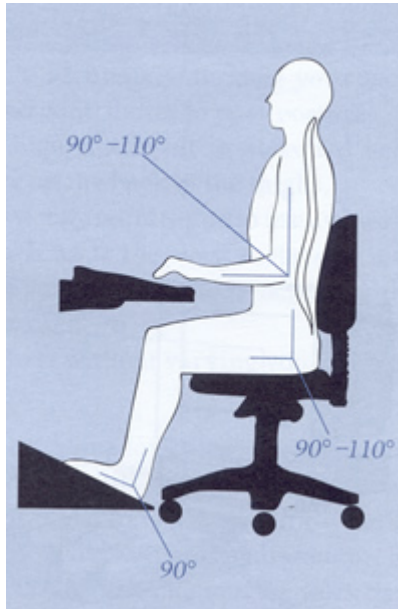


Ergonomics - Chair

TRU has standardised on ergonomic chairs. Which one is purchased by your department is dependant on the use class you are in. This will be discussed at an assessment and advice given about the chair you need.



The diagram above shows the angles you are trying to achieve when you are sitting at a computer workstation.

The height of the chair is an important factor in ensuring that the workstation is ergonomically correct for you. The height should allow your forearms to be horizontal at right angles to your upper arm (creating the 90 degree angle above). At the same time your elbows should be just clear of the work surface. Your wrists should also be in the neutral (straight) position when you key and/or mouse.

A quick way to check that the chair height is correct for you is to stand in front of the chair. When at the correct height the front of the seat will be just below your kneecaps.

When adjusted you should now find that there is a clearance of 3 to 6 inches between the bottom of the work surface and your thighs. Your feet should be flat on the floor - if needed a footrest can be used to achieve the 90 degree angle seen above.



All chairs should provide good lumbar (lower back) support. If the chair you are using at the moment doesn't, then a lumbar cushion may help to give the support you need. Sit back in the chair and use the back support you have. Don't perch on the edge of the chair.

The back support should fit snugly into the curve of your lower back. Only you will know when it is in the right position - to assist in positioning it is helpful to have someone alter the height of the back as they are normally held in place by a ratchet system. This means that you cannot easily alter it when sitting.

If your chair has arm rests they should be padded and adjusted so that your elbows can rest at your side comfortably. When correctly positioned they can reduce shoulder and back stress.