

## ERGONOMIC ASSESSMENT

By **Andrew Wilson**  
Osteopath & Ergonomist

### **Buro Aura Ergo+** Chair

#### **Seat Profile – 8.5 (10)**

A medium sized seat 470 x 470mm with moderate density foam of around 60mm. There is a generous waterfall edge for the front 15cms of the seat. The seat is nicely contoured with about 20 mm dish from the side to the centre and 10mm dish from back to centre. It is a well-designed profile and a comfortable seat. The foam seat may not be suitable for prolonged periods of sitting.

#### **Back Rest Profile – 18 (20)**

A tall backrest 560mm x 440mm at its widest tapering to 320mm at the top. It has a moderate foam density 50-60mm depth. It has substantial lumbar support with an excellent anatomical profile for the lumbar spine and pelvis. It has some lateral contouring with about 30mm depth from lumbar centre to the lateral edge. This is comfortable without being obtrusive. It is a very comfortable and well-designed backrest.

#### **Configuration of seat and backrest**

##### **Forward tilt - 9 (10)**

There is an excellent range of seat tilt which is easy to adjust. The forward tilt, with the waterfall edge and the excellent back rest add up to a very good forward tilt posture.

##### **Centre- 8.5 (10)**

The flat/centre posture is comfortable and supportive and the waterfall edge reduces pressure under the thighs.

##### **Reclined - 8.5 (10)**

There is a good range of reclination without any instability and the posture remains supportive and comfortable without tugging clothing.

#### **Ease of adjustability – 18 (20)**

The three levers are on the right side underneath the seat, with the height adjustment further forward and the backrest angle and seat tilt adjustments to the back. They are all easy to reach and use while seated. They are clearly labelled. The seat slider works by a pull-out knob also on the right. It is easy to see and use and the seat releases promptly allowing the user to choose seat position. The backrest height adjustment has a click clack back with 5 stages. I found the default (lowest position provided excellent posture for the lumbar spine and pelvis.

The seat and the backrest are fairly rigid which gives excellent support but provided little in the way of dynamic seating.

#### **Anthropometric range – 18 (20)**

The medium seat profile with the seat slider will suit a wide range of users. The high back rest with excellent lumbar support will suit a wide-range of users. The range of gas lift is excellent and will suit a wide spectrum of users. The configuration would suit taller users but may not suit users with a broad stature.

#### **Total 88.5 (100)**

##### **Summary**

This is a very good chair, with excellent seat and backrest profiles, and it will suit a wide range of users, with perhaps some limitations for those with broader profiles. The relatively firm seat may be uncomfortable for long periods of uninterrupted sitting.

##### **Sales note**

An excellent and robust 3 lever chair with a good range of adjustments and very good seat and back rest profiles. There may be some limitations for those with broader profiles or for those who sit for long periods without a break.

**Andrew Wilson - Osteopath and Ergonomist**

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