

## How to choose ergonomic chair?

After the epidemic situation, most people's home office and online classes have become the norm. Long time staying at home makes people feel comfortable about ergonomic chairs and study desks and chairs, which can provide comfortable sitting posture.

So how to choose a comfortable ergonomic chair for yourself? We need to grasp the key point to buy, as the saying goes, It's better to buy right than expensive. According to their own needs to buy, rather than blindly pursue expensive ergonomic chair.

Many people choose ergonomic chair to make their office easy and healthy. Here we suggest you choose a better ergonomic chair. It is needless to say that sitting in a chair without ergonomics for a long time every day is harmful. I believe many people who have worked for several years have realized it. Then this is your own demand. Chairs must have a certain engineering nature, and then find products that can balance the two according to your own budget and demand. On the contrary, if you have no requirements for chairs and can do it at affordable prices, then choose the most common and cheap chair.

So after making clear our own needs, what other points should we pay attention to?

1. In their own budget, as far as possible to choose a brand of products, and keep good product instructions and quality assurance card these rights protection certificate.
2. In addition to the overall structural safety of the chair, the gas lift must pass the safety certification. You can consult the customer service in advance and show the relevant certificate issued by SGS.
3. According to the material classification, ergonomic chair is mainly divided into mesh chair, fabric chair, and leather chair. Mesh backs are breathable and keep you cool, while padded seats (memory foam or high-density foam) add comfort. Too soft can cause sagging while too firm may be uncomfortable over time. Leather chairs provide a firmer, more structured seating surface than mesh, have professional & luxurious look, and easier to clean & maintain. We'd better choose according to our actual situation when we buy.
4. Different people's body shape and weight for the chair experience is completely different. We should understand the various sizes of the chair. If the purpose of choosing a chair is to make it more comfortable, you need to pay special attention to the ergonomics of the chair and the adjustment function of headrest, chair back, armrest and seat height when you buy a chair. Try before you buy if possible.