



## PROFESSIONAL HEALTH AND SAFETY CONSULTANTS

### CHOOSING THE RIGHT CHAIR

#### The Problems

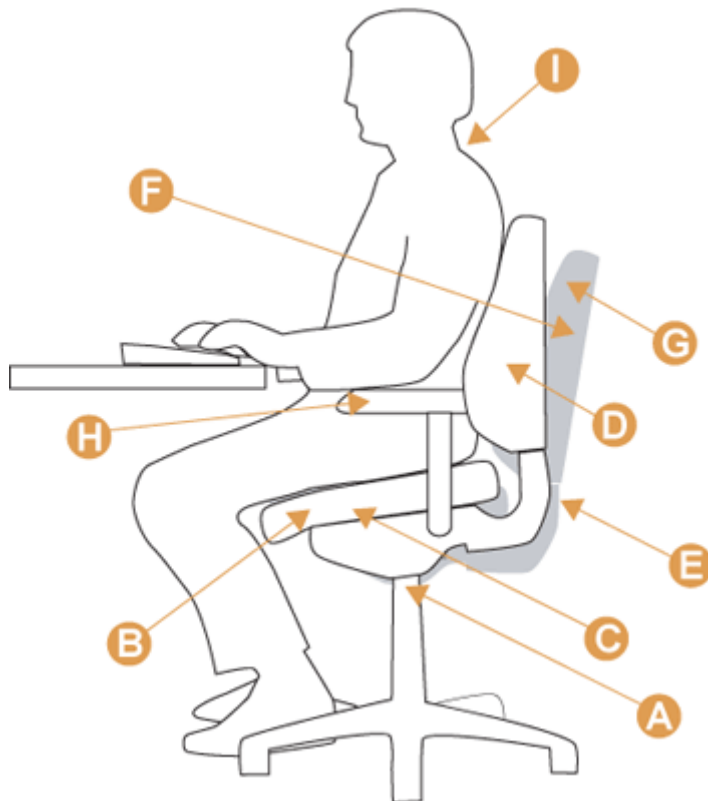
If you are sitting for more than 2 hours a day you are legally considered a dedicated computer user and are twice as likely to suffer increased back and neck pain. By sitting in a static 90° angle you increase spinal disc pressure your body fights gravity all day, you feel more tired and your productivity decreases.

#### Short Term Solutions

Adapt your existing office chair by using a good quality seat wedge or other device to promote active sitting to increase the strength and flexibility of your spine whilst you work. If you are sitting for short periods (2-3 hours) and suffer mild back pain or stiffness you could consider our range of posture stools (kneeling chairs).

#### Long Term Solutions

A chair is not just an item of furniture it is a functional work tool permitting flexible working, supporting the body and positioning the spine correctly. Work your best with your body at rest - The Health & Safety standard BS EN ISO 9241-5 states that "office chairs should encourage dynamic sitting" and EN 1335-1 states that "some supposedly ergonomic chair designs do not meet the requirement of the standard". At back2 we believe that a truly ergonomic chair should offer the following minimum requirements.



#### A - Seat Height Adjustment

The chair should be able to be adjusted so that your hips are higher than your knees with your feet firmly on the floor or footrest.

#### B - Seat Depth Adjustment

Needed to accommodate thigh length and enable you to sit back into the chair to gain support from the backrest. This will avoid pressure at the back of the knee preventing restriction of circulation.

#### C - Seat Tilt

Rotates the pelvis forward which puts the lumbar spine into its natural curve reducing stress on muscles and discs.

#### D - Backrest Height Adjustment

The height of the lumbar curve differs from person to person, so the adjustment accommodates individual body shape.

#### E - Free Float Mechanism (adjustable to body weight)

A free float mechanism activates the vein pumps in the calf and stimulates venous drainage to promote reduction of oedema, pain and numbness of the lower limbs and feet.

#### F - Reclining Feature

By taking the opportunity to recline in your

chair (talking on phone, meetings, reading), you reduce back strain and allow the body to rest.

#### G - Backrest Angle Adjustment

By increasing the angle between the trunk and thigh reduces stress on the discs and muscles. By adjusting the back seat angle to 110° rather than an upright 90° it reduces disc pressure on L3/4 by 50%.

#### H - Height Adjustable Armrests

Armrest should be adjusted in height to support the arms (up to 10% of body weight is placed through the arms). The armrests on the chairs in this brochure are all set back so they do not interfere with desk access.

#### I - Headrest

Takes the weight of your head off your spine (12lbs approx), relaxes the neck and shoulders, increases blood flow and reduces fatigue. Most are height and depth adjustable to accommodate different shaped cervical curves.