



CATEGORY I STANDARD TASK CHAIR SEATING

Provided by the Upstate Ergonomics Program and Hospital Purchasing

The following chairs are available on NYS contract through **Syracuse Office Environments (476-9091)**.

	Haworth "Improv H.E." Website: www.haworth.com		HON "Unanimous" Website: www.hon.com
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The following chairs are available on NYS contract through **Sedgwick Business Interiors (424-1500)**.

	SitOnIt "TR2" Website: www.sitonit.net		SitOnIt "@Work" Website: www.sitonit.net
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It is highly recommended to use a chair for a trial period to determine if it will meet your needs. Ask your furniture vendor for assistance with task chair samples.

HOW TO SELECT A TASK CHAIR

Chairs should have a number of adjustments that allow users to customize the fit and promote good sitting posture. This becomes more important for those individuals who sit for a large portion of the day. This list summarizes important task chair features:

✓ Pneumatic seat height adjustment	✓ Height adjustable backrest, independent of the seat
✓ Pronounced lumbar support	✓ Seat and back tilt adjustment and/or rocking/lock mechanism
✓ Seat depth adjustability*	✓ High density foam used in seat cushion and non-slip upholstery
✓ Minimal ridges or contours on seat and backrest	✓ Adjustable armrests* or no armrests at all
✓ Swivel capability	✓ Can be easily adjusted while seated
✓ Five-star base (not four-star)	✓ Appropriate casters for carpet or linoleum
✓ 24-hour use* warranty if necessary	✓ Footring with easy adjustability (for stools)

**Note that some of the features listed above are offered as an option (for an additional charge) on some chairs.*

For more information contact the Ergonomics Program at ergo@upstate.edu or 464-4567 and Hospital Purchasing at 464-6039