AVEYA - Independent Ergonomic Chair Assessment

Date: May 2026

Executive Summary

Advanta engaged Dane Casserly Advisory Services (Exercise and Sport Scientist / Ergonomic Specialist) to conduct an independent ergonomic assessment of the AVEYA task chair. This assessment reviews chair dimensions, available adjustment ranges, and control usability in relation to relevant anthropometric data and accepted ergonomic principles.

This assessment is limited to the chair itself and does not include evaluation of an individual user or a specific workstation environment.

Dane Casserly has more than 15 years of experience conducting ergonomic assessments and providing recommendations, with a particular focus on office ergonomics. He is a current HFESA member, a committee member of the WA branch, and a former WA professional development coordinator.

Methodology

This assessment was conducted through an independent review of the chair's physical dimensions, adjustment ranges, control layout, and functional features against accepted ergonomic principles and relevant anthropometric considerations for office seating. The review considered the chair's capacity to support neutral posture, user adjustability, lumbar support, pressure distribution, dynamic sitting, and compatibility with desk-based work. Findings are based on observation and measurement of the chair only and do not include assessment of an individual user, specific task demands, or workstation configuration.

General Ergonomic Design and Adjustability

The AVEYA task chair demonstrates a sound ergonomic design and provides multiple adjustment features intended to accommodate a broad range of users. Adjustment controls are generally accessible from the seated position and support individualised setup of the seat height, seat pan depth, lumbar support, armrests, backrest tilt, and headrest. The chair's contoured seat, breathable mesh backrest, and adjustable support features promote neutral posture, postural variation, and comfort during prolonged seated tasks.

The bilateral lumbar support adjustment enhances the chair's suitability for users with specific low back conditions, including scoliosis.

The AVEYA is rated for users up to 140kg and comes with a 10 year warranty.

Chair Features	Comments
Seat height	The seat height adjustment range is 450–540mm and is controlled via a right-hand side, forward-facing lever. The lever is accessible from the seated position with minimal reach beneath the seat pan, supporting intuitive operation while remaining protected from unintended contact. This adjustment range is appropriate for a broad range of users and assists in achieving a neutral seated posture with feet supported and knees positioned at approximately 90 degrees.
Seat pan depth	The seat pan depth adjusts between 470–540mm via a flush-mounted undermount control with finger lips and four lockable positions. While the control may require initial user awareness, its integrated design reduces protrusions, supports a clean control layout and reduces the likelihood of unintended movement. The available range provides substantial thigh support and is better suited to medium to taller users; however, fit should be confirmed against the user's buttock-popliteal length to ensure adequate clearance behind the knees.
Seat width and cushion	The seat pan width is 510mm and incorporates a bevelled front edge with slightly raised lateral contours, creating a shallow concave sitting surface. This profile provides lateral guidance without significantly restricting postural variation. The seat cushion is approximately 60mm thick and uses a medium-firm single-foam construction, supporting even pressure distribution, postural control, and comfort during prolonged seated tasks.
Backrest design	The backrest height measures approximately 560mm and is finished in a breathable mesh material with slight elastic response. The backrest widens through the lumbar region and narrows slightly through the thoracic area, supporting the natural contour of the spine while allowing upper body movement. This design promotes airflow, distributes pressure evenly, and encourages postural variation during desk-based work.
Lumbar support	The lumbar system combines the inherent support of the mesh backrest with additional tension adjustment via levers positioned on either side of the backrest. This allows the user to vary both the amount and location of lumbar support according to individual preference and spinal contour and may be beneficial where asymmetrical low back support (e.g. Scoliosis) is required. The adjustment range is approximately 90–220mm, extending to 130–260mm with the lumbar bolster (Optional).
Armrests	The armrests provide multiple points of adjustment. Height adjusts between 200–260mm via a button-operated mechanism with five lockable positions, while width adjustment offers an internal range of approximately 470–505mm through lateral slide movement. Armrest length adjusts between 250–300mm across multiple semi-lock positions. The flat, soft-moulded support surface and accessible controls assist with forearm loading, reduce shoulder elevation, and support closer positioning to the desk or keyboard.

Backrest tilt	The backrest tilt range is approximately 90–120 degrees and is controlled via a left-hand side, forward-facing lever with four lockable positions. The mechanism includes a tension adjustment spindle (RHS) linked to the synchro movement, and user weight is required to disengage the lock. This arrangement supports controlled recline, dynamic sitting, and postural variation while reducing the likelihood of accidental adjustment.
Headrest (Optional)	The headrest provides approximately 190–230mm of height adjustment with a support depth of around 150mm. It is adjusted via a sliding mechanism and offers a moderate support surface suitable for intermittent use when reclining or when tasks require an elevated or sustained line of sight. This may assist with comfort during video conferencing, observation tasks, or multi-screen work where brief head and neck support is beneficial.

Disclaimer: This assessment is based solely on an evaluation of the chair. A separate ergonomic assessment is required to determine the chair's fit and suitability for an individual user in their work or task setting.

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