



Do Ergonomic Chairs Actually Create Seating Problems?

You may be surprised at the answer !!

Seating designers have long focused on creating chairs that would allow persons of differing height, weight and posture preferences to sit for extended periods without discomfort or physical damage. Workers in environments which require work at keyboards or video displays are especially prone to low back pain and circulatory problems.

The best answer for these problem situations has, until now, been to design ergonomically correct chairs which could be adjusted to accommodate all the different persons and posture requirements that modern workspaces require. Many manufacturers have done an excellent job in providing such seating. Chairs are available which allow almost every part of the chair to be repositioned to reduce stress or pressure. They work well.

With the proliferation of ergonomic chairs, however, a couple of problems have become common.

First, although the need for adjustable surfaces is a universal one, the solutions are as varied as the human mind can make them. The number of adjustments and the way in which they are accomplished is dramatically different from manufacturer to manufacturer and even between styles from the same manufacturer. This can be quite confusing. It has become standard practice to provide detailed operation manuals and/or to provide training classes in a chair's proper use. Unfortunately this doesn't always happen. Studies show that less than 50 percent of chairs are adjusted properly at installation. It is a sad fact that an adjustable chair which has not been properly adjusted can be very uncomfortable and may actually create the problem it was designed to correct !

Second, even when a newly installed chair is adjusted correctly, the average length of time for an American office worker to remain in the same job (in the same chair) can be as short as one and one half years. Some situations change much faster than that. It is reported that eight of ten ergonomic chairs are never completely readjusted after the initial installation. The second or third chair users may never see a manual or attend a training session. An even more difficult environment is the area with a constantly changing population. Think conference rooms, computer labs or other situations with no *chair training* opportunities. Maintaining proper adjustment in this type of situation is almost impossible.

The result is that chairs which may be technically capable of perfect ergonomic seating often become the culprit rather than the solution.

Both problems have recently been addressed with a new group of chairs which are engineered to adjust themselves without any manual controls. The construction produces a lumbar support which conforms to persons of different height by automatically shifting its point of maximum support as needed. The seat suspension adjusts itself to the posture preferences, or needs, of its occupant. The problem of circulation restriction caused by pressure under the thighs is addressed by eliminating the hard edge usually found at the front of chairs (even ergonomic chairs).

Optional arms that may be adjusted in width and an optional knee-tilt control which allows infinite tilt lock and additional forward tilt, complete the ergonomically correct seating without the hassle of manual adjustment.

The normal response to sitting in one of these chairs is to smile and say, "It fits! When you see the advantages of this new group from Triune Business Furniture, we believe you will agree that it is the best thing to come along in a long, long time.

Charles Baker- President, Triune Seating

*See our 2500 Series price list for specifications and ordering information.
Don't adjust your chair... let your chair adjust to you!*