

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®

1 ADJUSTABLE BACKREST The angle between the seat pan and back support should be greater than 90° to help reduce stress on the structure of the spine. The angle between the backrest and the seat should be adjustable.

2 BACKREST DESIGN

- The backrest should be the correct size for the length and width of the person's back.
- It must have a firm lumbar support built into its structure to provide the force necessary to reposition the lumbar spine back into its natural curvature.
- It must also have lateral curves to support the upper body, so as to reduce the amount of muscle activity required to support the upright posture.

3 LUMBAR SUPPORT WITH ADJUSTABLE HEIGHT AND SIZE

Insufficient or lumbar support that is too high or low can lead to lower back pain. Look for a lumbar support that adjusts up and down, as well as in and out, to fit people of different body types. A large range of height adjustment is especially useful for those who carry additional weight in the buttocks.

4 FULLY ADJUSTABLE ARMS Adjustable arms allow the user to pull their chair close to their work surface and provide guidance and support when getting in and out of the chair. They also support the weight of the user's arms reducing stress on the shoulders and neck. Armrest pads should be wider than your forearms.

5 SEAT WIDTH The seat should be wide enough to support the full width of the buttocks. For those whose shoulders are less wide, arm caps that can be adjusted inward may be necessary.

6 ADJUSTABLE SEAT DEPTH The seat depth must allow the user to sit back against the backrest, allowing the backrest to support the back properly. There should be approximately a three-finger width of 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.

7 ADJUSTABLE SEAT ANGLE The seat pan should tilt forward and backward, should lock into any position to provide the variation in postures required by the human body, and have tilt tension control if the seat has a free float mode. This enables the user to easily recline reducing stress on the low back. Make sure you're able to sit with your feet comfortably on the floor or footrest without pressure.

8 ADJUSTABLE SEAT HEIGHT Task chairs should have pneumatic seat height adjustment. This allows the seat height to be easily adjusted, act as a shock absorber when sitting down and allows the chair to swivel so you don't have to twist your back when reaching for things. Make sure you're able to sit with your feet comfortably on the floor or footrest without pressure on the back of the thighs.



9 CORRECT BASE SIZE The base of the chair should be the correct size and type for the size and type of chair. If the base is too small there is the hazard of tipping and if the base is too large relative to the seat size, it becomes a tripping hazard. If bases are plastic, they should be made of 30% glass-reinforced nylon with a metal hub insert as it provides the necessary durability over the long term.

10 PROPER CASTERS For casters to work properly there needs to be a degree of friction between the wheel and the surface it's being used on. Too much friction makes the chair difficult to move. Too little friction means the chair would move too easily. To avoid accidents make sure casters fit the intended use of the chair with nylon casters for carpet and urethane casters for hard floor surfaces.