

GOOD POSTURE : THE CONNECTED CHAIR



Back pain: the pain of the century

76% of office workers suffer from back pains, a phenomenon affecting more and more young people, as now 71% of them have back problems.

With Good Posture and its state-of-the-art technology, try to avoid or reduce your backaches and let any feeling of sitting discomfort disappear.

Table des matières

<i>I. Market Study.....</i>	<i>3</i>
<i>II. Norms and regulations</i>	<i>4</i>
<i>III. Technology structure and project planning</i>	<i>4</i>
<i>IV. Bibliography</i>	<i>5</i>

I. Market Study

Backache is a common and a widely spread pain that can grow into a burden if neglected or treated carelessly.

As a major part of the population has felt this pain at least once in their lifetime, we have in front of us a blooming market. Whether it is manual or electrical, medical or not, there is a vast panel of choices for a wide range of prices.

Currently on the market¹, can be found affordable gadgets like TriggerBuddy for self-back massages, some more expensive devices such as electronical massage chairs, medical treatments like cream and gel and even state-of-the-art technology like TENS unit that uses electrical pulses.



TriggerBuddy & massage chair



Medicine & electrical pulses device



Thus, countless remedies and treatments to overcome the symptoms are available, yet the miraculous solution has not been created.

GOOD POSTURE, our connected chair does not have the pretention of being the miraculous remedy, however as back pains keep troubling people, as they remain a current concern and as the market is beaming, we take the opportunity to propose another solution.

II. Norms and regulations

The chair will be adapted to the length of utilization (good choice of material), ergonomic (adjustable seat) and comfortable, as the main purpose of our connected chair is to offer a pleasant seat and a healthy posture.

Like public office furniture, our connected chair will be under the following European standards²:

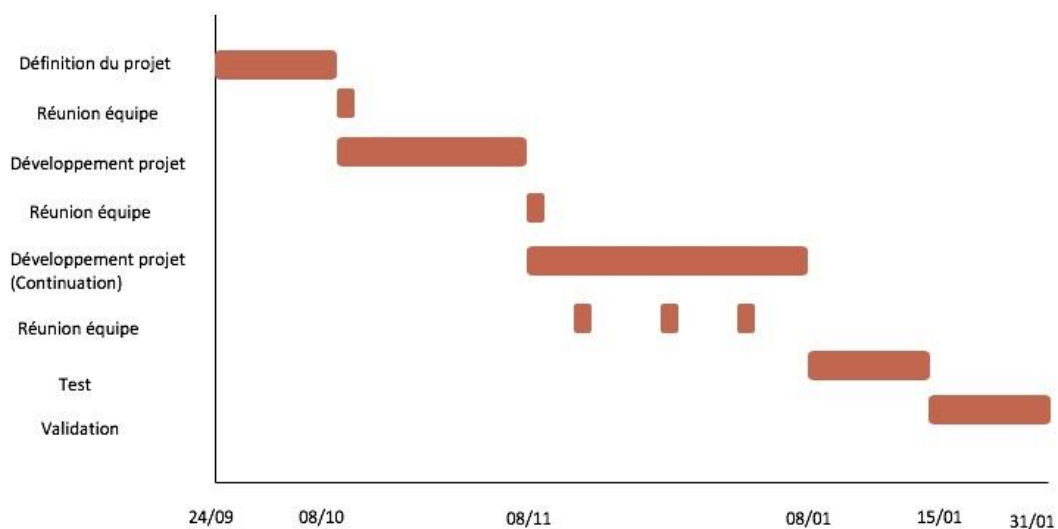
- NF quality and security
- NF environment
- ISO 9001³
- ISO 14 000⁴

III. Technology structure and project planning

We plan to use the following material :

- Arduino card
- Sensors
- Connection wires

Project planning



IV. Bibliography

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3. Série des normes ISO 14000 [WWW Document], n.d. . Wikipédia. URL https://fr.wikipedia.org/wiki/Série_des_normes_ISO_14000
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