

Straight Talking

By **PHIL GREEN** CBS



Are you sitting comfortably?

Anyone who has sat on an uncomfortable chair will know just how distracting it can be. Poor concentration can be a contributory factor in causing stress, and potentially could result in lower productivity.

The subject of ergonomics has been well covered over many years but the underlying issues are a lot simpler. Our bodies tell us when we are uncomfortable and generally the remedy is very simple, involving the introduction of some form of movement. When it comes to seating, comfort is very much a matter of individual taste; however there are some basic principles:

Flexibility is paramount when specifying seating, since the human body comes in all shapes and sizes. In the modern workplace environment, where hot-desking and jobsharing are increasingly common, people may well have to share their chair with others. Being able to adjust seating easily for different body shapes and heights is therefore essential. Different applications require different solutions – be sure to get advice on what works best in a given situation.

Freedom of movement is also important. A good chair should move with you as you work, providing constant support. A good posture is important to prevent health issues such as back pain – a major cause of absence from work.

Simplicity is key. Too many chairs are overcomplicated by unnecessary features, which can make them difficult to use. Costly mistakes can be avoided by making sure you 'try before you buy'. At CBS, we encourage people to come into our showroom where we can talk through and show them the various configurations of seating available. Where this is not possible, we will demonstrate alternative options at clients' premises to enable staff to try out different models in the workplace.

And finally...

Insist on a demonstration when your new chair arrives. At CBS, we regard this as so important that if you don't – we will!



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