

## ERGONOMIC ASSESSMENT

**By Andrew Wilson**  
Osteopath & Ergonomist

### **Buro Roma 3L High Back Chair**

#### **Seat Profile – 9.5 (10)**

This seems to be the same seat as previously assessed on the Metro11  
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 – 18 (20)**

A traditional high foam backrest 500mm x 450mm tapered toward the top. Approximately 6 cms of moulded foam supported by a shaped angular frame with a prominent lumbar support. The lumbar support is quite pronounced and would suit those who felt they need it. The ratchet backrest is easily height adjustable but I would have liked a little more downward excursion.

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

##### **Forward tilt – 9 (10)**

There is an excellent range of forward tilt, and the profile of the seat encourages the use of this posture without feeling forward slipping. It is very comfortable with no pressure points.

##### **Centre – 9 (10)**

When sitting with a horizontal thigh it has a very comfortable seat and back rest with no pressure points.

##### **Reclined – 8.5 (10)**

It has a good range of reclination for the seat and the backrest. It feel 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 of adjustability – 18 (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 seat slider though the seat is a generous size. The ratchet height adjustable back is easy to use but in practical terms will be used at its lowest point. There is no adjustable lumbar support.

#### **Anthropometric range – 18.0 (20)**

There is a good range of gas lift adjustment. The seat and backrest are of good size and comfort. There is a full range of adjustments. It will suit a wide range of users.

#### **Total 90 (100)**

#### **Summary**

A very comfortable 3 lever chair with excellent seat and back rests, and a good range of adjustments that will suit a wide range of users.

#### **Sales note**

A very comfortable 3 lever chair with very comfortable and supportive seat and back rests, with a good range of adjustments that will suit a wide range of users. A very good all-round chair.

**Andrew Wilson - Osteopath and Ergonomist**

12 August 2017