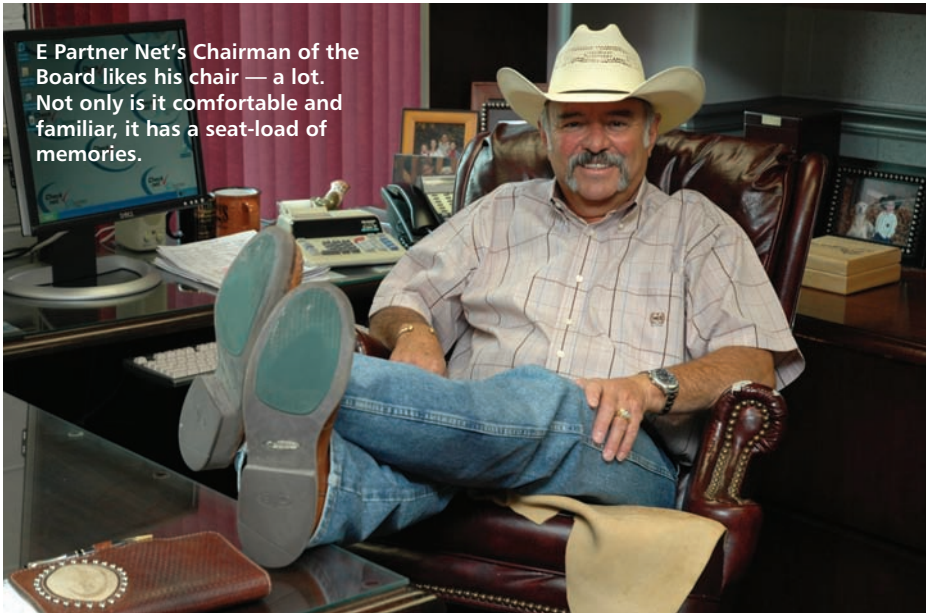


Sitting Pretty

YOUR COMPANY'S CHAIRS shouldn't take a back seat

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E Partner Net's Chairman of the Board likes his chair — a lot. Not only is it comfortable and familiar, it has a seat-load of memories.

Don't buy Paul Carnesecca a new office chair. He won't sit in it. "I love my chair," says the E Partner Net founder. "People have threatened to get me a new one, but it wouldn't do them any good."

The seat in question has cowboy-style leather marked with character, nostalgia and memories. It's comfortable, it's familiar and it's completely worn out — just the way Carnesecca likes it.

And who's to argue with the chairman of the board?

Not all of us are so fortunate to have found our chair-mate. Here are three tips to get you started.

Take a seat.

The sit-uation

You've got your computer, desk and family frames perfectly situated. Can you say the same for yourself?

"The most important piece of furniture is the chair. Think about where you spend most of your time," says Dale Benson, owner of Bluefin Design Group in Orem. "The chair is the most important contribution to productivity."

Benson cites comfort and support among the chair's productive attri-

butes. If you're constantly fidgeting or stretching your back, chances are your work is on edge as well.

Musical chairs

Picking a chair is about preference. "A chair is personal," Benson says. "Each person sits differently."

The first step is determining what you want the chair to accomplish. Start with function and move on to style.

"For a variety of reasons, the chair of a CEO is going to be different from the chair of a customer service representative," Benson says. "They both should be high-quality chairs, but it comes down to what they are going to use them for. The CEO may hardly be in his chair, while the customer service rep needs long-lasting support."

Here are two suggestions for the most common office chairs.

The all-day, everyday chair

For employees that call their chair home, try a multi-function design.

"A multi-function chair will have angle adjustments — a back angle, a seat angle and adjustable arm heights," Benson says. "If an employee leans forward at a computer all-day long, they are going to need full-body support."

The executive decision

If your chair is more décor than device, try a multi-function chair — with flair.

"Managers and executives tend to lean back a lot," Benson says. "They don't spend as much time leaning forward as they do pondering and sleeping. So they typically want chairs with deluxe cushioning or glove leather."

Sit on a price

When it comes to chairs, the cost can be as plush as the padding.

"There are soft costs associated with buying chairs," Benson says. "Those are the costs you can't see when you do the initial calculations."

For example, if an employer purchases cheap, uncomfortable chairs for employees, the costs you don't see are the potential medical expenses related to back problems or Carpal Tunnel.

"The cheaper chairs become a hard cost on the budget," Benson says. "You get a disposable chair that ends up costing you a lot of money."

Chairs can range anywhere from \$59 to \$2,500 at Bluefin, but Benson says the most important consideration is finding the right chair for the job. **Q**

CHAIRS OF THE YEAR

Here's a yearbook of chairs, starting with the chair most likely to succeed.

MULTI-FUNCTION CHAIRS

You can't go wrong with these full-support seats, which are typically good for a 10-year (if not lifetime) guarantee.

BIG AND TALL CHAIRS

Prime comfort for employees or patrons with larger frames.

ERGONOMIC CHAIRS

A breath of fresh air in the circulation department.

MOST UNIQUE CHAIR

Bluefin has a ribbed chair that "looks like the back of a dinosaur."