

ergoCentric airCentric 2

WE ARE FAMILIAR WITH THE IMPORTANCE OF GOOD ERGONOMICS IN THE OFFICE. An ergonomically designed task chair is the foundation for good ergonomics. Two factors are required for a task chair to ergonomically support the user: It needs to be the correct size for the user, and it needs to be adjusted correctly. A 2018 study by Atlas Injury Prevention found that a task chair without adjustment provided better ergonomics than a chair with multiple adjustments that are not used. Of course, the best choice is a chair which has adjustments and is adjusted correctly.

ergoCentric's airCentric 2 satisfies both of these requirements, a chair that is built to match the user and has intuitively easy adjustments. Many manufacturers may have two or three different seats to accommodate the majority of body sizes, but ergoCentric has six seat sizes. In addition to different seat sizes they also build the chairs with various foam options and provide different arm options and sizes of hydraulic cylinders to match the user.

ergoCentric found 82 percent of employees require the standard seat size and 95 percent of employees would be served by three seat sizes. The remaining 5 percent required more seat options to have proper ergonomics. Although the percentage is small, the number of employees not being properly served is not.

Before we could order a chair we first had to determine what size chair we needed. To get us the correct seat, ergoCentric needed more than just our height. To ensure we received the best chair possible we needed to provide our weight, height, work surface height, distance from elbow to elbow while on an armrest, seated hip width, seat to shoulder distance, seat to lumbar height, distance from the back of the buttock to the back of the knee and from the back of knee to the floor. We also need to provide the type of environment in which we worked. At the time it seemed all of this was a bit excessive, but when we received our chair, we had a chair made specifically for us that fit us correctly.



As discovered by Atlas' research, a chair adjusted incorrectly does more harm than a chair with no adjustments. The airCentric 2's intuitive controls are easy to use. Each adjustment handle is uniquely shaped for easy identification. The round handle is to lock the seat angle or to allow the seat to free float. The square handle adjusts the seat height. Triangular is for changing the seat back angle, and oval is to adjust the seat back height, placing the lumbar support in the correct position. All the adjustments were easily made while seated. The seat back height adjustment also includes an air pump to adjust the firmness of the lumbar support. The different shaped handles made it easy for us to locate the correct handle for the desired adjustment.

The chair includes a diagram below the right armrest with icons in the shape of the different handles and what adjustment they control. There is also a URL next to the handle icons that took us to a two-minute video to help us adjust the chair correctly and further explained each adjustment.

An easy-to-reach adjustment for the seat pan depth allows up to two-and-half inches of adjustment. The adjustment for the seat tilt tension is easily reached from the left. The user is not placed in an uncomfortable and unergonomic position having to reach down low in front to make this adjustment as with some chairs.

The arm's height can be adjusted to seven positions covering four inches of travel. Each arm can also be adjusted laterally over two inches. The arm pads can be quickly moved in or out an additional two and a half inches, providing quick adjustment depending on our needs. The arm pads can also rotate 360 degrees. The point of rotation is off-centered, allowing us to not only change the angle of the pads to match our forearms, but also allow us to position the pad two inches forward by simply rotating them 180 degrees.

When selecting a chair do you go with a mesh back that provides more air flow, or do you prefer the feel and support of the foam and fabric back? The airCentric 2 brings the benefits of both together. The upholstered foam back provides support and holes in the foam, and vents in the seatback's plastic shell allows air ventilation. This combination provided the support we need and also kept our backs cool.

Shipping is free, the chair arrived completely assembled ready to use. We found it to be very comfortable, it properly supported us and helped us maintain proper ergonomic positions. It was easy to adjust to match different users and working conditions. We particularly liked the rotating arm pads that allowed us to quickly place them in the best position to support our arms. The only bad thing we found was that the chair was so comfortable we would forget to stand and make use of our height adjustable desk.

We like everything about the chair. In addition to the comfort and support it provided, we also thought it was an attractive addition to the office.

ergoCentric's airCentric 2 can be found at <https://www.ergocentric.com/> List price as tested is \$1249.



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