

# How to choose a chair? Just think about when you work and how you work ....

## Can you see yourself in the descriptions below?

Do you hold conferences in your office or via the web? Do you read or write a lot of reports? Do you work intensely on your computer one minute, then sit back to check your work on-screen? Do you slouch while on the telephone? Do you slide down in your seat? Are you constantly swivelling on your chair and reaching for papers or discs etc., from drawers, nearby storage cabinets or shelves?



A floating chair is often good for dynamic and active sitting; when your job involves plenty of leaning forwards, backwards and swivelling between tasks.



Does your work mainly comprise desktop-based tasks, such as reading in one position for long periods, writing reports or essays, copy typing or repetitive data entry? Do you tend to work for long and sometimes intensive periods without moving around on your chair very much?



A multi-set chair allows separate, quick and easy adjustment of seat and backrest angles, from within the chair. Sometimes called 'independent action' or 'asynchronous action' chairs.



Are you constantly leaning to-and-fro over your desk? Are you always picking up the phone and leaning forward to take notes? Do you work at a counter, where you serve or interview people all day long? Would you be less tense if your back was able to remain in motion, but stay in contact with your chair while you work?



An synchronous chair can be set to apply gentle and constant pressure to the user's back as they move forward and backwards during tasks. The mechanism can free-float or be locked in position



I spend a great deal of time working at home. I sit on a dining room chair when I use my laptop on the table. Sometimes I sit on the sofa and to peck away awkwardly at my laptop on my knees! I need a decent office chair for indoors, but it needs to fit in a small working space.



Office chairs, for people working at home, are compact, easily adjustable and sometimes have a slightly smaller star base. An adjustable seat depth function allows the chair to be quickly altered to suit adults of different sizes, as well as young people (doing homework or using a computer).

