

ERGONOMIC ASSESSMENT

by Andrew Wilson, Osteopath & Ergonomist

BURO FORCE Chair

Seat Profile: 8.5 (10)

A square profile with rounded edges and corners, 485w x 455d. 60mms of medium density foam provides a supportive and comfortable seat with a good default angle. It is comfortable with no pressure points.

Backrest: 17.0 (20)

A mesh backrest stretched over a plastic frame 485w x 565h. It tapers to 380mm at the top. Its profile provides a comfortable and supportive backrest. There is additional lumbar support provided by an additional centralised support on a pedestal with 60mm excursion. It provides noticeable additional lumbar support with some pressure over the centre low back which does provide a pressure point over the bony prominences in the spine (spinous processes).

Comfort:

Forward Posture: 9.0 (10)

The seat profile and angle in relation to the backrest angle provides for an excellent forward posture with forward tilt thighs.

Centre Posture: 9.0 (10)

The centre posture with neutral thighs is easily accessed by lowering the chair or engaging the synchro mechanism. It is comfortable and supportive.

Reclined Posture: 9.0 (10)

The reclined posture is easily accessed by releasing the locking button. It has an excellent range of reclination without tugging at the clothing. It can be locked in a range of reclined postures.

Adjustability: 18.5 (20)

The height adjustment is easily reached on the right side of the seat. Raising the lever lowers the seat with weight on, and raises the seat with weight unloaded. On the left side of the seat the rear lever provides a seat slide which is easily used with a good range of excursion. The front lever locks the synchro mechanism. The levers are unmarked. The intuitive synchro mechanism encourages full use of the dynamic facility of the chair without requiring any further adjustment. The arms are well sited and offer a full range of adjustment – height, width and depth.

Anthropometrics: 19.0 (20)

The generously proportioned seat and backrest, the good range of gas lift adjustment, the adjustable lumbar support, and the seat slide all enable the chair to suit a high proportion of the user population.

Total - 90 (100)

Summary:

A very comfortable chair with nice seat and backrest profiles. The chair arms are comfortable and supportive and have an excellent range of adjustment – up/down, forward/back and side-to-side. It is well-configured and with an excellent range of adjustments, will be suited to many users. Recommended.