Ergonomic Assessment

By Brendan Grimes
Certified Professional Ergonomist

J.Burrows Matrix Executive Medium-Back Chair

JBMATXMBBK

Suited for people 176cm or taller.

*provided seat base measurement is met. See page 2 for guidance.

ADJUSTABLE CHAIR TILT

FIXED ARMRESTS

160KG
WEIGHT CAPACITY

Summary

The chair seems suitable for boardroom use with a 2-hour maximum as it is comfortable in the reclining position but too upright in the locked position. It has a handle on the back to move from room to room if needed. Seat height adjustment allows for people about 176cm (5'9.5") or taller, provided seat base measurement is met*. It offers a generous seat base and backrest while allowing for considerable weight capacity. The seat is well upholstered and has good fittings.

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AS/NZS 4438:1997 compliance[1] – Yes
AFRDI Rating[2] – Not rated for commercial use

Posture Support

The seat surfaces and backrest provide some degree of support and comfort, but the sitting posture is a bit too upright in the locked position. In a reclining position, it appears more comfortable. There is minimal lumbar support. The seat base has a modest foam base (50mm) of moulded foam.

Adjustability

The seat height can be adjusted from 475-540mm. The seat can be reclined, but there is only one setting to lock the chair into place (in an upright position). The seat recline has tension control. All controls are easy to operate and accessible whilst sitting in the seat. The armrests are not adjustable.

Stability

It appears reasonably strong and stable, but sideways and back and forward movement are evident. This chair has a 160kg weight capacity, which means it can withstand heavy individuals. The chair is on a 5-castor chrome-plated steel pedestal base and pillar, which is strong and stable.

Upholstery, Covering, Corners and Edges

The seat and seat base are good quality polyurethane and foam cushioning. The corners and edges are well-rounded and smooth. There are no sharp projections, sharp edges or rough surfaces evident. Edges accessible to users are rounded with a minimum radius of 2mm. The ends and feet of tubular metal components are capped/closed and finished smoothly. It appears to have adequate air/water vapour permeability, except where non-permeability is required for hygiene or ease of cleaning. The foam thickness is thin.

Dimensional Requirements / Anthropometrics[3]

Seat height adjustment from 475-540mm allows for people about 176cm (5'9.5") or taller. Seat depth is 440mm, suitable for people with a measurement of 480mm or more from their buttocks to the back of the knee (see note on Seat Depth measurement below). The width of the seat base is 530mm, and the width between the armrests is 530mm, essentially accommodating the whole population (at least 95%). Armrests are fixed at 165mm above the seat. The backrest height at 485mm and 500mm wide is a medium backrest, essentially suitable for the whole population.

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Seat Depth
While seated, measure from your buttock to the back of your knee, then subtract 40mm.

1 AS/NZS 4438:1997 Height-adjustable swivel chairs: Relevant standard for adjustable swivel office chairs. 2 AFRDI Rating: Rated by Australasian Furnishing Research & Development Institute Limited, independent tester/certifier of furniture products. Blue Tick Certification ensures stability, durability, ergonomic dimensions, safety and strength and ignition mitigation sources. Green Tick Certification means material is sustainably sourced, requires low operating energy, waste is minimised during production and the ability to recycle components at end of life of product is maximised. 3 Anthropometrics: Based on data from S Pheasant, Bodyspace, Anthropometry, Ergonomics and Design, 1988; World Engineering Anthropometry Resource.