

## *Remedies for Computer Workstation Pains™*

### The Chair Challenge

Working with computers often means six or more hours every day with our bottoms glued to a chair!

People are not designed to sit for long periods of time, but need to in order to make a living. Therefore, my sixth Computer User Bill of Right is: "Every computer user has the right to work in an *ergonomically correct chair*."

Just as a pyramid cannot rest on its point without surrendering to the forces of gravity, neither can the human pelvis carry the weight of the body without slipping forward and creating unnatural pressures on the spine.

This slippage of the pelvis causes the spine to form an unnatural "C" curve creating *10 times* more pressure on the vertebrae and back muscles. Sitting incorrectly could cause muscular pain and backache, permanent damage to the spine, headaches and circulation problems.

This problem also causes decreased productivity, reduced efficiency, poor quality, injuries, increased sick days and "on-site" absenteeism.

Other examples of incorrect sitting are: sitting on the chair and not "*sitting in*" the chair; not "*sitting back*" into the backrest, creating an "air wedge" or being **perched** on the front edge of a chair; and not "*sitting up*" in the chair.

The purpose of a chair is to distribute your body weight over as much of the chair as possible and balance your body. The purpose of an ergonomically adjustable chair is to: reduce muscle effort and stress required in sitting; fit different postures for the same person; avoid back pain by supporting multiple good postures; and fit different workers.

We sit an average of 13 hours a day thus we need to ensure that: the depth of the seat is used to its fullest so *pressure points* do not occur in the seat area; permanent contact with the backrest supports the natural form of the spine; the seat to backrest angle is no less than 90° as this puts particular strain on the respiratory organs, heart, circulation and the stomach; the chair is adjusted to facilitate *dynamic* posture.

*Any pain that we experience is a teacher*, a red flag, telling us something is wrong and needs attention. You have a need and the right to use an *ergonomically correct chair*.

Learn more at: [www.ErgoCorrect.com](http://www.ErgoCorrect.com)

Dave Pfeil  
Ergonomic Strategist