

NeutralPosture® Series Chairs: “Highly Successful”

This is a summary of the year-long study at the Cincinnati Service Center of the Internal Revenue Service that demonstrated how a combination of ergonomic furniture and proper training plays an important role in today's organizational environment. This study, conducted by Marvin Dainoff Associates, Inc., tracked the progress of Data Conversion personnel after the implementation of an “optimum ergonomic workplace,” including ergonomic chairs manufactured by Neutral Posture, Inc. **The study found that ergonomic improvements in working conditions are effective in reducing symptoms of musculoskeletal disorders.**

Musculoskeletal load was evaluated by measuring postures and conducting both physical and subjective evaluations of the participants in the study. Postural angles were measured before and after the use of Neutral Posture® Chairs. These measures revealed a clear decrease in trunk and head flexion, indicating an improvement in working posture. This improvement was maintained throughout the year-long study.

Follow-up physical exams of study participants revealed marked improvements after use of Neutral Posture® Series chairs which coincided with a dramatic drop in the number of physiological signs of musculoskeletal disorders. Additionally, this remarkable drop was maintained throughout the year-long term of the study.

The participants also provided subjective feedback according to the variables of intensity of pain and frequency of pain. **“Seat comfort,” one indicator of the participant’s assessment of the ergonomic adequacy of the workplace, showed a dramatic increase following the implementation of the Neutral Posture® Series chairs.** Similar to the objective physical examination, the results from this subjective evaluation also indicated a clear decrease in musculoskeletal pain. Again, this decrease also lasted throughout the year-long term of the study.

The final section of this study also examined the cost effectiveness of an ergonomic intervention. Extensive research was referenced in this study which supports the fact that an investment in ergonomics has an immediate effect on what are normally considered overhead costs: a reduction in training costs for replacement workers, medical expenses, sick leave, etc. In assessing the costs of an investment in ergonomic seating against the presumed benefits, it is essential not to overlook this large class of benefits in the form of reduced overhead costs.

The results of this study demonstrate that ergonomic programs are an important tool in the improvement of overall organizational productivity. Find the full 64 page report at www.NeutralPosture.com.

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3904 N. Texas Avenue • Bryan, Texas 77803 • 1 (800) 446-3746 • www.neutralposture.com