

## ERGONOMIC ASSESSMENT

**By Andrew Wilson**  
Osteopath & Ergonomist

### **Buro Metro** Chair

#### **Seat Profile – 9.5 (10)**

A generously proportioned seat – 500mm x 480mm size with rounded corners. There is 8cms of moulded foam with 3cms dish in the centre coming up to a small central protuberance at the front and a moulded space for the thighs. There is a waterfall edge of about 10cms. It's a terrific seat – very comfortable with no pressure points.

#### **Backrest profile – 16.5 (20)**

A square style mesh backrest approximately 500mm x 500mm with a subtle waist. The mesh is under moderate tension and support is provided by the mesh supported from the angled frame. There is no additional lumbar support. The back rest is comfortable with no significant pressure points. The main support is felt at the upper lumbar and lower thoracic spine, with less support at the lower lumbar spine or pelvis. I consider the backrest would benefit from more support in the lower lumbar and pelvic region. There is definitely more lumbar support than the Metro 11 but my preference in the mesh backrest is for the metro 11 high back. This fits somewhere between the two.

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

##### **Forward tilt – 8.5 (10)**

There is an excellent range of forward tilt, and the profile of the seat encourages the use of this posture. It is very comfortable with no pressure points.

##### **Centre – 8.5 (10)**

When sitting with a horizontal thigh it has a very comfortable seat and back rest with no pressure points. It would benefit from increased lower lumbar and pelvic support.

##### **Reclined – 8.5 (10)**

It has a good range of reclination for the seat and the backrest. It feels very comfortable with no pressure points at any point. The backrest does tug at your shirt as you recline, as the lumbar support moves further up the back.

#### **Ease and range of adjustability – 16 (20)**

All the levers are on the right-hand side and are clearly marked. The seat and backrest tilt levers are quite low but can be reached from the sitting position. The height adjustment is the most forward lever and is at a better height for use while seated. There is no adjustment for lumbar support. The ratchet height adjustable back is easy to use but in practical terms will be used at its lowest point.

#### **Anthropometric range – 17.5 (20)**

There is an excellent range of height adjustment and with the generous proportions of the seat and backrest and wide range of adjustments it is suitable for a wide range of users.

#### **Total 85 (100)**

##### **Summary**

A comfortable chair with no pressure points and a particularly impressive seat. The 3 lever mechanism provides wide range of adjustments that are easy to use will render this chair as suitable for a wide variety of users. As with many mesh chairs it would benefit from additional lumbar support.

##### **Sales note**

This is a very comfortable chair with no pressure points. Its mechanism is easy to use and will suit many users.

**Andrew Wilson - Osteopath and Ergonomist**

30 March 2018