# Research

What is perching:
- It's a compromise between standing and sitting
- The pelvis is slightly tilted forward, which opens the hips and chest
  - Facilitates a more neutral overall posture (neutral spine posture)
- This in turn helps reduce lower back pain
- Restores core strength which had been lost when sitting in a normal chair
- Perching is a getaway into more movement
  - it's a hybrid posture which makes it easier to stand up and move around
- One possible disadvantage is that more pressure is put on the legs and feet
- The idea is not to perch all day but to change positions more freely to make the body feel as comfortable as possible for as long as possible

Perched seats might be seen in airplanes soon
- There are many issues still to be fully dealt with having perched seats used on airplanes, such as comfort on long distance travels as well a as for taking off and landing
  - However, this shows that if it can be done on an airplane where the security concerns are very high, it can be done in metros too
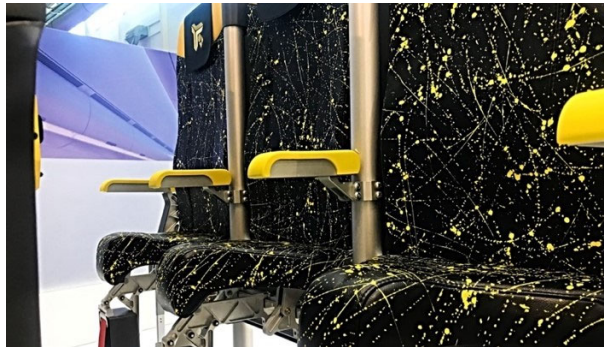
Another perched seat design for airplanes

Why do we perch?
- Perching is not always bad for you
- Perching is one of the healthiest positions if it keeps your back well supported
- It's only bad if it's a posture resulting from bad ergonomic of your chair
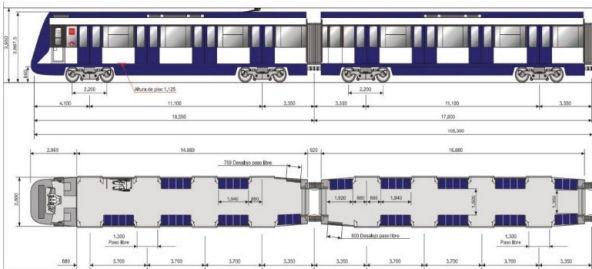
Further interesting research...

The Valencia Metro has posts situated in the center of the alleyway

The dimensions taken for the design of the metro have been given to me by the Spanish hub

IMPORTANT NOTE:
Perching seats already exist in public transport such as metros and trams, meaning that it already fits all the health and safety requirements that apply to moving vehicles.