

IELTS READING-The Ergonomics of a Chair Explained S37GT4



IELTS READING The Ergonomics of a Chair Explained Reading Practice Test has 10 Questions belongs to the Design & Technology subject..

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According to recent health statistics regarding desk jobs, close to 86% of American employees have jobs that require long periods of sitting. There are several health issues to consider when it comes to desk jobs. Prolonged desk-working may contribute to a number of medical issues, including cardiovascular disease and carpal tunnel syndrome (where nerves to the hand are compressed leading to tingling and numbness). Furthermore, sitting behind a desk affects your posture, mental health, and stress levels and is a cause for concern for all of us who spend 30+ hours sitting at our work desks every single week. Sitting down causes a number of stresses in our bodies, especially our spines, and this has recently begun to be recognised by health professionals and is the main reason for the sudden boom of ergonomic office chairs.

What does the term 'Ergonomic' mean?

Ergonomics is a science, also known as human engineering or biotechnology. The discipline involves looking at how objects can be designed and/or arranged to best compliment easy and safe human interaction.

An ergonomic chair, for example, is a chair that has been designed to best support the human body, including considerations like posture, comfort, support and health.

Questions 21-27

Complete each sentence with the correct ending A-G below.

Write the correct letter A-G boxes 21-27 on your answer sheet.

A. to match the height of the user.

B. are associated with sedentary work.

C. when they are shared.

D. when the seat swivels.

E. when considering blood circulation.

F. to match use.

G. depends on the nature of its surroundings.

21 Adjustability of chairs is important...

22 Ergonomic equipment is designed...

23 The materials chosen for some elements of a chair...

24 The position of the feet is important...

25 The position of a computer screen should be adjusted...

26 A number of medical conditions...

What makes a chair 'Ergonomic'?

Ergonomic office chairs have a number of features designed to improve your posture and offer correct support, but they only do half the job. To truly feel the benefits of an ergonomic chair, you should first learn how to sit properly:

- Keep an arm's length away from your computer screen. Ideally, the top of the monitor should be level with your eyes.
- Sit up straight and avoid slouching. Your neck should be in a relaxed and neutral position.
- Keep your arms parallel to the floor
- Sit with both feet flat on the floor, and avoid crossing your legs. This is to allow correct blood circulation within your legs

A good ergonomic chair will be adjustable, to allow for better control and customization. Adjustability is especially important if you are buying chairs that will be used by different users. If you are buying a chair for your home office, or for one person specifically, consider using their body dimensions for a greater 'fit'. Tall people will have different needs to people will have different needs to people who are shorter, for example. If your chair will be used on a hard surface, find a chair will be used on a hard surface, find a chair with soft rubber wheels. if your workplace/home office is carpeted, opt for hard wheels to help you navigate better. It should also swivel to mark it easier for you to reach different parts of your desk without having to stretch or strain excessively.

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