

The secret to being comfy - Office chairs revisited

● chairs
chairs

● design
seating

● height adjustable

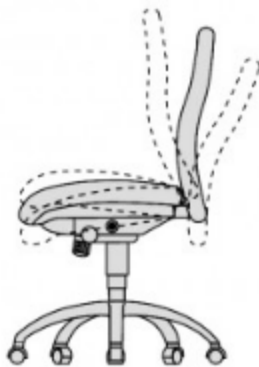
● leather chairs

● lumbar support

● office

Many people think that an **office chair** is just a chair and buy them based on price, but there is a lot more to think about than just price. A decent chair will have a mechanism that assists your muscles to support your body.

The main principle is that the backrest of the chair is under tension, but is free floating, so you can move about freely, whilst the backrest supports you. The tension is adjustable to suit your weight, so you can find the right balance of support you need.



In an ideal world the seat base would also tilt as the back rest tilts,

for additional comfort, but this is where the problems starts. This type of mechanism is called a synchronomic or syncro-mechanism, as the back and seat pad movement is linked together, and it is more expensive to produce than a standard free floating backrest mechanism, where the seat base doesn't tilt at all.

So most buyers go for the cheaper free floating mechanism, not understanding how to use the better one. They find that leaving the backrest in a free floating mechanism is uncomfortable (it pulls your shirt out of your trousers) so they just adjust it to a certain rake, and leave it locked in that position. Then they just lean on it and eventually slouch into it, always in the same position.

And ergonomics or health and safety consultants will tell you that this is the worse thing you can do, and after many years, it can cause back pain and future problems.

Even if you do understand how to use the syncro mechanism, the quality between different chairs, due to price, is staggering, as you will be, after a few years on a cheap office chair.

You wouldn't play in the company golf tournament with clubs from Woolworths, so why would you decide that you need a better mechanism, and then go for the cheapest one available.

