



ERGO INSIGHTS



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**Welcome to the Ergo Insights: Your Source for
Ergonomic Wellness!**

Ergonomic Chair Buying Guide: Finding the Right Chair for Comfort and Productivity

An ergonomic chair is one of the most important investments you can make for your health and comfort, especially if you spend long hours sitting at a desk. Poor seating posture can lead to a range of issues, from back pain to poor circulation, making it crucial to choose a chair that promotes good posture and minimizes strain. This ergonomic chair buying guide will walk you through the key features to look for when choosing the perfect chair for your needs.

1. Understand Your Needs

Are you sitting for long periods, or do you only need a chair for short bursts of time? For long hours, you'll need more robust features for comfort. A chair that suits one person might not be the best fit for someone else. Consider your height, weight, and body proportions when making a decision. Are you setting up a home office, or are you in a commercial office setting? Some features may be more critical in different environments.



2. Lumbar Support

Good lumbar support helps to maintain the natural curve of your spine and prevents lower back pain. The lumbar support feature is essential in preventing slouching and promoting healthy posture.

- **Adjustable Lumbar Support:** Look for a chair with adjustable lumbar support, which allows you to modify the height and depth to fit the curve of your lower back.
- **Contoured Backrest:** A contoured backrest, which curves inward to support the spine's natural curve, can help prevent discomfort.

3. Price Range

Ergonomic chairs can range from budget-friendly options to high-end models. While it's tempting to go for the least expensive chair, investing a bit more in quality often pays off in terms of long-term comfort and durability.

- **Budget:** Expect to pay anywhere from \$150 to \$1,500 for ergonomic chairs, depending on the features and materials.
- **Cost vs. Value:** It's important to balance cost with the value you get. A higher-quality chair may be pricier initially but can save you from the discomfort and health issues associated with poor seating.

4. Test the Chair Before Buying

As part of the injury prevention program, CSU Ergonomics maintains an Ergolab (showroom) for employees to view and test office ergonomics equipment. Equipment in the Ergolab includes, but is not limited to: chairs, height-adjustable tables, lighting, keyboards, mice, keyboard trays, etc. Although not mandatory, it is highly recommended that equipment be tried to determine effectiveness, prior to purchase. Equipment and products in the Ergolab are evaluated and tested by certified ergonomists prior to implementation to ensure the highest quality options for employees.



Schedule Ergonomic Evaluation



Ergonomic Resources and Information



Training information

