

## ERGONOMIC ASSESSMENT

**By Andrew Wilson**  
*Osteopath & Ergonomist*

### **Buro Posturite** *Stool*

The Posturite Stool was developed by Buro in conjunction with Andrew Wilson 13 years ago. It was designed as a task stool that allowed a high sitting or perching posture with the emphasis on a forward tilt thigh and an open trunk to thigh angle. It is particularly useful in work benches or laboratory workplaces and has also been used by masseurs, osteopaths, hairdressers, dentists, beauty therapists and sewing machinists. It allows a more balanced posture where a back-rest becomes less important and more weight can be taken through the feet. With the advent of electric adjustable desks it provides a genuine alternative posture midway between the traditional sitting posture and standing. This encourages variation in posture and reduction of strain and fatigue from prolonged sitting.

#### **Seat Profile**

A small profile seat 40cm x 40 cm with a square shape and rounded corners. It has a pronounced waterfall on the front and a noticeable reverse waterfall at the rear. It has a small protuberance at the centre of the seat at the front half which encourages a slight abducted thigh posture and provides a brake to forward slippage. It has a double scallop either side of the centre designed to maximise surface contact area. The affect of this allows a much greater forward sloped thigh and a balance posture without forward slippage. It has been designed as a replacement for the kneeler chair with a much more comfortable and socially acceptable posture than similar saddle seats. It is easy to get up and down from and easily allows a forward leaning posture suitable for workbench and forward reaching postures.

#### **Configuration of seat and backrest**

##### **Forward tilt**

There is an adjustable tilt mechanism which can range from flat to a forward slope of 15 degrees. With the profile of the seat this allows an affective forward thigh angle of up to 45 degrees allowing a well-balanced and open posture.

##### **Height**

There is an adjustable height gas lift, this can be configured to the height of the person and the task involved.

##### **Wheels or Glides**

The stool is available in glides, braked wheels or free wheels depending on the surface of the floor and the task. The seat can be upholstered in vinyl, fabric or fabric of choice.

#### **Anthropometric range**

It comes in a full range of gas lifts and wheel options. It is a small seat designed for space efficiency and has a relatively small sweet spot – it is important to find the comfort point. The relatively small seat may not suit the larger person. The provision of a back rest and arm support would be a valuable optional addition, particularly when sitting for longer periods.

#### **Summary**

It is a well-designed perching stool designed for a balanced, high sitting posture. It is much more comfortable than a kneeler chair, saddle seat or swiss ball. It can be used as a task chair or as an alternative sitting posture midway between sitting and standing when using a sit to stand desk.

**Andrew Wilson - Osteopath and Ergonomist**

18 April 2018