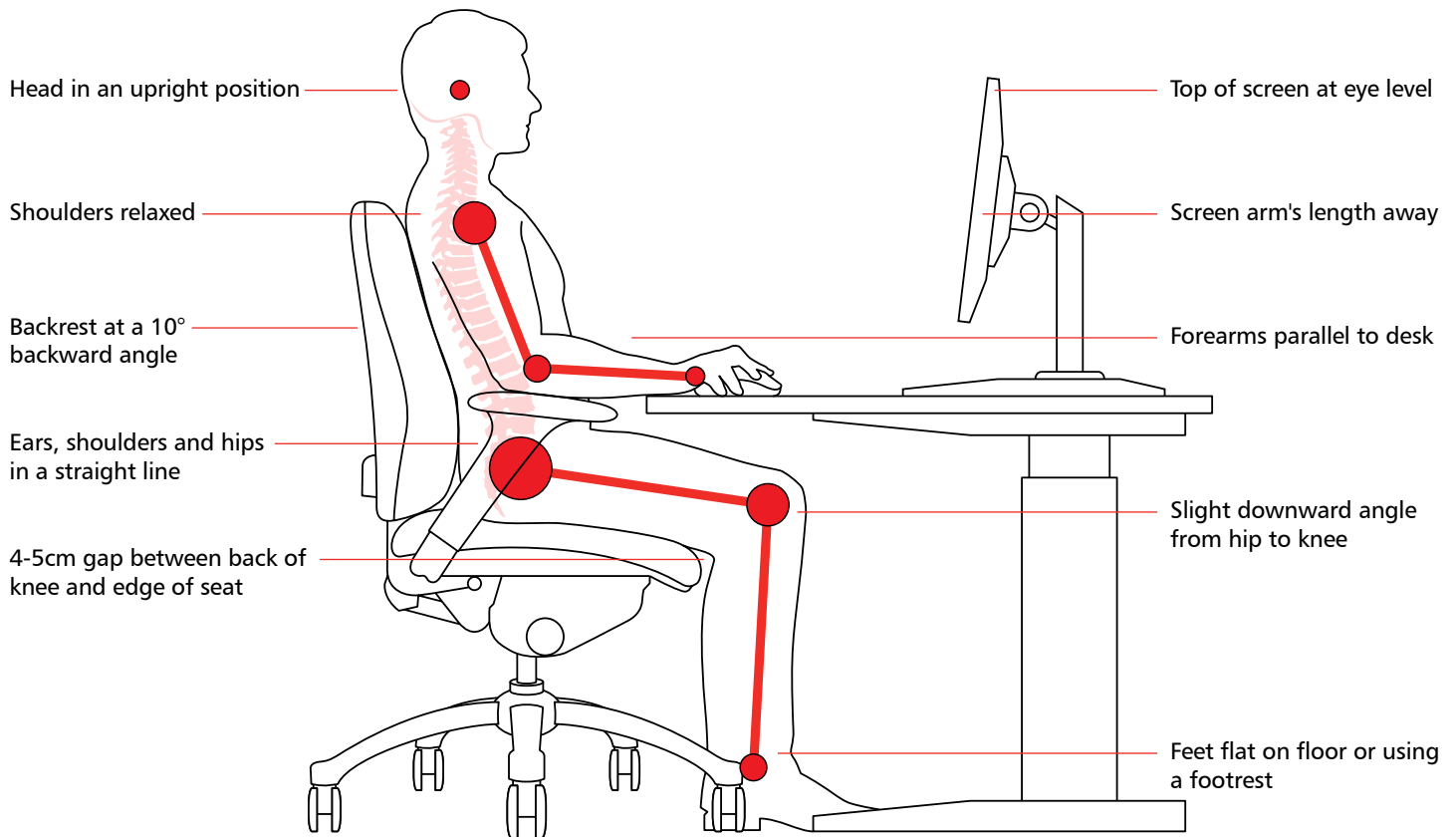


How to choose & use the right chair



It is important to feel fully supported when sitting for any period of time. Having a chair which meets the size and needs of your body is imperative.

Posture

Your hips should be slightly higher than your knees. This rotates the pelvis so the spine is in its natural 'S' shape. You should also keep your head over your shoulders and in line with your pelvis.

Keep mobile

Try to encourage movement by making use of your chair's adjustments using the float and back tilt. This change of position will help reduce fatigue by increasing blood flow.

Lumbar support

Adjust the height of the backrest so that the lumbar support of the chair supports the curve of your spine. Gradually inflate the lumbar support over a few days as your body needs time to get used to the new back shape

Arm & desk height

With your shoulders relaxed and your forearms parallel to the floor the middle row of keys on your keyboard should be level with your elbow. The rear of your forearms should be supported by the arms of your chair.

Seat height

You should have your feet on the floor or footrest with your hip slightly higher than your knee.

Seat depth

With your buttocks sat right back into the chair you should have a gap of approximately 5cm behind the knee. A seat that is too deep can impede blood flow to the lower leg.

Chair features & options

We have chair options to suit every body. If you are unsure which chair would suit you or your staff best, then please get in touch and we will be able to identify suitable options for you.

Don't know
which chair?

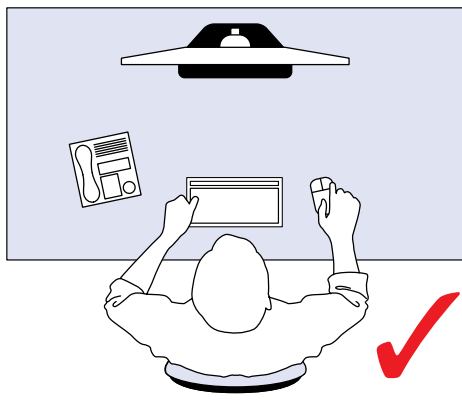
Try For Free!

FREE Trials available or visit our showroom to try out our large selection of chairs today.

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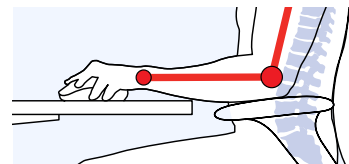
How to choose workstation accessories

Desk Layout

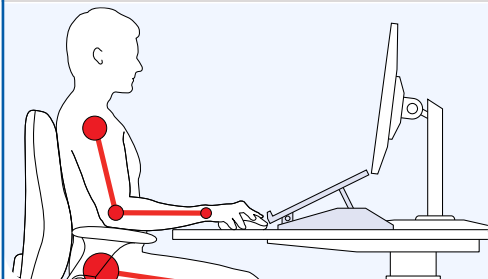


When sitting in the chair you should ensure that all equipment you commonly use is placed within easy reach. Over stretching for items will cause strain especially on the neck and lower back. If space is a premium consider placing equipment on stands or arms. You should position the telephone close to the hand that you answer the phone with. Consider the use of a headset if you spend a lot of time on the phone.

Ensure the keyboard is close to your body, but leave a gap between the edge of the desk and the keyboard. Place the mouse close to the side of the keyboard. Placing the mouse and keyboard too far away from your body will promote poor posture.



Choosing & positioning your document holder

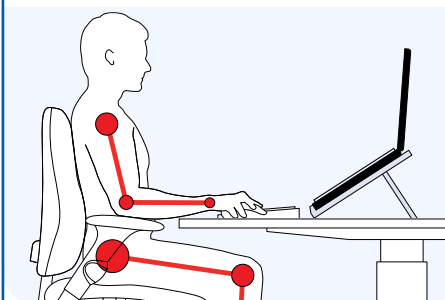


Document holders reduce the strain on the neck by promoting an upright viewing angle when referencing paperwork. Keeping everything inline and in the primary zone prevents overstretching and minimises potential injury.

A Document holder positioned between the keyboard and monitor (as pictured) is ideal, such as the microdesk. Many inline document holders now combine a writing slope for a 2-in-1 solution.

Using a laptop

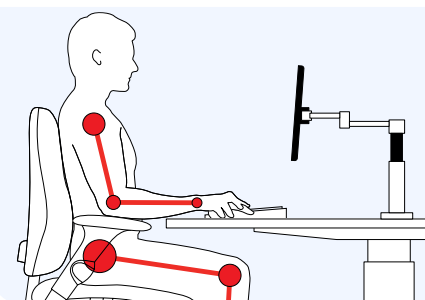
Using a laptop flat on your desk will encourage a poor posture. Instead, use a laptop stand to raise the screen height and encourage an upright viewing position to reduce strain. Use a separate keyboard and mouse to enable the correct viewing distance from your screen (see position of monitor).



Consider using the sunflex laptop stand which easily folds away and is height adjustable. For extra height adjustment and easy to carry consider the Roost.

Using a tablet

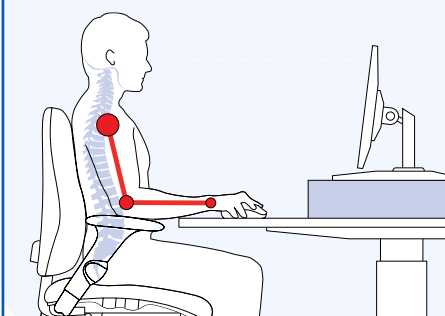
The size of a tablet causes many postural problems due to the close hand-held proximity required with their use. Instead of holding the tablet which creates a hunched posture and causes strain on the eyes, consider the use of a tablet arm for an upright and comfortable viewing position.



Tablet keyboards help to further avoid hand-held use and improve comfort when typing.

Positioning your monitor

Position the monitor so that the top of the visible screen is at eye level and at arms length away. Users who are not touch typists and need to view the keyboard as they type may want to lower the screen slightly to avoid head dipping.



Monitor arms provide fantastic adjustability for positioning the screen in the exact position required whilst monitor riser blocks stack to the required height for an economic option.

Using your mouse & keyboard

Ensure your keyboard is close to your body but leave a gap between the edge of the desk and the keyboard. Place your mouse close to the side of the keyboard to avoid over stretching.

If you do not use the number pad on your keyboard, consider a compact which will allow you to bring your mouse in closer to you - reducing muscle tension. If you use the number pad consider a separate number pad and position this on the opposite side to your mouse.

