

## Fact Sheet Ergonomics- Office Chairs

**Ergonomics** is the science of fitting workplace conditions to a user's needs to reduce discomfort and avoid the risk of injury. If your job is in an office, you spend most of your day sitting. Your work chair should have ergonomic features.

### CHAIRS

The chairs offered in the CSUDH Ergonomics Lab and in the Ergonomics Product Catalog all have these common features:

**8-Hour Seating Capability** – This allows the user to sit in it for a typical 8-hour workday, taking into consideration typical movement around the office, breaks, and lunch periods.

**Lower Back Support** - Back support helps reduce or prevent stress on the back. It should be easy to adjust backward, forward, up, and down.

**Adjustable Seat Height** - This allows users of every height to sit so that the thighs are parallel to the floor and the knees are at a 90 – 110 degree angle

**Armrests** -should allow the elbows to rest at a 90 – 100 degree angle. If the armrests obstruct sitting posture, then should be adjustable and possibly removable

**Adjustable Seat Pan** Use a chair with an adjustable seat pan allowing the back of the legs to not contact the front of the seat pan.



### FOOTRESTS

A footrest may be necessary you cannot rest your feet comfortably on the floor.

- Use a footrest that has an adjustable height and heel stop
- Use a footrest that is large enough to allow for operator movement
- Rest the feet flat on the floor or use a footrest