

## ERGONOMIC ASSESSMENT

### **Buro Tidal Mid Back Chair**

**By Andrew Wilson**  
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#### **Seat Profile – 9 (10)**

A generously proportioned seat 490mm deep by 530mm wide. It has a generous medium density foam peaking at about 90mm at the back and sides. It has a moulded, well-designed seat with a depression of 30mm in the rear sitting area, and 20mm either side for thigh position, with a central raised mound in the region between the thighs. It gives the effect of providing excellent comfort and support while reducing contact pressure. The large surface area of contact and the central raised portion encourage forward tilt postures without sliding forward. A very comfortable seat.

#### **Back Rest Profile – 18.5 (20)**

The back rest is rectangular in shape with squared corners. It is 520mm high and 450mm wide. It is well shaped with a lateral contour of about 20mm either side, which provides nice lateral support without pressure. It has a very well-shaped lumbar support of around 40mm depth peaking about 120mm from the base then gradually declining over the remaining height. It is firm foam up to 90mm deep with some 'memory' allowing it to adapt to the requirements of the user. It is a very comfortable backrest which offers excellent support without pressure points.

#### **Configuration of seat and backrest**

##### **Forward tilt - 9 (10)**

There is a substantial range of forward tilt available for (+6 degrees) which when combined with the seat profile and the well upholstered seat provides and encourages an excellent and very comfortable forward tilt sitting posture.

##### **Centre- 9 (10)**

The centre position with horizontal thighs is comfortable and supportive without any pressure points.

##### **Reclined - 8 (10)**

Although the seat reclines by up to 10 degrees there is little additional backrest reclination. The reclined postures are somewhat limited though they are comfortable without any pressure points.

#### **Ease of adjustability – 18 (20)**

There are 3 levers on the right hand side for seat height, seat tilt, and back rest tilt. They are marked but they are difficult to see from the seated position and when locked they are awkward to reach – just beyond arms reach. There is a tension adjustment mechanism for the seat tilt located underneath the seat which allows the tilt to be left in free flow and adjusted to body weight. It is a little awkward to use and requires getting off the chair. There is a good range of gas lift height adjustment. The backrest height is easily adjustable reaching back with both hands while seated and using the 10 stage click/clack mechanism. The arms provided with the chair are vertically orientated from the side of the seat. They are 25cm long and 8cm wide with a flat top and a gentle curve from front to back. They are adjustable for height using a button on the outside, with a range of 6cm. They are adjustable for width using the locking mechanism under the seat. They do not interfere with the desk surface when working.

#### **Anthropometric range – 18.5 (20)**

The seat and back rest are a good size with generous proportions and a good configuration and will suit a wide range of users. The seat slider will assist the taller user.

#### **Total 90 (100)**

#### **Summary**

This is a very comfortable 3 lever chair with excellent seat and backrest profiles. They are well configured for a variety of postures, with a good range of adjustments.

#### **Sales note**

This is a very comfortable 3 lever chair with excellent seat and backrest profiles. The very nicely padded seat with the addition of memory foam in the backrest provide a high degree of comfort for the intensive user. It is well configured for a variety of postures, with a good range of adjustments.

**Andrew Wilson - Osteopath and Ergonomist**

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