**SYNTHESIS ASSIGNMENT**

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**Purpose Statement:**

The purpose of Research Paper is to discuss the significance of Ergonomic chairs in the workplace and the minimum requirements that should be taken in to consideration to make chair Ergonomic. It also discusses the impact of using Ergonomic chairs on workers’ health, productivity and cost savings.

**Introduction:**

Report discusses the importance of Ergonomic chairs in the workplace. Ergonomic defined as scientific study of people working condition to improve effectiveness. Workers spent a long hours sitting so they need a comfortable chair that is comfortable for hours and can adjust their body and working style. This report include features of Ergonomic chairs, how experts work with designers to create seating solutions, how to improve employee engagement and dedication. It also emphasize the need for Ergonomic chairs to create comfortable and healthier workplace.

**Problem Statement:**

Long and busy hours sitting in workplace can cause health problems and discomfort. Therefore, there is need for Ergonomic chairs that can provide proper back support, comfortability, adjustability, and customizable features that can take care of worker. Considering company commitment, Ergonomic office chairs can improve employer’s productivity, dedication and morale.

**Importance of Ergonomic Chairs in the Workplace**

The study of ergonomics is concerned with improving productivity by examining people and their working conditions. It is crucial to have a comfortable and ergonomic chair in the workplace, as individuals often spend prolonged periods seated. The chair should be design to provide comfort for extended periods and should be adjustable to fit the individual's body and working style. To classify as ergonomic, the chair must meet certain minimum requirements. When seated for extended periods, people tend to slouch forward, which can cause discomfort in the back [1]. Lumbar support in an office chair ensures that the small of the back is in contact with the chair, providing several benefits such as aligning the ears, shoulders, and pelvis and maintaining the lower spine's natural curvature. It is crucial to maintain a natural spine position that conforms to the chair when seated.

**Criteria for Choosing an Ergonomic Chair**

The design of "ergonomic" chairs meant to cater to a diverse range of people, but there is no assurance that they will be suitable for everyone. A chair could be too tall or have armrests too far apart for someone who is short and slim, and certain chairs may not be appropriate for every task or workstation layout. A chair is only consider ergonomic if it fits the size of the worker, their specific workstation, and the tasks that need to be perform. While finding the right chair can be challenging, there are some essential features to look for, such as adjustability of seat height and backrest, firm lumbar support, seat depth that accommodates both tall and short users, and a five-point base for stability, regardless of how the chair will be used [2].

**Benefits of Ergonomic 24/7 Seating in the Workplace**

Ergonomic 24/7 seating offers numerous benefits that improve worker health, productivity, and overall satisfaction in the workplace. According to a report, 74% of workers experience pain at their desks, which can result in decreased productivity, health issues, and sick days. Lower back pain is the second most common reason people miss work. Ergonomic chairs alleviate this common discomfort by conforming to each worker's specific shape, supporting the spine, and maintaining tissues and joints in a neutral position. Customizability is another significant benefit of ergonomic furniture. Providing employees with a comfortable and customized seating option can be challenging, especially when multiple employees use the same desk. Ergonomic chairs solve this issue by offering adjustable seat height, armrests, and adequate seat width and depth for different body types.

By reducing work-related injuries and illnesses, ergonomics in the workplace can help to reduce business costs. In the United States alone, musculoskeletal disorders cost businesses up to $50 billion annually, with worker’s compensation costs ranging between $15 and $18 billion [4]. Switching to ergonomic office furniture can lead to reduced employee absenteeism, lower employee mistake rates, and improved engagement, job satisfaction, and morale, as well as demonstrate a company's commitment to safety [4].

**2 more key headings:**

**Ahad bhai aag laga do**

**Recommendation:**

**Conclusion:**