

DoD Ergonomics Working Group NEWS



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<http://chppm-www.apgea.army.mil/ergowg/>

Ergonomics FAQ:

Should my office chair have a base with four or five legs?



This question has been posed to us a number of times. The answer is a resounding **FIVE!** according to DoD's MIL-STD-1472 on design criteria. It's a fact— five legs on your office chair creates greater stability, making you less likely to tip the chair over. And the number of legs isn't the only thing you need to consider about the base of your chair:

- The legs should have casters that roll easily over the floor or carpet— different types of casters are available to fit each type of floor covering.
- Locking casters can add stability and prevent unintentional movement of the chair.
- The chair should swivel 360° so it is easier to sit down, stand up, and move within your workstation.

Of course, the base of the chair is only one of the many chair components that make the difference between comfort and discomfort when sitting at your workstation. For a detailed discussion, go to

<http://chppm-www.apgea.army.mil/ergowg/Factsheets/index.PDF>

and select Fact Sheet 15, “Your computer workstation should include a chair that’s right for you.” Topics covered in the fact sheet and checklist include: chair controls, seat height, seat pan length, seat pan width, seat pan slope, seat pan padding, backrest, armrests, and base. Fill out the evaluation checklist included at the end of the fact sheet to see how well you’re “sitting down on the job.”