

Identifying the ideal ergonomic office chair

In a 21st-century office, work typically involves a lot of sitting in an office chair (usually in front of a computer). It is even more important now because, with the lockdown and the aftermath, many companies have opted for employees to adopt the hybrid system, and also work from home. Home office chairs or the chairs available in your house might not be suitable to provide the necessary support. This could lead to many problems affecting your spine and other parts of the body.

This could really affect the quality of your life, so best to pay attention to the guidelines for choosing an ergonomically correct office chair that is custom-made for your body and fully adjustable like URGO's office chairs. See our top-notch range of ergonomic office chairs [here](#). Our ergonomic office chairs come with a 6-year guarantee and have a weight limitation of 120 kg.

But how do we identify the ideal ergonomic office chair?

All ergonomic chairs are not built the same. Since every individual is built differently, it is best to look for a chair that can be easily adjusted in terms of chair height, armrest height, and back inclination. There are many types of office chairs and no single chair is the best, but a few simple tips can save your joints a lot of discomfort.

WE'VE GOT YOUR BACK!

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Did you know that sitting actually puts more stress on your spine than standing?

To avoid developing lower back problems, it's critical to use an office chair that's ergonomically designed and, specifically built for you. ALL problems associated with poor sitting, are PROGRESSIVE OVER TIME.

What does ergonomics mean?

It is the applied science of equipment design (in the workplace) intended to maximise productivity by reducing an individual's fatigue and discomfort. An ergonomic chair, for example, is one that supports your lower back and helps maintain good posture.



Here are six key factors for identifying an ergonomic office chair:

Seat height. This should be adjustable. Depending on your height, this should be between 400mm – 530mm from the floor. When sitting, your feet should be flat on the floor and your thighs horizontal (or parallel) to the floor OR hips higher than the knees, up to 11 degrees.

Seat width and depth. The standard seat width is 430mm – 500mm. The depth (from the front to the back of the seat) needs to be enough so that you can sit with your back against the backrest about 50mm – 100mm between the back of the knees and the seat of the chair. The forward or backward tilt of the seat should be adjustable because the right inclination can significantly reduce the strain on your lower back.

Backrest. The ideal backrest should be 300mm – 490mm wide. It should be able to support the natural curve of the spine. The more we sit, the more we tend to slouch. Therefore, proper lumbar support provided by your chair's backrest is very important to help support your spine.

Armrests. Office chair armrests should be adjustable. They should allow your arms to rest comfortably and your shoulders to be relaxed. The elbows and lower arms should rest lightly, which means the armrests should neither be too high nor too low. The armrests should also be used to do a 4-point lift when getting out of the chair, thus avoiding back strain.

Waterfall Seat Edge. Reduces pressure at the back of the knee, contributing to good blood flow to the feet. Supports the body effectively, allowing you to sit longer without discomfort. Ideal for diabetics.

Swivel. This allows you to easily rotate to reach different areas of your desk without straining your spine.

Picking the right office chair can help you avoid the agony of low back pain or neck pain associated with full-time desk jobs. Too much time at the computer or several hours a day on the phone can also put your spine at risk.

Contact us for an appointment at our showroom to find the best fit for your body. If you are looking for a more affordable option we can discuss suitable options to accommodate your needs.

Remember...

We've got your back!®

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