

Remedies for Computer Workstation Pains™

Chair Selection

We have discussed: how sitting "in" a chair and not "on" the chair is better for our body; the purpose of a chair is to distribute and balance your body weight; how well your current chair is working for you; why there are so many different chairs; and what to look for in a chair. This article will discuss how to decide on a chair.

Too often people buy chairs simply because it "fits the budget" and not because the chair "fits their body." When selecting a chair, it is important to fit the chair to support your anatomical needs.

A quality chair can be selected based on *your seat height needs*. Often, people less than 5' 5" tall don't realize the importance of getting a shorter pneumatic cylinder. This important feature will allow you to rest your feet flat on the floor, and not on the chair feet, which helps you avoid knee and back pain.

A value oriented chair can be selected based on *your seat depth adjustment needs*, to accommodate your leg length - from the inside of knee to the base of your spine. To determine what's right for you, sit up straight in the chair: You should have three to four finger-widths from the front of the seat pan to the back of your knees

A chair worth your consideration will allow you to select a *backrest* to fit and support *your* lumbar -the curve at the base of your spine. The right-size backrest should come up to your shoulder blades or higher. How important is a good backrest on a chair? The back muscles work about 33% harder (you become fatigued and stressed) when the backrest is not used properly.

A quality chair will allow you to select *armrests* that fit you. Ensure that your chair armrests are sized to the width of your shoulders. The height of your armrest should allow your forearms to rest parallel to the ground. To protect the nerves and tendons in your arms be sure to select a *soft* armrest.

A quality chair will allow you to select *casters* for your specific needs. Soft wheel casters are to be used on hard floors. Hard wheel casters are used on carpeted floors.

An ergonomically correct chair can last at least 10 years. While budgetary constraints may limit your choices, making a decision based solely on initial price may result in a costly mistake.

Less expensive chairs may seem to suit you, but examine them carefully. They either have fewer adjustment features, cheaper construction, or lower-quality foam all of which affect how long the chair will last and how your body will *feel* at the end of a day.

Learn more at: www.ErgoCorrect.com

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