

8 Reasons Why You Should Consider an ERGONOMIC CHAIR

Upgrade your office furniture and boost employee productivity by 17%

The argument for ergonomic seating is simple: People who are comfortable in their chairs are more productive. They can sit longer. They have less back, neck and leg pain. They're happier and healthier overall. But designing for humans is complicated. No two bodies are exactly alike. But that's where the biggest benefit of an ergonomic chair comes in: adjustability. Here are eight reasons why a well-designed, well-built ergonomic chair is worth the investment...

IT CAN RELAX

Reclining stimulates blood flow and relieves pressure on the spine. A 20° degree change can reduce stress on spinal discs by approximately 40%.

IT'S GOT YOUR BACK

Includes lumbar support that relieves the muscles that support the spine. Promotes good posture and supports the natural inward curve of the lower back. The more adjustable, the better.

IT'S EASY TO ADJUST

Intuitive controls allow for routine adjustments with minimal effort. Helps you quickly find a comfortable position.

IT KEEPS YOU STABLE + MOBILE

Includes a sturdy five-legged base and quality casters that are appropriate for the floor surface and user weight. Added stability reduces the risk of falls and injuries.

IT FEELS GOOD

Durable seat pan fabric and a comfortable cushion. Chairs with mesh backrests will keep you cooler by improving the circulation of air.

IT CAN BEAR YOUR ARMS

Armrests support your arm weight and reduce stress on the spine. Adjustable, padded armrests also relieve contact stress on sensitive areas of the elbow and forearm.

IT SHIFTS BACK AND FORTH

Sitting too far forward or too far back can lead to slouching, poor posture and back strain. An adjustable seat pan changes the depth of the chair and can also help improve circulation.

IT GOES UP AND DOWN

Slouching or reaching can strain your back, arm and neck muscles. Raising or lowering your chair lets your arms fully extend to the work surface and helps keep your feet supported by the floor.



Choosing the right office furniture for your business is only part of the work that goes into creating a smart workplace design plan. If you'd like to learn more about how to transform your space, boost productivity and attract top talent, DOWNLOAD our free guide:

The 9 Must-Haves of Smart Workplace Design