

**Buro**  
**Mentor Chair**  
With arms

## ERGONOMIC ASSESSMENT

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### Seat Profile – 9 (10)

A generously padded seat base (80mm) of medium size - 460mm x 480mm. There is a side to side contour of around 10mm. The main body of the seat is horizontal, with a generous waterfall edge occupying the front one third. This allows a good thigh tilt posture with the hips higher than the knees. It is a very comfortable seat with an excellent waterfall edge with no pressure points.

### Backrest profile –18.5 (20)

A high square backrest 56mm x 45mm of mesh construction. The mesh maintains a good degree of tension which is reinforced by the angled frame and the additional lumbar support. The backrest does not adjust for height. The lumbar support is adjustable for height but not depth, but gives effective and comfortable additional support. A comfortable supportive backrest with no pressure points. The backrest has a built in dynamic flexibility.

### Configuration of seat and backrest

#### Forward tilt – 9.5 (10)

The default forward tilt posture is excellent. It allows a forward slope thigh while maintaining a very comfortable and supportive backrest.

#### Centre – 9 (10)

The synchro mechanism allows for reclined seat and back rest positions that maintain comfort without pressure points or pulling on clothes.

#### Reclined –9 (10)

There is a good range of reclination without any instability and the posture remains supportive and comfortable.

### Ease of adjustability – 18 (20)

There are 2 levers on either side of the seat, which are easy to reach. They are labeled but they are difficult to see. The right lever adjusts seat height and seat depth. The left lever allows for locking and unlocking of the synchro action. There is no adjustment on the backrest height though it conforms nicely to user size and profile. The chair was supplied with height adjustable arms that are easily adjustable for height, width and depth. The synchro tension adjustment is self-weighting and seemed to work well for the range of users I tested it with.

### Anthropometric range – 18 (20)

There is an excellent gas lift range (430mm-550mm). The seat and back rest have generous sizing with minimal contouring allowing for a wide range of user sizes. The seat slider adds to the user range and maintains good posture. It would suit a wide range of users.

### Total 91 (100)

#### Summary

This is an excellent all-round chair that would suit a wide range of users.

#### Sales note

An excellent all-round chair, with no obvious faults that would suit a wide range of users. I particularly like the default posture which encourages a forward thigh tilt posture. The excellent self-weighting tension mechanism encourages the user to use the dynamic features which make a synchro chair so beneficial.

**Andrew Wilson - Osteopath and Ergonomist**

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