



- 1. My employee says his/her chair is broken/uncomfortable/doesn't fit them. What should I do?!**
 - Occupational Safety and Environmental Health's Ergonomics Program has a seating evaluation process that can help fit individuals or outfit entire departments. This tailored approach to chair selection can assure that ergonomic chairs fit the individual, the space and the budget. All chairs available are from University approved vendors, including Steelcase, Haworth, Herman Miller, Ergogenesis/Bodybuilt, Knoll, Keilhauer, Seating, Inc, ergoCentric and Neutral Posture. All chairs available for these evaluations are available for purchase with a shortcode and at discounted/contract pricing.
 - The ergonomic professional will work collaboratively with the department to find the best chair to fit the budget and the space as well as the employee's postural needs.

- 2. How much does this service cost?**

Free! Call the OSEH Ergonomics Program at 763-7704.

- 3. Is there a central fund that I can access to purchase ergonomic chairs?**

Unfortunately, no. Each department is asked to financially support the ergonomic needs of its employees.

- 4. Why are ergonomic chairs so expensive? Maybe I'll just buy one from a big box store at a cheaper price.**

Buyer Beware

 - Durability vs. Price: The less expensive chairs available at most big-box-store showroom floors are designed to last between 3-5 years and some are designed for home office sitting which is less frequent or for shorter timeframes. If you are paying less, but replacing it more often, are you saving what you think?
 - Quality/repairs: If the chair breaks, the chair has to be disassembled (good luck without breaking something else) and shipped back for repair. Contrast this to a local vendor who will come and fix a defective part on the chair while in your office.
 - Fit/Function: Do you know how much weight the cylinder will hold (220, 250, 275, 350, 400 or 500 pounds?) Will your larger employee's fit in the chair? What if they don't, can you send the chair back and get your money back?

- 5. Since chairs are expensive they last forever, right?**
 - No. Just like other equipment, chairs wear out over time. How quickly will depend on the type of chair and its usage pattern. For instance, a location that is open 24/7 will have chairs wear out more quickly than a location that is open for only 8-10 hours per day.
 - Consider what it would be like to sleep on the same mattress forever. Perhaps there is a permanent depression where you usually lay? The same depression might exist in the chair seat.

- 6. How do I know how old a chair is?**

Many chairs have a sticker under the seat that will have the make, model and a manufacturing date listed.

- 7. Ok, I'll just pick an approved University vendor from the list and get a chair from them.**

Buyer Beware

 - A chair vendor's job is to sell you a chair. Even chairs that have budget busting price tags sometimes do not offer the ergonomic benefits needed by many people, including adjustability. Many manufacturers' focus on the appearance of the chair over the long term durability and functionality. Each manufacturer will provide their own data/research on why the chair is ergonomic and how the chair can adjust to fit 90-95% of the population. Don't mistake marketing spin for facts. There is no single ergonomic task chair that fits everyone.
 - Some chairs fit better in some spaces than others. For example, chairs should have pivoting armrests if used with a radial front desk in order for the user to reach the keyboard and mouse without overreaching. Vendors may not address these things.