

WELL DESIGNED SEATING will improve posture, blood circulation, reduce muscular effort and decrease pressure on the back.

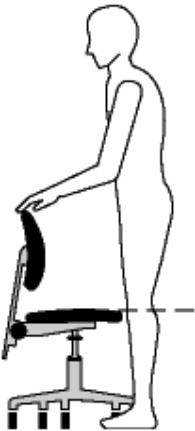
KEY FACTORS WHEN SELECTING A CHAIR

- Seat
- Height
- Backrest
- Construction materials

Adjustability is also an important factor, as better results are achieved when the chair can be easily adapted to the physical characteristics of multiple users.

HEIGHT (OF SEAT)

There are varying opinions on the optimum seat height. It is commonly accepted that the highest point of the seat should be at least two inches less than the distance between the crease at the back of the knee and the floor. This is known as the popliteal height. (see below)



STAND in the front of the chair.
Adjust the height so that the
highest point of the seat is just
below the knee cap.

SEAT

The seat should be:

- of adequate width;
- curved downward at the front (waterfall front);
- gently sloping towards the back – a slope of 5° is recommended;
- firmly padded with non-slip material.

BACKREST

The backrest should be such that:

- it does not interfere with backward movement of the arms;
- if adjustable, a range of 12 – 24 cm along the centre line should be possible;
- it supports the back, particularly the lumbar region (lower back);
- if fixed, a slope of $95 - 105^\circ$ is recommended.

CONSTRUCTION MATERIALS

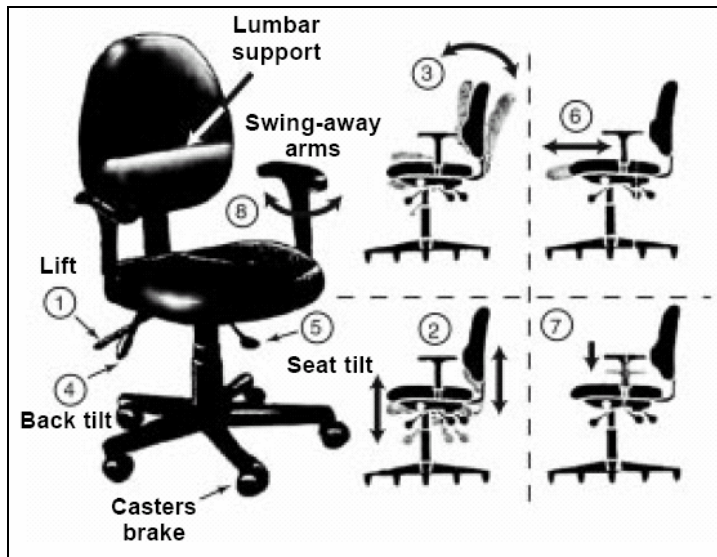
- The cover material should be breathable.
- The frame should be durable.

GENERAL

- Where armrests are provided they should be padded and positioned so as not to cause elevation of the shoulders.
- Armrests should be 42 – 48 cm (17 – 19 inches) apart.
- Chairs should be equipped with 5 arm bases as a means of improving stability.
- When seated, the feet should rest flat on the floor.
- If the feet do not rest flat on the floor, a footrest should be provided.

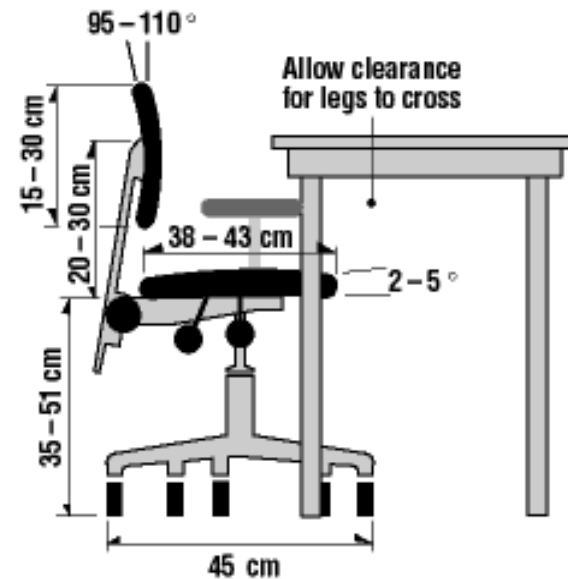
- Operators must be familiar with the adjustment mechanisms on the chair.
- When seated, the worker should be able to change the position of his legs without coming into contact with the underside of the worksurface.

HOW THE CHAIR ADJUSTS



- 1 and 2 seat height increases and decreases
- 3 and 4 back angle forward and rearward
- 5 seat angle adjustment
- 6 seat depth adjustment backward and forward

THE ERGONOMICS OF WORKPLACE SEATING



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