Find the right chair...

Nowadays mostly in industrialized countries, many people sit for most of the time that they are awake. They sit while having breakfast, while going to work in cars or buses, in school classrooms, in meetings, in offices, during dinner, at home while watching television etc. Many people also sit at work operating machines which new technology has developed to replace manual work. Although sitting requires less physical effort than standing or walking it puts a lot of stress on lumbar area. The comfort and overall support of a chair is vital for maintaining health because of the amount of time people spend sitting in it.

Features of a good chair...

* Back Support

The back support is a major deciding factor when choosing chair based on comfortability and maintaining health. Backrests are used to provide support for the lumbar spine. Contoured backrests are beneficial for promoting health because they match the natural curve of a seated person's spine. Adjustable contoured backrests allow a seated person to adjust it to his or her needs. The back support should be angled to increase well being. The chair should be reclined slightly so that the shoulders are behind the hips. When a person is seated in the chair, he or she should be able to relax the back and let the chair support him or her.

* Seat Support

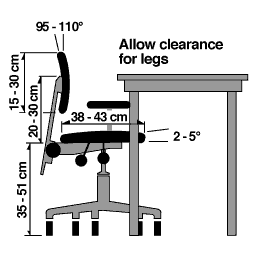
Seat support is a vital ergonomic function. The seat needs to be firm enough to support the weight evenly, and soft enough to fit to the form of a person sitting in the chair. Waterfall seats slope down in front slightly, in order to help improve the circulation to the legs and prevent leg fatigue.

* Position and Height

Adjustable chairs can vary by seat height, lumbar height, and armrests. The seat height should be high enough so that a person's thighs are horizontal with a person's heels on the floor. If the height of a workstation can be adjusted, then first customize the chair height to specifically fit the person sitting in the chair, and adjust the workstation so it is even. If the seated person's feet do not reach the floor when sitting comfortably at the height of the work station, then a footrest is recommended. The armrests of chairs play a large role in encouraging health. The armrests need to be adjusted so that they are directly under a seated person's elbows. The recommended height of the armrest pads is 1.3 cm to the unsupported elbow height. If a chair is purchased and the armrests are not adjustable, then it is recommended to rest the forearms on the workstation in order to prevent neck, shoulder, and upper back stress.

* Materials and Construction

Some materials that make up chairs include: mesh, moulded foam, top grain leather, and imitation leather. Mesh is beneficial in hot, humid climates because it allows air to circulate. Moulded foam chairs are one of the most common types of chairs; the moulded foam contours the shape of the body. Leather can be uncomfortable in hot environments without air conditioning. Imitation leather looks similar to top grain leather, but it is easier to clean and more durable.

By considering those components of a chair, we have decided to conduct a research to check whether the various chairs in university premises have those important features. If it is, how it will benefit to students when working on a sitting posture. Therefore we found 5 different kind of chairs in faculty of information technology.