

Remedies for Computer Workstation Pains™

Painless Computing

I have received an overwhelming number of emails about chairs. At this time I will answer a few of those questions so that others may also have the same information.

Why are there so many chairs?

The abundance of chairs occurs for many reasons. One reason is people come in *different body proportions*. A person 5' 6" would not comfortably be able to use the same chair as a person who is 6' 2".

Also, an individual's weight has an important effect on which chair to use. *Gender* plays a part also. Women and men fit in office chairs differently. Women often need seat depth adjustment to fit their torsos. People *perform different tasks*, which is another reason for a variety of chairs. Some people keyboard, enter data, write, others read, or design, etc. No single chair meets the needs of all workers. The main reason for the plethora of chairs is to provide individual comfort.

To place computer users in an ergonomically correct position we take into account the individual's characteristics as well as the job. A critical factor in chair selection is the comfort judgment of each person. We recommend chairs based on human factors i.e. - abilities, limitations, behaviors, characteristics, job demands, and ergonomic principles.

What factors should I look for in a chair?

When I speak to people about factors in choosing a chair the first two I talk about are adjustability and adaptability. An important factor is to find a chair that will adjust to your anatomical needs.

Adjustable chairs not only *accommodate people of varying anatomical differences*, they will allow for leg/hip/back repositioning whenever pain or discomfort surfaces. Not only can a properly designed and adjusted chair increase your comfort and productivity, but it has been shown to have a positive emotional effect. We have had great success with chairs that offer a wide range of adjustability.

An adaptable chair allows *others to comfortably use* it during the life of the chair. A chair that is adaptable effectively provides independent adjustments for: seat height, seat pan angle, seat pan depth, backrest height, backrest angle, and armrest height. Computer users have a right to sit in an ergonomically designed and adjusted chair.

Learn more at: www.ErgoCorrect.com

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