

ERGONOMIC ASSESSMENT

by Andrew Wilson, Osteopath & Ergonomist

BURO ROMA 3 Lever High Back with Seat Slide Chair

Seat Profile: 9.5 (10)

A generously proportioned seat – 500 mm x 480 mm size with rounded corners. There is 8 cms of moulded foam with 3 cms 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 10 cms. It's a terrific seat – very comfortable with no pressure points.

Backrest: 19.0 (20)

A traditional firm frame supporting a moulded foam backrest 500 mm x 450 mm tapered toward the top. Approximately 6 cms of moulded foam supported by a shaped angular frame with a prominent lumbar support. The lumbar support is excellent and would suit those who would benefit from additional support. The ratchet backrest is easily height adjustable.

Comfort:

Forward Posture: 9.0 (10)

There is an excellent range of forward tilt, and the profile of the seat encourages the use of this posture without feeling forward slippage. It is very comfortable with no pressure points.

Centre Posture: 9.0 (10)

When sitting with a horizontal thigh it has a very comfortable seat and back rest with no pressure points.

Reclined Posture: 8.5 (10)

It has a good range of reclination for the seat and the backrest. It feels very comfortable with no pressure points. The backrest does tug at your shirt as you recline, as the lumbar support moves further up the back.

Adjustability: 18.5 (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 ratchet height adjustable back is easy to use but in practical terms will be used at its lowest point. There is no adjustable lumbar support. The addition of the seat slider allows the optimum seat position and is useful for taller people.

Anthropometrics: 18.5 (20)

There is a full range of adjustments. The seat and backrest profiles will suit a wide range of users. The addition of the seat slider and the full range of gas lift adjustment allows for optimum seat position for the taller user. The multi-lever adjustments on the 3-lever chair provide for users with exacting postural requirements.

Total - 92 (100)

Summary:

A very appealing 3 lever chair with very comfortable and supportive seat and back rest profiles. The excellent range of adjustments will suit a wide range of users, especially those with exacting postural requirements. A very good all-round chair. The addition of the seat slider has made a very good chair even better!