

Qualities of a Good Office Chair

Hours upon hours in a chair without ergonomic features brings about back problems, neck pains and just overall body aches from bad posture.

March 12, 2010 - [PRLog](#) -- Due to today's modern technology, enormous amounts of people are spending most of their working hours behind a desk in an uncomfortable office chair. Because of this deskbound lifestyle, more and more individuals are becoming overweight, out of shape, and developing other health problems.

Although a sedentary lifestyle causes health problems in itself, an uncomfortable office chair causes a completely new arena of problems.

Below are guidelines that can help you select the right office chair, therefore reducing body aches, stiffness and pains.

Buying an office chair is like buying a car. Would you buy a car without test-driving it first? Probably not.

The same applies to selecting your chair, you need to sit down and feel it. You want it to be comfy, just like you want a car to be comfortable for longer journeys. You will be spending most of the day in your chair so choose it wisely.

Guidelines for purchasing your next office chair:

Back support

Your chair should provide adequate back support. The back support of the chair should also be adjustable to fit properly to your back. The back support of the chair should remain the same as you move and recline in your chair. A good office chair with proper back support will improve your posture and therefore eliminate or reduce back pain and stiffness. Selecting an office chair without adequate back support can cause back problems that could stay with you for life.

Seating

The padding and design of the seat should be considered. The front of the seat should have a rounded edge. A straight horizontal front will cut off circulation on the backside of the knees.

Width of the seat and armrests

You need to fit into the chair. If you have to squeeze into the chair then it does not fit, no matter how comfortable it may seem once you are seated. There should be room between the armrests and your body. In addition, the armrests need to interact with the desk. A good office chair will have adjustable armrests. Quality armrests can help with tasks like reading and writing, and taking pressure and tension off the neck and shoulders.

Height Adjustments

People are not all the same height; therefore, your office chair must have a height adjustment. The specifications to adjust your office chair and to promote good posture are as follows: thighs should be horizontal to the ground while both feet are on the ground and wrists should be straight while typing.

If you cannot find an office chair height that allows both of the above, you may want to find a way to alter the height of your keyboard so that you can have straight wrists while typing and your body is aligned properly with the chair and the floor.

Stability

Your chair must be stable. Your chair tipping over when you are in it is not good. Serious and permanent injury can occur. Look for a chair on wheels that swivels and a five-point base that will not flip you over on your head when you recline.

So, when you are shopping for new office furniture, remember these points and once you have decided on your new office chair, make sure it possesses all of the above features.

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