

# Remix<sup>®</sup> Work Chair

## An Ergonomic Checklist



### A Brief Assessment of Remix

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***The Remix work chair provides the adjustment capabilities necessary to accommodate a wide range of users and workstation arrangements.***

In order to accommodate both petite and taller users, its seat height adjustments utilize three different cylinder arrangements with an overall height adjustment range between 14.8 inches and 23.4 inches. Remix goes beyond the range specified in the anthropometric database<sup>1</sup> used to develop the ANSI/HFES 100 standard, and by making an allowance for a 1 inch heel, the seat height for a 5<sup>th</sup> percentile female is 14.8 inches while that of a 95<sup>th</sup> percentile male is 19.75 inches.

The Remix chair backrest provides a lumbar support that conforms to each individual user. The backrest supports both upright and reclined seated work, tilting between 96° and 124° to support these different working postures.

***The Remix adjustment features for the backrest, armrests and for the seat width and depth, when combined with the three cylinder height ranges, makes the chair a good ergonomic solution for office workplace seating.***

<sup>1</sup> Human Factors and Ergonomics Society (2007) ANSI/HFES 100-2007 Human Factors Engineering of Computer Workstations. Human Factors and Ergonomics Society, Santa Monica, CA.

# What makes Remix a good ergonomic tool?

## ANSI/HFES 100 REQUIREMENTS

## REMIX CONFORMANCE

### GENERAL

+ Stable during use (must conform to ANSI/BIFMA X 5.1)	<b>YES</b>
+ Support at least two of the seated reference postures	<b>YES</b>
+ Provide support to the user's back and thighs	<b>YES</b>
+ Chair controls shall not protrude into the leg and foot clearance space or interfere with typical work activities	<b>YES</b>

### SEAT

+ Must have seat pan height adjustment of at least 4.5" in the range between 15-22" above the floor can be achieved with multiple chairs/cylinders	<b>YES, 17.2"–22.1" standard cylinder, 14.8"–22.1" low cylinder</b>
+ Seat pan must not be more than 16.9" in depth if non-adjustable	<b>ADJUSTABLE</b>
+ If seat pan depth is adjustable, it must include a depth of 16.9"	<b>YES, adjusts between 14.75" and 17.75"</b>
+ The seat pan must be at least 17.7" wide	<b>YES, 20.6"</b>
+ Have a tilt adjustment range of at least 4° and must include a 3° reclined position	<b>YES, adjusts between 2.8° and 14.8° reclined</b>

### BACKREST

+ Must have a lumbar support	<b>YES</b>
+ Must not force a torso-thigh angles less than 90°	<b>YES, 90° torso-thigh angle at rest</b>
+ Must allow adjustment of the angle between the backrest and seat pan so that it is 90° or more	<b>YES, 90° torso-thigh angle at rest, 28° tilt range</b>
+ Must allow at least a 15° degree recline from vertical position	<b>YES</b>
+ If the recline angle is adjustable, it must be able to adjust by at least 15 within the range of 90° to 120° relative to horizontal	<b>YES, 24° range (96°–120°)</b>

### ARMRESTS

+ Must provide sufficient clearance for the user to sit or stand without interference	<b>YES, 20.75" internal clearance for fixed arms, 15.5"–23.3" clearance for adjustable arms</b>
+ Must not cause the user to violate any of the postural guidelines	<b>YES</b>

The ANSI/HFES 100 standard<sup>2</sup> provides a good, objective means of assessing the suitability of a chair for use in computer workstations. This standard contains ergonomic specifications for office chairs and other furniture, as well as for displays and input devices. It also offers information on how these individual components can be integrated into a workstation

that fits the user. It requires manufacturers to provide users with information on specific properties of their products, consequently Knoll has designed and tested this chair to ensure that it conforms to the ANSI/HFES 100 standard's requirements, as are described below.

<sup>2</sup> Gordon, C. C., Churchill, T., Clauser, C. E., Bradtmiller, B., & McConville, J. T. (1989). *Anthropometric survey of US army personnel: methods and summary statistics 1988*. ANTHROPOLOGY RESEARCH PROJECT INC YELLOW SPRINGS OH.