

For an accurate assessment please complete all sections as fully as possible, especially measurements A -H



For Quotations Only - Please Tick

Confidentiality

All of the information we request is only used to help decide which chair model would be most suitable for you and your needs. All this information is kept strictly confidential.

	Name	Tel	Email
Chair User Details			
Contact for return of Quote & Report			
Chair user location (inc dept & full address)			

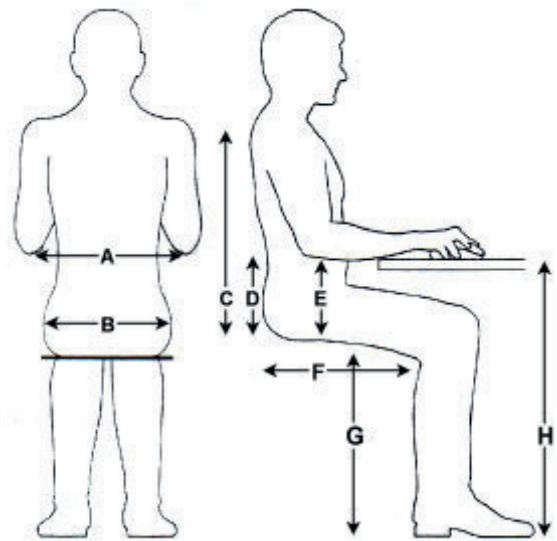
Please give a brief summary of your duties below

<input type="checkbox"/> % Computer	<input type="checkbox"/> % Wiring	<input type="checkbox"/> % Tel	<input type="checkbox"/> % Other

Do you use a footrest?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any allergies?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
What is the shape of your desk?		
What is the surface of your floor?		
<input type="checkbox"/> Soft carpet	<input type="checkbox"/> Carpet tile	<input type="checkbox"/> Vinyl
<input type="checkbox"/> Concrete	<input type="checkbox"/> Other	<input type="checkbox"/> Wood
<input type="checkbox"/> Tile		

Would the user require arm rests?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would the user require a neck rest?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would the user benefit from memory foam?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Preferred height of back rest (if applicable)		
<input type="checkbox"/> Below shoulder blades	<input type="checkbox"/> On shoulder blades	<input type="checkbox"/> Above shoulder blades

Area of Pain	Tick	Please give details
Diagnosed medical conditions		
Lower Back		
Coccyx/ Sacrum		
Middle Back		
Shoulders		
Upper Back		
Elbow		
Neck		
Fingers		
Hand		
Knees		
Wrist		
Other		
Legs (Sciatica)		
Hips		



Measurements needed cm

A Width between elbows	
B Hip width when in a sitting position	
C Height from top of shoulder to surface of seat	
D Height from centre of lumbar curve to surface of seat	
E Height from underside of elbow to surface of seat	
F Depth from back of buttock to back of knee joint	
G Height from back of knee to floor, wearing shoe	
H Desk height	
Weight (Stone & Lbs)	
Height (Feet & Inches)	
Age	
Sex	

Please return the completed form to:

Ergonomic Seating Solutions
 Tel: 01772 977 814
 Email: office@ergosol.co.uk Website: ergosol.co.uk

Unit 6, New Mill Industrial Estate, Club Street, Bamber Bridge, Lancashire, PR5 6FN

How to measure yourself

For a perfect fit

We are confident that by using "POSE" in conjunction with our modular Opera chairs the result will be a perfect fit. You can confirm this by trying out the recommended model for fourteen days on sale or return (UK only).

Where to measure yourself:

General

Although you can take the measurements yourself, it is frequently easier and possibly more accurate if you get someone to help you.

If your existing chair does not allow you to sit upright with your feet flat on the floor (as the diagram) please borrow a chair that will allow you to do this.

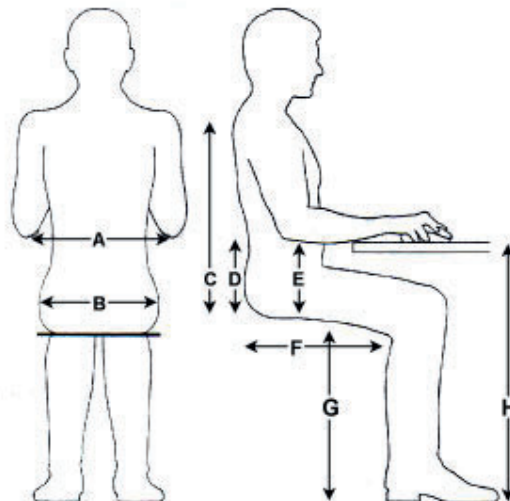
Apart from your height please take all measurements in cm.

Please complete the form as fully as possible.

A Measure the width between your elbows with them relaxed and at your side in a natural position.

B Measure the width of your hips at their widest point as you are seated. Try to get this as accurate as possible as this will determine the width of your seat.

C Measure from the top of the shoulder to seat surface. It is important to sit upright when taking this measurement. Measure from the chair seat upholstery to the top of your shoulder (feel for the hard outer part on the top of your shoulder).



D If you are unsure which lower back curve you have please tick "Medium curve".

E With your shoulders relaxed and arms bent at the elbow at a 90 degree angle, measure the distance between your seat and elbow. This will help us to identify the height of arm rest required.

F Measure from the back of your buttock (the rear of your pelvis*) to behind your knee (above your calf muscle).
* place a book vertically against the back of your buttock, measure from the book cover to behind your knee.

G Measure from your knee joint to the floor. When taking this measurement try to wear shoes you would normally wear.

H Measure your desk height, from the top of the work surface to the floor.

Alternatively, if you can find a stool or bench that allows you to sit upright, place it next to a wall and sit with your buttock against the wall, you can then measure from the wall to behind your knee.

when sitting correctly matters