

Fisher Scientific Will Help You Find the Right Chair!

On a typical workday, you spend a great deal of time sitting in an office chair. There are enough stresses in the day and you don't want some of those coming from your chair, which could add stress to your spine. To avoid back problems, it's important to have an office chair that's ergonomic, supports the lower back and promotes good posture. The quality and comfort of your chair affects your health and productivity. It's not always easy to pick the right one, so we have put together a list that will help you choose which one best suits you!

- 1** Your work surface height level (desk, bench, hood, etc.) determines the seat height range you choose for your chair. This table gives you the proper seat height range in relation to your work surface:

WORK SURFACE HEIGHT RANGE	CHAIR SEAT HEIGHT RANGE
29" - 31"	16" - 21"
32" - 36"	18" - 24"
37" - 42"	22" - 32"

- 2** The environment where you work will help determine what material to choose on the seat and back of your chair. If it is likely that there will be chemical spills or residue, the optional self-skinning polyurethane material should be considered because it is easy to clean. Simply wipe down with a moist cloth for effortless cleanup.

Another option is cut polyurethane foam material. The cut polyurethane foam can be upholstered with either a durable vinyl material or, in environments where it is suitable, a quality cloth material.

- 3** Depending on the floor surface and task to be performed while seated, your chair needs to have the proper safety and mobility options available. If you need mobility on a hard surface floor, such as concrete, tile or vinyl, a soft rubber caster wheel is the best choice. For carpeted floors, a hard nylon caster is preferred. If safety is the primary issue, nylon glides are normally the best option.

- 4** If your work surface is above 32 inches, a footring (which fits on all chairs or stools starting at seat heights of 18 inches) should be used. The chair's footrings are adjustable and very stable and allow you to keep the right relationship between your thighs and feet to maintain circulation in the lower extremities.

- 5** To ensure that proper posture is maintained, the backrest of your chair or stool must be adjustable both horizontally and vertically to properly support the lumbar area of your back. This is particularly important for long-term sitting to prevent "slouching," which often leads to back spasms and undue pressure on the front of the intervertebral discs in the spinal column.

- 6** If your work involves having to lean forward (for example, to look into a microscope), a forward seat tilt option should be considered. This will allow you to maintain an open angle in your hip and enable you to relieve the added pressure normally exerted on the lumbar area of your back when leaning forward.

- 7** Lastly, to create a pleasant, attractive work environment, color is important.



© 2015 Thermo Fisher Scientific Inc. All rights reserved.
Trademarks used are owned as indicated at www.fishersci.com/trademarks.

In the United States:

For customer service, call 1-800-766-7000

To fax an order, use 1-800-926-1166

To order online: www.fishersci.com

15-1686 JA/XX 07/15 BN06251511



**Fisher
Scientific**

A Thermo Fisher Scientific Brand