

ARE YOU SITTING COMFORTABLY? THE PRESSURE TO DECIDE

Human Performance Topic

Are You Sitting Comfortably? The Pressure to Decide

(one-hour course)

Subject code index: Ergonomics or 5:19

IIDA Course #4666

AIA approval for HAW523, including health, safety, welfare

Course Description: Seating comfort seems intuitively simple, but it is deceptively complex. Applied ergonomists want to select chairs that are comfortable over long periods of time while product designers and marketers want products that appeal to the user at first touch. Since comfort is subjective, how can objective measures of comfort be utilized to help in chair selection? This presentation will discuss current research and how the findings help predict seat comfort.

This course will cover the following objectives:

- define ergonomics
 - identify the risk factors associated with the development of musculoskeletal disorders
 - identify ergonomic standards/guidelines that are presently in place
 - understand basic ergonomic principles for workstation design and
 - be able to discuss basic ergonomic principles with clients and co-workers.
1. Course Outline:
 - Sitting Comfort and Discomfort: How researchers view comfort
 2. Seating Comfort – Who's asking?
 - Applied Ergonomist
 - Medical Practitioner
 - Vehicle Designer
 - Marketing Manager or Consumer
 3. Some Current Theories on Comfort and Sitting
 4. Types of Discomfort/Complaints Associated with Sitting
 5. Pressure Pain – How Much Will You Sit Still for?
 6. The Micro Ergonomics of Office Chair Comfort
 - Seat pan design and controlling seat pan pressure
 - What causes back pain when sitting?
 7. The Macro Ergonomics of Chair Comfort
 8. Selecting a Chair – What Research and Experience Says
 9. Summary and Conclusion