



# Are you sitting comfortably?

As human beings we are 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.

senator

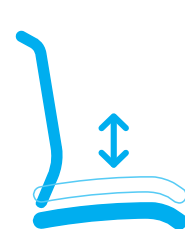
# Chair

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 Senator, 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



### Seat height

The user should sit on the chair and adjust the height of the chair so that they are either flat footed or with a footrest. The hips should be at a slightly higher angle than the knees. Doing this reduces the amount of pressure put on the thighs and hamstrings and helps maintain the pelvis in an upright position and prevents curvature of the lower spine (slouching).



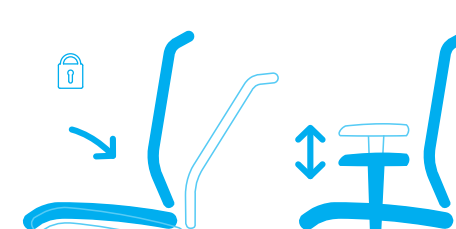
### Backrest height

It is essential for the backrest of the chair or lumbar support to be at the correct height for the user, enabling support in the correct area of the user's spinal vertebrae; the lumbar region should be supported, therefore helping maintain the 'S' shape curve of the spine.



### Seat depth adjustment (where fitted)

The user should be sat covering the entire surface area of the seatpan, therefore maintaining contact with the backrest. Ensure the seatpan is at the correct depth by ensuring there is not less than 2 fingers gap in between the back of the leg and front of the seatpan. This ensures the leg length is being supported correctly and that no undue pressure is being caused to the back of the calves.



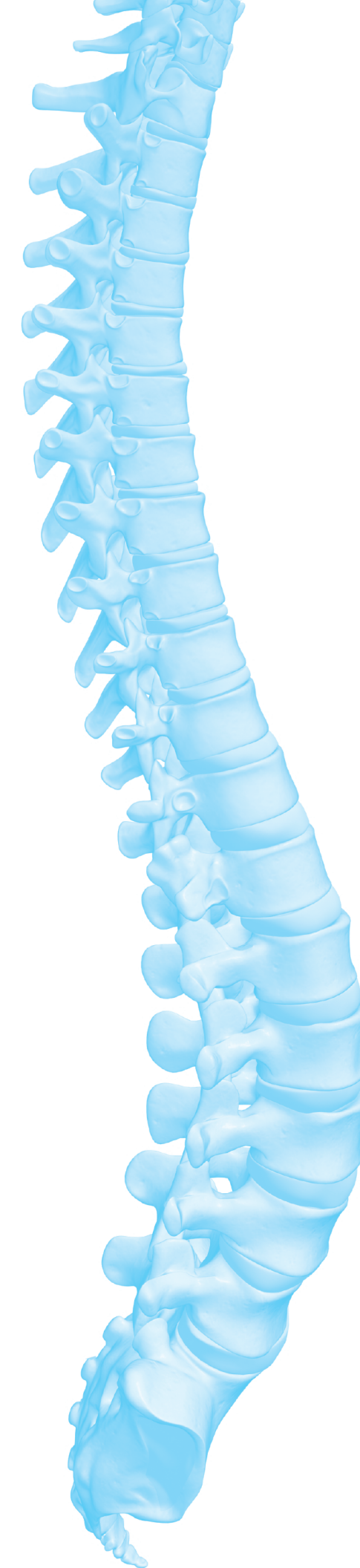
### Dynamic sitting and lockable pre-set positions

Working in 'free – float' is strongly recommended. This enables movement while the user is seated promoting blood flow and nutrients around the body and to the spinal chord. This maintains back health and prevents fatigue. The ability to lock it at varying angles is also beneficial, ensuring the user is supported whatever their positioning. The tension should be set (balanced) to the users bodyweight and shouldn't be too resistant but equally not too light.

### Armrest positioning

Where fitted chair arms should ideally be height adjustable so that they can be set to provide proper support to the upper body. The height of the armrest should be set so that the bony part of the elbow is in contact with the arm pad and at a height that allow the user's arms and shoulders to be at a relaxed 90 degree angle. It should not be too low so that the user's arms are not in contact with the chair arm and not too high promoting a 'hunched' position. Multifunctional arms– The positioning of the width of the armrests depends on the size and build of the user. Elbow contact with the arm pad, with the arms relaxed by your side will determine the correct width of the arms.

The rotation of the arm pad allows complete support for the arms and shoulders. The more the length of the arm is in contact with the arm pad, the more the shoulders are being supported and relieve the weight of the arms off the shoulders. The fore and aft adjustment of the arm pad allows the user to get as close to the desk as is correct whilst not interfering with the desktop.

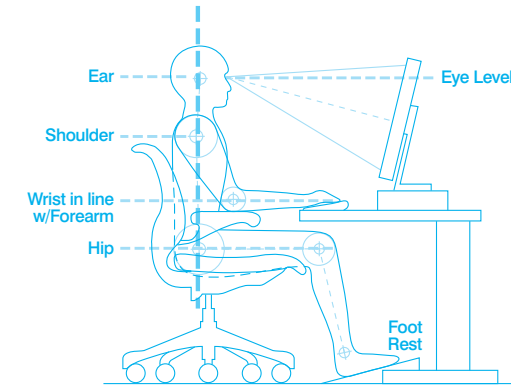
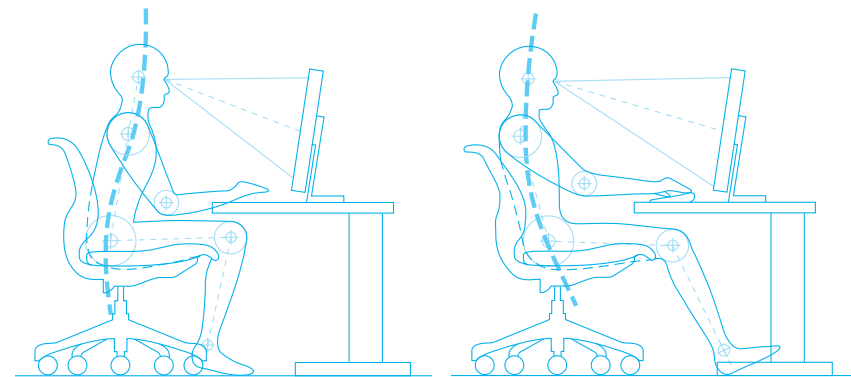


# Desktop

When setting up a workstation the desk helps determine the arrangement of nearly all the other equipment.

If a workstation has been set up in the correct way, it will promote and enhance the performance of the user and make work conductively more efficient. The user should be comfortable whilst minimising risk to the user's health and safety.

- 1 Monitor at eye height and an arms length away
- 2 Feet firmly on the ground or a footrest
- 3 Eyes looking ahead towards screen
- 4 Sufficient space in front of keyboard to support arms and hands
- 5 Matt, non reflective surfaces
- 6 Adequate space for comfortable position and documents



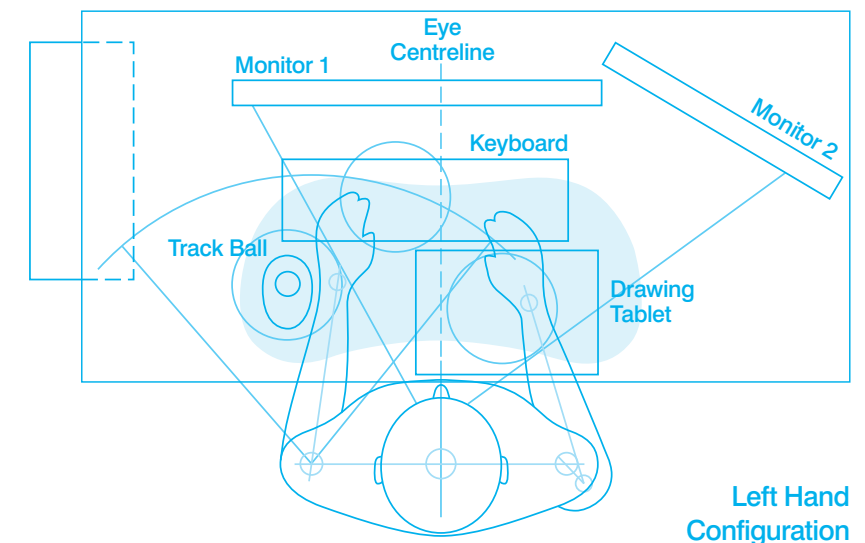
## How to sit

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.

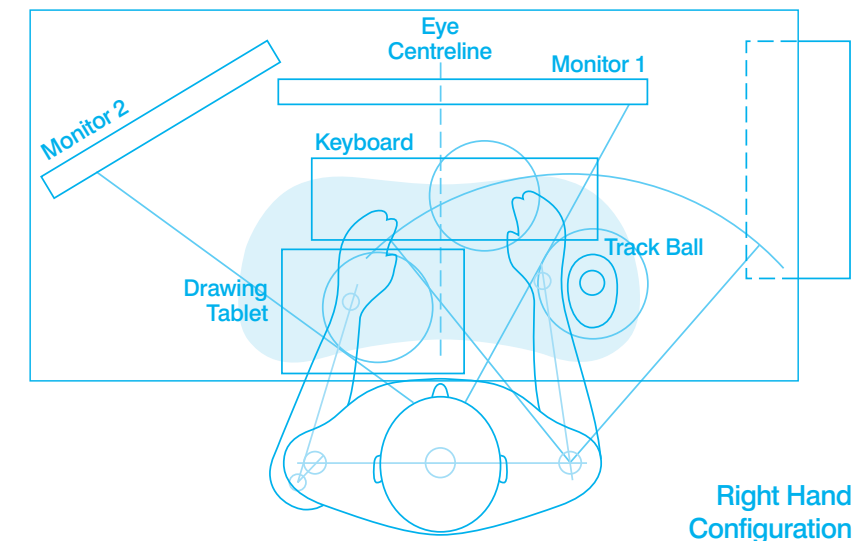
The distance of the monitor away from the eyes is of key importance when seated at the workstation. The user should stretch out their arms in front of them. The screen should be approximately that distance away from them.

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.



Left Hand Configuration



Right Hand Configuration