

## ERGONOMIC ASSESSMENT

**By Andrew Wilson**  
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### **Buro Metro Elite**

#### *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.

The new Outlast seat fabric has the effect of reducing the visible contours of the seat profile and providing some additional contact firmness. However, this does not detract from the very comfortable seat. There is a feeling of relative coolness on first sitting on the seat, and the Outlast fabric reduces the build up of heat from the insulative qualities of the fabric.

#### **Back Rest Profile – 17.5 (20)**

There is a mesh back 470w x 530h, about 50mms wider at the top than the bottom. The mesh is moderate tension with the shape created by the curved frame around the lumbar region. There is no additional lumbar support. The mesh is comfortable and supportive with the main contact pressure felt on the upper lumbar and lower thoracic spine. The deformation of the mesh under load has been reduced considerably since the March 2018 report. I can confirm with tests using a pressure gauge that the mesh deformation of the Metro 11 Elite is very similar to the current model metro 11. It is comfortable and supportive with no pressure points.

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

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

There is an excellent range of forward tilt, and the profile of the seat with its excellent waterfall edge 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.

##### **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. The region of contact pressure moves to the upper part of the back rest and remains comfortable and supportive

#### **Ease of adjustability – 17.5 (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. The 5 stage ratchet backrest adjustment is very easy to use from the seated position, but in practice is likely to be used in its lowest default position.

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

There is an excellent range of height adjustment and with the generous proportions and high level of comfort it is suitable for a wide range of users.

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

#### **Summary and Sales Note**

A very comfortable seat with a good range of adjustments with a supportive mesh backrest. It would suit a wide range of users. A very good 3 lever chair for the price point.

**Andrew Wilson - Osteopath and Ergonomist**

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