

Choosing an ergonomic chair?

10 essential features an ergonomic chair must have

Task chairs must be safe, well-built and provide support for the required working postures for the intended user to maximize long term comfort, productivity and to avoid injury.

Adjustability Understood™

Our seating systems are modular and highly adjustable, designed to reduce the stresses caused by the seated posture and risk factors that could lead to work-related musculoskeletal disorders.

Recommended by 94% of ergonomists; ergoCentric enables users to easily change their posture throughout the workday.

See corresponding features and descriptions on the reverse side.



ergoCentric[®]
ergocentric.com



1 BACKREST DESIGN

- The backrest should be the correct size for the length and width of the user's back and should not cause localized pressure points.
- It should have a firm lumbar support to reposition the lumbar spine back into its natural curvature.
- It should have a lateral curve to reduce the amount of muscle activity required to maintain an upright posture.

2 ADJUSTABLE LUMBAR SUPPORT

The lumbar support should be height and depth adjustable.

3 ADJUSTABLE BACKREST ANGLE

The angle of the backrest should be independently adjustable from the seat. The user's torso-to-thigh angle should be greater than 90 degrees.

4 SEAT DESIGN

The seat should be wide enough to support the full width of the buttocks. For users whose shoulders are less wide, armrest caps that can be adjusted inward may be necessary. The seat should have a waterfall front edge and have lateral curves to distribute the user's weight away from the seat bones and should not put undue pressure on the base of the spine. The seat should not cause localized pressure points.

5 ADJUSTABLE SEAT DEPTH

The seat depth should be adjustable and should allow the user to sit fully against the backrest, allowing it to support the back properly. There should be approximately a three-finger width clearance between the back of the knees and the front of the seat so the legs can be positioned without compression at the back of the knee.

6 ADJUSTABLE SEAT ANGLE

The seat should tilt forward and backward to provide a variation in postures, should lock into multiple positions and have tilt tension control if the seat has a free float mode. The seat pan angles should not cause the user's torso-to-thigh angle to be less than 90 degrees.

7 ADJUSTABLE SEAT HEIGHT

The seat height should be adjustable using a pneumatic cylinder. This allows the seat height to be easily adjusted and acts as a shock absorber when sitting down. The user should be able to sit with their feet comfortably on the floor or footrest without undue pressure on the underside of the thighs. The user's torso-to-thigh angle should not be less than 90 degrees.

8 ADJUSTABLE ARMRESTS

- Armrests should be fully adjustable to allow the user to sit in a variety of postures while supporting their forearms in a manner that avoids lifting the shoulders (*armrests too high*) or leaning to the side/dropping the shoulders (*armrests too low*).
- The length and position of the armrests should allow users to properly support their forearms while sitting close enough to the work surface to perform their tasks while maintaining contact with the backrest.
- The armrests should provide adequate support for the forearm without affecting wrist movement or causing excessive pressure on the elbows.
- The inside distance between the armrests should allow the user to easily enter and exit the chair.
- The hips should comfortably fit between the armrests.
- Armrest caps should be wider than the user's forearms.

9 CHAIR BASE

The base of the chair should have five legs and be the correct size for the size and type of the chair. If the base is too small it can cause a tipping hazard and if it is too large it can cause a tripping hazard.

10 CASTERS

Casters should have the appropriate amount of friction between the wheels and the surface the chair is being used on so the chair is easy enough to move but does not move too easily which could cause the user to fall when getting in or out of the chair.

Nylon casters are appropriate for carpeted floors.

Urethane (*rubberized*) casters are necessary for hard surfaces such as wood or tile floors.