

# Ergonomics Resources

(NOTE: This section is intended to provide a list of resources for purchasing office seating. The following chair manufacturers meet all or most of the criteria on that list: Bodybilt, Haworth, Herman Miller, Humanscale, Neutral Posture, and Steelcase.)

## Ergonomic Task Seating (Chairs)

See the Purchasing Office Seating fact sheet in the Downloadable Resources section of this guide for a detailed list of features to consider before purchasing. The following chair manufacturers meet all or most of the criteria on that list:

Bodybilt: various models [www.ergo4me.com](http://www.ergo4me.com)

Haworth: Zody [www.haworth.com](http://www.haworth.com)

Herman Miller: Aeron, Ambi, Ergon3, Mirra [www.hermanmiller.com](http://www.hermanmiller.com)

Humanscale: Freedom task chair [www.humanscale.com](http://www.humanscale.com)

Neutral Posture: NP Series and some task chairs with options [www.neutralposture.com](http://www.neutralposture.com)

Steelcase: Leap, Criterion, Drive [www.steelcase.com](http://www.steelcase.com)

## Furniture

Quality ergonomic task seating and highly adjustable systems (modular) furniture are probably the two most important components of an ergonomic computer workstation. Adjustable systems furniture allows you to accommodate people who vary widely in size and stature by adjusting desk heights without having to purchase additional add-ons such as keyboard trays and mouse platforms. Systems furniture that can be configured in multiple layouts will also provide more flexibility to meet the needs of the user and support a wide range of functions, from traditional seated computer work to standing paperwork and customer service tasks. The following is a list of systems furniture manufacturers that provide a variety of modular office configurations and layouts:

Allsteel—[www.allsteeloffice.com](http://www.allsteeloffice.com)

Details—[www.details-worktools.com](http://www.details-worktools.com)

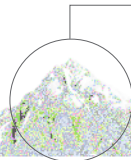
Haworth—[www.haworth.com](http://www.haworth.com)

Herman Miller—[www.hermanmiller.com](http://www.hermanmiller.com)

Hon—[www.hon.com](http://www.hon.com)

Steelcase—[www.steelcase.com](http://www.steelcase.com)

Teknion—[www.tekus.com](http://www.tekus.com)







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