

Remedies for Computer Workstation Pains™

What About My Chair?

Recently I was asked: "Hey Ergoman, when should I replace my chair?"

I asked Bob what was wrong with his current chair. He said his chair was making *noises* and *creaks* whenever he moved; also, the chair *wobbles* and *sways*. Then Bob confessed that he is *not comfortable* in the chair. I told him that getting the right chair is crucial to comfort and back health. A tense back and neck promotes injuries, chronic stiff necks, and lower back pains.

While he sat in the chair I could see that Bob's body was *leaning* to one side of the chair, which often indicates that the person is not balanced in their chair, thus putting unnecessary pressure on the shoulder, arm and back. We also determined that the *chair seat width* was sufficient; however, the *chair seat depth* wasn't effectively supportive.

The chair did allow Bob to have a 90-degree angle between his back and thighs but there were *no adjustment controls* to allow necessary chair changes throughout the day. The chair had only *four casters*, which means that it couldn't give the support that he needed, and it didn't meet American National Standards.

When I sat in the chair I immediately felt the *hardness of the seat*. This chair was *stiff and not responsive* to my movements; it didn't provide *lumbar support to maintain curvature of my back*. Bob said that he was more comfortable sitting in other peoples' chairs.

I told Bob that he could not sit 'ergonomically correct' and should consider another chair. I explained that his chair potentially could cause him *fatigue, discomfort, and pain* as his body continually struggles to adjust. The result would be stress and tension.

With the right chair, adjustments are made to it, not to your back. The best chair is the chair that fits you.

Many world class researchers believe that the huge increase in back pain over the past couple of decades - and it's huge - has a lot to do with the fact that more of us are spending more time in chairs.

Learn more at www.ErgoCorrect.com

Dave Pfeil
Ergonomic Strategist