

A good working posture is one that requires the least amount of static muscle work with least muscular effort. The more varied the posture the better. The correct sitting position is the critical first step in minimising the risk of back pain.

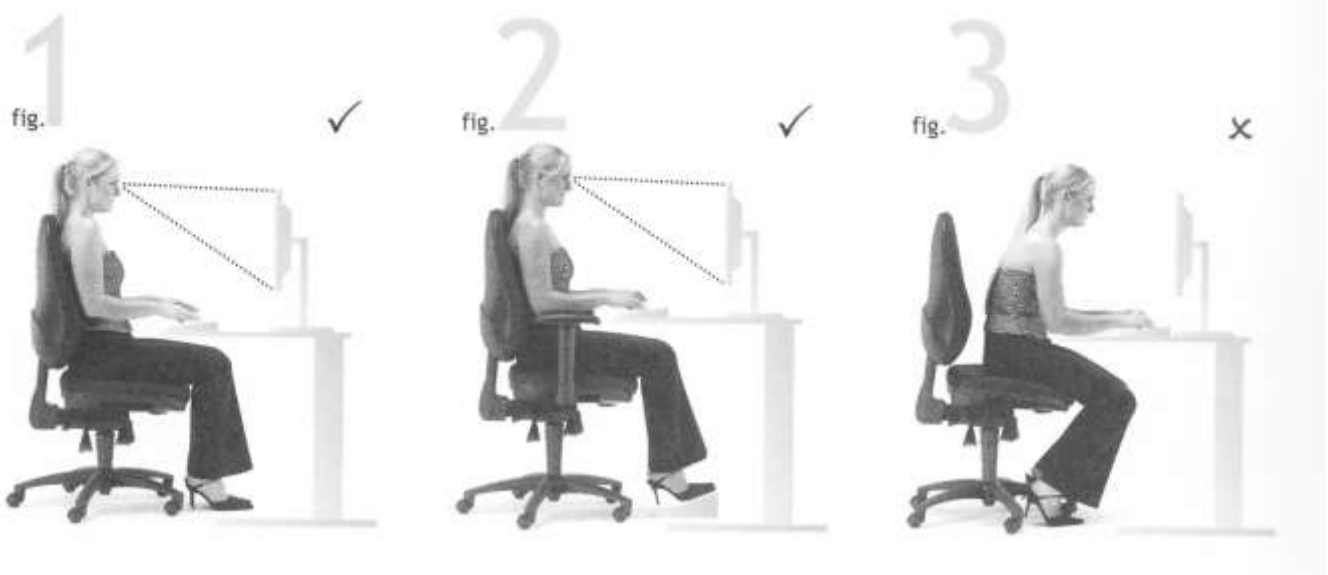
The spine is one of the most delicate parts of the human body. As demonstrated in (fig 3), an incorrect sitting position such as slouching may result in an unhealthy curve of the spine and puts increased pressure on the soft tissues (muscles, discs, and so on).

The first two illustrations (figures 1 and 2) show the use of an upright seating position, used in combination with a correctly positioned computer screen and keyboard. The lumbar curve is maintained in this way, which helps to reduce the pressure on the structures of the back.

Adjust the chair for maximum health

All posture correction chairs can be adjusted in many ways to support and allow movement to reduce the onset of discomfort. Here are the key points to remember when adjusting the chair to ensure a good working posture is achieved.

- Initially sit at the desk, looking squarely at the computer. You are now ready to adjust your chair.
- Firstly, adjust the seat height so that your elbows are resting slightly higher than the desk surface (shoulders relaxed). Your thighs should be between 90-95 degrees to the upright body. You may require a footrest if your feet are not comfortably flat on the floor. The top of the display screen should be approximately at eye level (you may need to raise the screen) see figure 1.
- Secondly, adjust the seat depth – that is the horizontal part of the chair seat – so that you can sit firmly against the back pad with a small gap between the front of the seat pad and the back of your knees.
- Next the height of your backrest should be adjusted to match the small of the back. To avoid neck and shoulder tension, shoulders should be relaxed. Additional neck support is generally only required where the person benefits from leaning back to change their posture and requires further support. It is rarely used whilst the person is working; more when they are reclining.
- Sitting in your normal working posture, your forearms should rest slightly higher than the working surface, whether using the keyboard, mouse or paperwork. Armrests are to be used when resting and encourage you to lean back and take the strain off your upper limbs.
- Lastly, release the seat and back locking mechanism so the chair can move freely. This free movement encourages your muscles to work and to help your circulation. It greatly helps to reduce discomfort in a sedentary job.



In order to supply the right chair for each individual user, the correct measurements must be taken. Use the diagrams and guidelines illustrated below to specify the correct type of chair.

All measurements are in millimetres and should be taken with the person in a seated position.

A chair that promotes and upright back posture while working at the desk is encouraged.

Taking user measurements

A

A – Seat Width

This measurement is taken from the width of the hips at the widest point. It may be easier to measure the person sat on the chair without arms.



B

B – Seat Height

Measure from the back of the person's knees to the floor. Make sure the user is in a seated position and the feet are flat on the floor. Ensure their typical footwear is considered.



C

C – Seat Depth

Taken from the back of the buttock to the back of the knee. NB. All posture chairs are standard with a seat slide that offers an additional 50mm of depth.



D

D – Backrest Height

Whilst sitting upright, measure from the top of the shoulder (the bony prominence at the outer edge of the shoulder). A headrest option for additional support is also available on selected models.



E

E – Backrest Width

Sitting upright, measure across the back at the widest point.



Other Important Measurements

F – Armrest Height

This measurement is taken from the top of the seat pad to the underside of the elbow ensuring their shoulders are relaxed. This will help determine whether the benefit of adjustable arms is required.

G – Armrest Width

Measured from the inside of the arm pads in both standard and widest positions. A person exceeding the width of this dimension will not require adjustable arms.

Workstation Height/Thickness

Measure the height from the desk surface to the floor. NB. Also measure the thickness of the desk and any obstructions. This will identify what gas height the chair will require.