

# **ERGONOMIC CHAIR**

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## **1. INTRODUCTION:**

The Modern Era is all about technology, innovation, and modernization where human comfort is given crucial importance. It is also scientifically proven that the human mind works more efficiently when ergonomics are applied in their lives. In today's world, Ergonomics is applied in almost everything to make human life as comfortable as possible [1]

This is a review article based on a persuasive research paper on Ergonomic Chairs. The objective of ergonomics is to increase productivity via the scientific study of people and their working environments to make their lives easy. Ergonomic chairs were also introduced to fulfill this need for human comfort in offices, organizations, etc where sitting work is more and normal chairs would cause productivity and health issues. Ergonomic chairs are designed according to the human body where ears, shoulders, and pelvis are aligned to provide a good body posture and overall relaxing behavior.[1]

## **2. FEATURES OF ERGONOMIC CHAIRS**

An ergonomic chair suits a worker only when it provides comfort. The chair has been created to be simple for the worker to use, even if finding the ideal size relies on the worker's height and weight. Given the advantages it offers, everyone can find an ideal chair according to their comfort. Since workers' heights can vary, a chair with adjustable height and a backrest with sturdy wooden back support is also supplied. The adjustable armrest properly distributes weight across the arms. Moving around the room is made simpler by the chair's stability. Users can rest their feet on the ground or a footrest while sitting in a chair with a seat that is deep enough to prevent pressure on the back of their knees.[2]

## **3. DESIGN PROCESS OF ERGONOMIC CHAIRS:**

Ergonomists have observed the importance of seating comforts in work environments. They work closely with the designers to find specific solutions to make sure that the chairs available in the working environment follow these ergonomic principles to work as efficiently as they can. They design chairs that help a person to be able to work in a better posture along with providing comfort reducing the strain issues.[3]

## **4. NEED FOR ERGONOMIC CHAIRS:**

Working in stressful conditions requires spending a great deal of time sitting on ergonomic chairs.[5]

Stressful positions disrupt the structure of the spinal cord which results in the detrimental effects of back problems in the long run. It must be a foremost priority to ensure ergonomic chairs promote health benefits.[6]

Innovative design and comfort of chairs can help solve this dilemma. Mentioned below are the benefits of ergonomic chairs and how they promote a healthy and productive workspace.[6]

Ergonomic furniture is designed such that it facilitates employees while they work. When workers sit upright, they maintain a healthy posture which reduces pain. These furnishings will realign the spine, prevents arthritis, and reduces work injuries of the employees.[6]

When employees are comfortable, their productivity enhances. Good health enables them to perform with peak performance. Additionally, as these chairs reduce work-related injuries, your employees will spend more time in the office working effectively.[6]

Ergonomic furnishings improve employee soundness. This soundness includes their mental and physical well-being. When you care for your employees by providing them with a comfortable work environment, they feel cared for and content. [6]

## **5. BENEFITS OF ERGONOMIC CHAIRS**

**5.1. Improved Health:** A study shows that 74% of people face work experience issues in their environment due to the unavailability of ergonomic seating. These have led to problems such as distraction, less productivity, and other health issues like lower back pain. On the other hand, Ergonomic seating supports the worker's spine and maintains shape in an aligned manner.[4]

**5.2. Work Productivity:** Along with the provision of health benefits, this seating helps a user concentrate more on the job which eventually leads to more productivity.[4]

**5.3. Customizability:** It provides customizability in such a way that a worker can easily adjust the seat height, armrests, and suitable width and depth.[4]

**5.4. Cost-effective:** Ergonomic principles in a working environment as mentioned in the above points reduce the business costs that are related. According to research in America, ergonomics has annually saved around \$50 Billion in costs including pay of around \$15 to \$18 as compensation costs that used to occur due to work-related injuries.[4]

In a nutshell, research shows that switching to ergonomic office furniture reduces employee absence and employee mistakes, increase employee engagement, improve job satisfaction and employee morale keeps workers on task and manifests a business's dedication to safety.[4]

## **6. CUSTOMER REVIEWS**

According to a manager at ABS, they report how they feel an investment in the chairs was a good decision. Although the initial cost was a concern, the results positively transformed the work environment with its countless benefits.

Similarly, managers at KCS installed ergonomic chairs as per organizational standards. The results spoke for themselves as it increased working hours with added comfort. Employee breaks were reduced and they became highly efficient.[7]

## **7. CONCLUSION**

It can be concluded that ergonomic chairs should be used instead of normal chairs for increasing the overall efficiency, productivity and comfort in humans. The research paper used for this article is of persuasive nature therefore it lacks to identify the disadvantages of ergonomic chairs. Nevertheless, the benefits of using it surpasses the drawback and it is considered a vital addition in our offices and organizations.

