

You

As human beings we were not designed to sit down. Research shows that to sit down in a static posture for 8 hours plus every day puts your back under more strain than when in a standing position.

When standing, pressure is evenly distributed along the spine as our spines form a natural 'S' shaped curve ensuring that the body is in equilibrium. When sitting, the body flattens the lower section of the back causing uneven pressure, straining the muscles in that area, restricting the flow of nutrients to the spinal chord and left unchecked this can result in back pain and if prolonged, more unpleasant injuries to the back and spinal chord.

In this current age, we can spend up to a shocking 80,000, hours of our working lives sat down in front of a computer. At Diamond Interiors, we appreciate this and have put a lot of time and effort into designing chairs that are ergonomically adjustable by supporting and following the movements of the user.

How to Sit

The height of the monitor should be adjusted so that you are looking horizontally straight at the screen, or slightly downwards. If it is too high or too low, it puts additional strain on your neck muscles potentially causing musculoskeletal problems.

The distance of the monitor away from the eyes is of key importance when seated at the workstation. The user should stretch out their arms in front of them. The screen should be approximately that distance away from them.

Check the side to side position of the monitor, it should be directly in front of you. Do not put the monitor in the corner of the desk, it will be difficult to get close enough to the keyboard, or you will end up twisted, potentially causing back and neck problems.

You should be sat as closely to the desk as possible with your arms able to comfortably reach the keyboard in front without any obstructions. Your arms can either be supported using the armrests on the chair or the desktop itself.