

## ERGONOMIC ASSESSMENT

By **Andrew Wilson**  
Osteopath & Ergonomist

### **Buro Metro II High Back 24/7**

#### *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 – 17.5 (20)**

A high and wide mesh backrest 500mm x 550mm with a 5cms waist. The mesh is under moderate tension with support from the angled frame and additional lumbar support. The additional lumbar support is noticeable and welcome but it does provide a little more point pressure than the Roma. The lumbar support is adjustable for height and is most prominent in its highest position, and its support diminishes as it moves down.

#### **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. 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. The pull-out knob is an easy to use seat slider, though it does change the relationship between the seat and backrest. The ratchet height adjustable back is easy to use but in practical terms will be used at its lowest point. There is an independently adjustable lumbar support which moves up and down is easy to use from the sitting position.

#### **Anthropometric range – 18.5 (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. The seat slider adds to the profile of users who will find it useful.

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

#### **Summary**

A very comfortable chair with a particularly impressive seat. A wide range of adjustments that are easy to use will render this chair as suitable for a wide variety of users.

#### **Sales note**

This has one of the nicest seats I have trialled which adds to this chairs appeal as an excellent all-round chair with a good range of adjustments that will suit a wide range of users.

**Andrew Wilson - Osteopath and Ergonomist**

12 August 2017