



## **Buying the Right Chair for Fit and Comfort**

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Nothing can do more to take the enjoyment out of sewing and quilting or to turn time spent at your home or office desk into a real grind than sitting in a chair that is poorly made or doesn't fit your body. It is easy to overlook the importance of having the right chair and many of us simply use whatever chair is handy to go about our tasks. Experts agree that your chair is perhaps the single most important component of a healthy working environment. The goal of ergonomics is to make work and play more comfortable and productive. As the science of ergonomics learns more about how muscles and joints of the human body move and react to incorrect posture, products of all kinds are being improved to provide a more comfortable and healthier way for us to do our desired tasks. Scientists have learned a lot about the importance the right chair plays in keeping our bodies more healthy for a better quality of life.

Your body needs the right support and comfort when you are sitting in a chair. Sitting in the wrong chair for prolonged periods of time can cause low back pain or worsen an existing back or neck problem. That's because sitting is a static posture that increases stress in the back, neck, shoulders, arms and legs. The wrong chair can add large amounts of pressure to the back muscles and spinal discs. Learning how to achieve the right support and comfort may be found in this buying guide. The following information is a compilation of the very best current thinking about choosing the right chair for your home or office.

While it is true in general that a higher priced chair is a better quality chair, you don't have to overspend or break the budget to purchase a chair with all of the important quality and design features discussed here. In fact, purchasing a higher priced "Name Brand" chair might be the worst thing you can do if that chair doesn't fit your body or doesn't provide the adjustability required for your



needs. Heavenly Seating has the "Right Chairs at the Right Price" for every ergonomic chair need. We work to match each customer to the best choice so you will have the "Right" chair in your home or office. Learning about the features of the chairs you consider for purchase can be challenging. In most retail stores the sales personnel are uninformed and unable to make quality recommendations for your unique needs. Purchasing most chairs on the internet isn't any better with answers to your questions hard to come by. The internet dealers are generally more interested in getting your order quickly as just one of hundreds if not thousands of chairs they hope to sell each month.

At Heavenly Seating we do things differently. We take the time to learn about your unique needs and then we make suggestions about the chair model that will best suit your needs. Our Heavenly Sewing Chairs are sold through a carefully selected group of sewing machine dealers and quilt shops. These dealer stores have a wealth of information to answer your questions and they take pride in offering you the finest in personal service. We sell one chair at a time and then build one chair at a time as we get your order. We call you personally with the delivery information and then we are available after the chair arrives at your location to assist you in every way to assure you the most comfortable and best value chair you have ever purchased. We look forward to talking with you when you are ready to take the next step to Heavenly Comfort.

- **One size doesn't fit all.** Owning a good quality ergonomic chair is not enough – it is also necessary to have a chair that is built for the individual's body type and size. A 'One Size Fits All' chair really doesn't fit anyone. When you sit on the chair the seat pan cushion should be at least one inch wider than your hips on either side. Seat cushion depth is an important factor. Too short and you lose support of the front part of the thighs. Too long and the seat cushion will press against the back of your calves or prevent you from leaning fully against the lumbar support in the back cushion. Don't settle for anything less than the perfect fit for you.



- **Backrests.** The backrest should be separate from the seat. It should be adjustable in height as well as support angle. The chair must provide a locking mechanism of the back cushion position for good support and reduction of back muscle fatigue. The backrest should be able to support the natural curvature of the spine, with special attention to the lumbar region.
- **Lumbar Support.** An adjustable lumbar support is important for tasks that require a more upright position such as sewing. The lumbar spine has an inward curve, and sitting for long periods without support tends to lead to slouching and a risk of chronic lower back pain and strain to the structures of the lower spine. An adjustable lumbar support is also desirable for individuals with a more pronounced curvature of the lower spine.
- **Chair Seat Cushion Height.** Seat height should be easily adjustable. A pneumatic adjustment lever is the easiest way to do this. A seat height of 17" to 22" off the floor should work for most people. This allows the user to have his or her feet flat on the floor with thighs level or at a slight up angle from knee to hip for maximum comfort and good circulation. The quality of pneumatic cylinder at the heart of ergonomic chairs can vary widely. Lesser quality pneumatic cylinders soon lose the gas charge and fail to hold the desired seat cushion height. Top quality chairs like every model sold by Heavenly Seating have a lifetime warranty on the pneumatic cylinder.
  - Be sure the range of seat height is sufficient for special purposes. Higher table or desk surfaces require a higher seat cushion both for comfort and good vision of the work area. The best chairs can be adapted to provide a window of height adjustability that works well with the other furniture used in your work.
- **Seat Cushion Comfort and Design.** Sitting in your new chair for periods of time of several hours or more will soon reveal a chair with inadequate cushions. Discomfort, hip pain, tingling, and numbness can all become a distraction from your work and may require you to end the session in the chair sooner than desired. Top quality seat cushions are constructed from high density urethane foam. This insures that the cushion will never 'bottom out' causing discomfort and a restriction in blood circulation. An important feature of a good fitting and comfortable chair is one where the front edge of the seat cushion falls off like a waterfall. A chair of this design will eliminate pressure points on the bottom of the legs.



- **Back Cushion Adjustability.** This is a very desirable feature for nearly all users, especially for sewers and quilters. Sewing posture requires the machine operator to sit very upright for a better view of the sewing needle. Look for a range of adjustment that will provide for constant support of the entire spine including the lumbar region when leaning slightly forward and leaning backward as well. This adjustment must be able to have a lockdown capability to eliminate unnecessary back muscle fatigue.
- **Swivel.** A good chair should easily rotate a full 360° so the user can reach different parts of his or her work area without straining. This rotation should take place freely, almost without effort.
- **Pedestal Base and Casters.** A five leg pedestal base is essential for stability and your safety. Top quality chairs have top quality casters with split wheel design for stability and weight distribution. Choose a chair with a choice of casters designed for carpet or hard surfaces. The ease of mobility will be enhanced with the proper casters for your floor surface.
- **Arm Rests.** Arm rests should be adjustable in height. They should be contoured, cushioned, and comfortable. Arm rests for sewing chairs should also be positioned closer to the back edge of the seat so they don't restrict your ability to sit close to your sewing machine table or cabinet. The arm rests on many chairs are not removable and extend too far forward.

For additional information on Heavenly Sewing Chairs please contact:

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