



# PRODUCT DESIGN FOR ERGONOMICS

AEC Banquette Division

## DID YOU KNOW?

Sitting leads to 40-90% more stress on the back

The healthiest way to sit for extended periods of time is in **neutral sitting postures**. - a stress-free state in which our body naturally curves our spine

- 0 degree neck tilt
- 25-45 degree lower back curve

## GUIDELINES:

*angles will vary depending on usage*

- Rule of thumb: 24" space per person (21" minimum)
- Seat depth: 17"-20" depth
- Seat angle : 0-5 degrees from horizontal
- Seat height: 17-19" is recommended for a fixed height seat
- Seat back angle: 0-10 degrees
- Torso to thigh angle: 95-110 degrees
- 2"-4" foam cushion recommended for seat padding

AEC BUILDS TO SPECIFIED DIMENSIONS, BUT STRONGLY RECOMMENDS DESIGNING WITH ERGONOMICS IN MIND

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