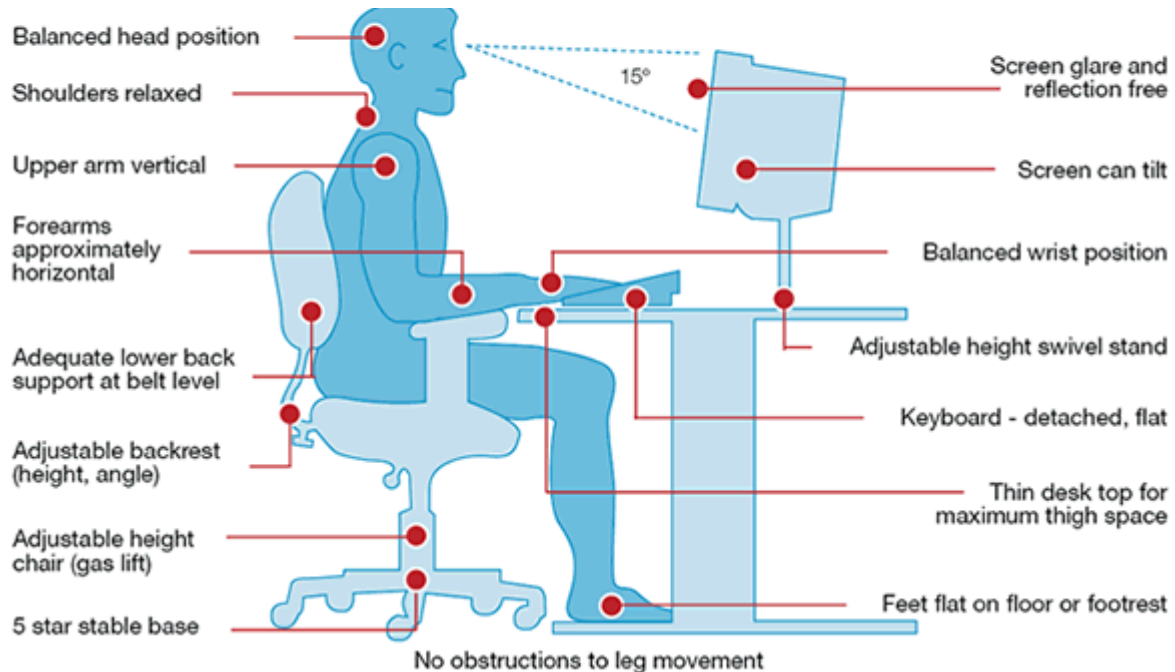


Cardiff and Vale UHB Occupational Health

Department

Ergonomic Chair Set-up and Information



Above is a typical simplified chair set up that we strive to achieve with our staff members who are working at a desk whether it for long or short periods of time.

Tips:

- No one will reap the full benefit of working in an ergonomically optimised environment unless they remember that
 - The human body is designed to move and not to sit for long periods
 - Take micro pauses every 20 minutes (30 seconds or so) to move your joints and promote circulation to prevent aches and pains
 - Use signs above your computer or alarms to remind you of these breaks
- Don't slouch over a work surface with rounded shoulders
- Try not to assume awkward working positions such as sitting sideways or holding the phone between your ear and shoulder

There are several pieces of legislation and a number of British standards relating to seating at work. Here is a summary of the things to check when assessing if a chair is fit for purpose:

- Is the chair comfortable for the intended period of use?
- Is the lower back adequately supported?
- Is the upholstery sufficiently supportive and comfortable?
- Are edges sufficiently padded and shaped to prevent uncomfortable pressure on the thighs?
- Does the chair have adequate types and ranges of adjustment?
- Does the backrest adjust sufficiently in height and depth to allow the user to gain support?
- Are armrests suitable for the task and workstation?
- Do the armrests allow the user to bring the chair far enough forward?
- Does the chair have 5 prongs with working wheels?
- Are footrests required and if so, are they suitable?
- Are there special requirements for a chair at this particular workstation?

For our staff the most common chairs that are needed are outlined below and can be ordered from Bridgend Office Furniture (BOF) at managers' request.

Coast – High Back (17 Stone)

- **Standard chair that will suit the vast majority of our staff**
- **Height adjustable**
- **Adjustable back support**
- **Ordered with or without arms depending on what you want to achieve**

Conway (20 Stone)

- **Spec over the Coast chair**
 - **Built in adjustable lumbar support**
 - **Independent seat tilt**
 - **Foldaway arms**
 - **Back height ratchet adjustment**

Grande G6 by Albion (30 Stone)

- **All the spec of the Conway but for users weighing up to 30 Stone**

There are other varieties of chair for the complex patient but the chairs described above should be appropriate for most common musculoskeletal conditions such as low back pain, knee / hip replacement, shoulder pain etc.

The Conway chair is more suitable for staff with LBP, complaining of a lack of lumbar support from their current chair. Managers may not always have to purchase a new chair as they may be able to source from another department within their Directorate or Clinical Board.

If your chair does not satisfy the above criteria and you feel that it is contributing to your condition then speak to your line manager.

Mark Dunford
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