

ERGONOMIC CHAIRS

By now you are probably familiar with the age-old advice about proper seating posture for computing in comfort: feet flat on the floor, forearms at a 90-degree angle, head up, back straight. So why is it we're always leaning, craning, bending, or slouching? Mostly, it is the body's natural reaction to being in the same position for long periods of time. The solution: a good chair and mini breaks away from your computer. Mini breaks or getting up and moving around are a great way for your body to recover from prolonged sitting.

Risk management departments always get the question of "What is an ergonomic chair?" Here are the five features every ergonomic chair should have to make it fit the person. Ergonomics is about adapting the work to fit the person, instead of forcing the person to adapt to the work. A good chair can be costly so make sure all of its critical parts are adjustable.

- **Seat height adjustability**

Cylinders fail over time, so if the chair does not maintain its height the cylinder should be replaced. An adequate height adjustment allows users to adjust the seat to their leg length. A seat should be the height of the knee cap when the knees are bent at a 90 degree angle.



- **Slider option**

The slider feature allows the seat to accommodate user's thigh length. Sliders should be adjusted so the user's back rests on the lumbar support and the seat is between 1"-2" away from the back of the knee.



- **Forward tilt option**

This option releases pressure on the low back.

- **Backrest adjustability**

Backrests should allow the user to sit fully back into the chair with the lumbar support cupping their back without feeling they are being pushed out of the chair.

- **Armrest adjustability**

Arm rests should allow the user to sit with forearms at a right or slightly negative sloped angle.

We recommend that districts try all ergonomic equipment prior to purchase. This makes sure the person will use the equipment if it is purchased. Usually a 30 day trial is enough time to determine if the equipment is a good fit. The Risk Management department conducts onsite ergonomic evaluations. Please contact us if you would like an evaluation.