

## Are You Sitting Comfortably?

A comfortable seating position and correct posture are crucial to the well being of the average office worker.

It is common knowledge that back problems cause a very high number of days to be lost from work each year, at incredible cost to Business and often at great pain to the Employees. However, in many cases the situation can be improved by using ergonomically correct office seating, and by taking the time to adjust the chair to suit the user. In fact, as tasks change throughout the day, it is beneficial to adjust the chair further to vary your position. For example, when working at a keyboard it is important for the operator's back to be straight, and if possible, supported by the chair backrest moving forward. However, when on the telephone, maybe stand up and stretch a little, or at least, stretch back on your chair and open up your lungs.



We supply a number of highly ergonomic office chairs, with a wide range of adjustments, however the full benefits can only be gained by adjusting the chair to the user. Even with basic chairs, take the time to adjust it as best possible, to ensure it suits you, and you may feel more comfortable. Try this for starters:



1. Sit on the chair and place your feet flat on the floor in front of you. Then adjust the height of the chair until the angle between your lower legs and thighs is just over 90 degrees. A little more than a right angle. Usually this is achieved by pulling a lever on the underside of the chair that releases the gas-lift mechanism.
2. Personally I recommend not having the chair in its' lowest possible position because there is no give in the gas action when you sit down and this bump can ricochet through the body. Just raise it a little and there will be a little bounce when you sit down.
3. Next, if possible, adjust the height of the backrest so that the lumbar support meets and supports the lumbar region of your back.



4. Many chairs have a back-rake adjustment. This may be a manual type, where rotating a knob releases the back so that it moves backwards and forwards, or it may be a spring or gas loaded lever. Adjust the back so it provides support when sitting forward at the desk, but ideally release it occasionally and stretch back when you can.

5. On some chairs there is further adjustment available with the seat cushion. As you sit forward, the seat can tilt to ease the tension under the thighs etc. As you lean back, it can tilt backwards. Adjust this to suit.



6. Many chairs will offer a more advanced mechanism whereby the back rake and seat tilt are linked, or synchronised and they can often be left to float freely. This isn't to everyone's liking, but using this facility enables the chair to flex and follow the user as they move in the chair, ensuring total support.

7. Not everyone weighs the same, and thus the tension in a chair that is suitable for a light person may be too soft for a heavier person. Often a tension-adjusting knob is available under the front of the seat.

Experiment with this until you get the best setting, or if in doubt, set it in an average position.

8. Finally, some chairs now offer a sliding seat mechanism. This has the effect of adjusting the depth of the seat from front to back, and should be adjusted to suit.



**Aerofoil Design** offers a wide range of operator, task and management seating to suit every requirement, and all budgets. We have many different samples available in our showroom for trial and evaluation.

To arrange a visit, and a no-obligation demonstration or trial please contact us on 01634 304403, email us at [sales@aerofoil.net](mailto:sales@aerofoil.net) or see our web site at [www.aerofoil.net](http://www.aerofoil.net) where you can purchase some models on line.

This advice is offered freely and with the chair user's best interest in mind, however, we do not guarantee that this advice will cure or prevent back problems, and can take no responsibility for any problems that arise. Should you have problems of a serious nature please discuss them with your Doctor. Copyright: Aerofoil Design 2009-2010

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