

Buyer Beware: Is That "Ergonomic Chair" Really Ergonomic?

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**By TC Thron**

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Not everybody knows exactly what ergonomic means, but it's getting to the point where everybody knows an "ergonomic chair" is better than just some plain old chair. Thus even Joe Newbie is more likely to buy the ergonomic chair than the chair that is not advertised as ergonomic.

The problem is stores and manufacturers are starting to put the word ergonomic in front of every chair they sell, whether it has anything to do with ergonomics or not. There is more to ergonomics than a little added cushioning in the seat.

So, What Is an Ergonomic Chair?

Ergonomics is the study of equipment designed with humans in mind, meant to reduce operator fatigue and discomfort. Specifically, an ergonomic chair should be highly adjustable, including not just a knob for lowering and raising the chair but adjustability in the back tilt and the height of the arm rests. An ergonomic chair should also have a sturdy frame (avoid plastic), a great deal of support, especially in the lumbar region, and padding that has some give and supports your body without losing shape.

Real ergonomic chairs cost hundreds of dollars. Look for manufacturers that specialize in ergonomics and are known for producing quality chairs. Examples are Herman Miller, Neutral Posture, and BodyBilt. Avoid gimmicky chairs (such as kneeling chairs and ball chairs) unless you have actually had the opportunity to try one and feel it's a good fit for your body. Remember, the chair that is comfortable when you first sit in it may not remain so after several hours.

Why and When Should You Consider Buying an Ergonomic Chair?

An ergonomic chair promotes good posture, reduces the fatigue that comes with sitting in one position for a protracted period of time, and it can even reduce the likelihood of developing Carpal Tunnel Syndrome and other repetitive stress injuries (many of these hand and wrist injuries start with poor

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posture at the computer).

Anybody who spends more than an hour a day at the computer should consider buying a good ergonomic chair. If you work 8 hours a day or more at the computer, you should definitely have a good ergonomic chair.

TC Thorn has more information on her site Ergonomics Information.

### **Make Workplace A Comfortable Place With Ergonomic Products**

**By Cathy Peterson**

Ergonomics can simply be defined as the science that can increase the comfort level at your work place. The Ergonomists studies the affects that your equipment will have on you at your work place. They analyze the affects both in terms of minimizing any possible health risks and maximizing your productivity levels at your work place.

Normally people use the term Ergonomics or ergonomic product in conjunction with computer equipment. This computer equipment includes everything from computer monitor to the chair in which you sit in and from computer keyboard to the arm rest which you use while using the computer mice. Traditionally the design of the computer equipment is done by keeping it's usage in mind but not by keeping the people who use it in mind. Hence this unergonomic equipment will be highly vulnerable to cause some huge health risks when you use them at work place. As ergonomic products can efficiently minimize the health risks at work place, ergonomics become a real buzz word.

The employers are also getting aware of the benefits that the organization can get with the help of ergonomics. Many of them are getting ready to pay a few extra bucks to make the work place a risk free place for the employees. Some of the recent researches has shown that the productivity of the employees increases considerably in an ergonomic work place. This will definitely show up in the company's bottom line. Of course an employer would love to have this result.

If you are looking for any type of ergonomic products or for more information on ergonomics you can browse through the internet. Internet has got so much of information to offer you. For example, at ergolance.com you can find many ergonomic products at very competitive prices. Starting from arm rests to computer mice, you can find any thing. So, just go to the site and try an ergonomic product which best suits your requirements and I assure you that you would come back again to buy another ergonomic product. Make your workplace a comfortable one to work at with these products.

Cathy Peterson writes about

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and

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