

# ERGONOMIC ASSESSMENT

by Andrew Wilson, Osteopath & Ergonomist

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## BURO METRO II Chair

### **Seat Profile: 9.5 (10)**

A generously proportioned seat – 500mm x 480mm size with rounded corners. There is 8cms of moulded foam with 3cms dish in the centre coming up to a small central protuberance at the front and a moulded space for the thighs. There is a waterfall edge of about 10cms. It's a terrific seat – very comfortable with no pressure points.

### **Backrest Profile: 13 (20)**

There is a mesh back 470w x 530h, about 50mms wider at the top than the bottom. The mesh is moderate tension with the shape created by the curved frame around the lumbar region. There is no additional lumbar support. The mesh deforms around 2 cms under sitting load and this diminishes the quality of pelvic and lumbar support. It also raises concerns about possible fatigue of the mesh backrest over time.

### **Configuration of Seat and Backrest:**

#### **Forward Tilt: 9 (10)**

There is an excellent range of forward tilt, and the profile of the seat encourages the use of this posture. It is very comfortable with no pressure points.

#### **Centre: 8 (10)**

When sitting with a horizontal thigh it has a very comfortable seat with no pressure points. It is in this position with more weight on the back rest that the mesh starts to deform and the support in the back rest diminishes

#### **Reclined: 8.5 (10)**

It has a good range of reclination for the seat and the backrest. It feels very comfortable with no pressure points at any point. The backrest does tug at your shirt as you recline, as the lumbar support moves further up the back. The support in the mesh improves as the weight transfers to the upper part of the back rest.

### **Ease of Adjustability: 17 (20)**

All the levers are on the right-hand side and are clearly marked. The seat and backrest tilt levers are quite low but can be reached from the sitting position. The height adjustment is the most forward lever and is at a better height for use while seated. The 5 stage ratchet backrest adjustment is very easy to use from the seated position.

### **Anthropometric Range: 16 (20)**

There is an excellent range of height adjustment and with the generous proportions of the seat and backrest and wide range of adjustments it is suitable for a wide range of users. The lack of extra back support would suggest it would be more suitable for the smaller size population.

### **Total - 81 (100)**

### **Summary:**

A very comfortable seat with a good range of adjustments. It would suit the average to smaller user. The amount of give in the backrest mesh and the lack of additional back support would limit its recommendation for use by larger individuals.