable seat and back angle
Adjustable weight tension
Available in high and low back
Fixed heavy duty aluminium arms
High density foam
Knee tilt mechanism with 3 locking positions

Code: T271





Zippy 4 Leg Chair - Metal Frame

\$165.00 inc GST

Stackable
Active flex poly shell
12 different shell colours
Code: E109



Zippy 4 Leg Chair - Timber Leg

\$161.70 inc GST

Non Stackable
Active flex poly shell
12 different shell colours
Code: E116



Zippy Sled Base Chair

\$168.30 inc GST

Stackable
Active flex poly shell
12 different shell colours
Code: E118





Plaza 1-Seater

\$896.50 inc GST

Loose cushion upholstered both sides
Webbed base with solid hardwood frame
Available in black PU only

Code: T158



Plaza 2-Seater

\$1171.50 inc GST

Loose cushions upholstered both sides
Webbed base with solid hardwood frame
Available in black PU only

Code: T159



Plaza 3-Seater

\$1707.20 inc GST

Loose cushions upholstered both sides
Webbed base with solid hardwood frame
Available in black PU only

Code: T160





Palin Single Lounge

\$845.90 inc GST

Available in light blue or charcoal ash fabric upholstery

Removable seat and back cushion

Also available in two seater

Code: R128



Naomi

\$1087.90 inc GST

High density soft pile foam

Option of 4 star base or wooden 4 leg

Code: KON702-WD-122





Mitchell Ottomans

All Styles \$288.20 inc GST

Available in round, square and triangular options

Soft fabric upholstery

Price is for plain charcoal

Also available in other fabric options at extra cost

Code: Round R143

Square R144

Triangular R145



Twist-SI

\$1483.90 inc GST

High density foam

Chrome feet

Optional frame or base colour

Code: T355





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