

## The Makings of an Ergonomic Chair

Do you spend most of your time in front of your desk, doing all sorts of tasks on your computer? Did you know that an average office worker is expected to spend 70,000 hours of his or her lifetime seated on a chair? Isn't it just right that you spend all those hours in comfort?

### A Significant Part of Your Lifetime Spent in Comfort

The sad news is that most of these average workers do not spend a significant part of their lifetime in comfort—all because they don't bother to choose a comfortable chair. It's either their chairs are too small for them or oversized for their body frame. And many complain of chairs that sink as they put their weight on them, or that don't support their back properly. And there are those chairs that seem to have too many knobs for their own comfort. The levers are just too complicated to understand and for the users to even want to try.

### Invest in an Ergonomic Chair

Nobody has to put up with the discomfort, especially not when it could cause you your health. It's time to invest in an ergonomic chair. That is, a chair that contributes to the employee's comfort, health and productivity. It's worth the investment, especially if you put it in a bigger picture. What's the context? A more successful business! Thanks to your satisfied and motivated workforce.

So what makes for a comfortable chair?

#### Performance

An effective chair performs. That is, it provides support exactly where you need it. Your chair should provide for an even distribution across your back. This way, you avoid pressure build-up on a single area. The result—superior comfort and safety.

#### Flexibility

An effective chair supports multiple users. An ideal chair should accommodate any type of body frame. Whether you are a fifth percentile female or a ninety-fifth percentile male, an effective chair should give you the support that you need. A flexible chair matches the growing diversity in office settings—man and woman, old and young, short and tall, small and large.

#### Convenience

An ideal chair has an arm rest with it. The arm rest should be adjustable so that it amply supports all types of body frames and work style. An effective chair is conducive to all kinds of tasking positions (without the need for fussy manual adjustments!). It delivers a balanced and smooth back support. An ideal chair responds to your sitting style and tasking positions—upright, forward and recline.

#### Practical Adjustments

It's important that your chair provides for adjustment. But it is also important that the adjustments are not too complicated that they become self-defeating. Adjustments that are too complex become useless since the employees would not mind using them at all.

#### Beyond Comfort

As you can see, investing in an ergonomic chair goes beyond your need for comfort. And it's an investment that is worth every penny you spend. You do want to stay productive and healthy, don't you?

## About the Author

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