



DASH - Independent Ergonomic Chair Assessment

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Executive Summary

Advanta engaged Dane Casserly Advisory Services (Exercise and Sport Scientist / Ergonomic Specialist) to conduct an independent ergonomic assessment of the DASH 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 DASH task chair has a well-considered ergonomic design, with multiple adjustment features to suit a wide range of users. Its controls are easy to reach while seated, logically arranged, and consistent with standard ergonomic conventions, making setup straightforward and supporting good posture during use.

Seat height is adjusted with a rear-facing lever on the right-hand side of the chair. Its upward action aligns with expected control movement, allowing intuitive adjustment while seated.

The seat pan depth and backrest/seat pan tilt controls are positioned on the left-hand side. Their consistent clockwise-facing orientation reduces cognitive load and the risk of adjustment error. The tilt lever faces forward, while the seat pan lever has a neutral, symmetrical shape.



When pushed downward, the backrest/seat pan tilt mechanism locks into one of four preset working positions. When unlocked, it allows weight-responsive movement that supports dynamic sitting and postural variation, consistent with ergonomic guidance for prolonged seated work.

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

Chair Features	Comments
Seat height	The seat height adjusts from 440–570mm using a rear-facing lever on the right-hand side. The control is well placed for regular adjustment and supports a neutral seated posture, with feet flat on the floor and knees at about 90 degrees. This range is suitable for a broad proportion of adult users when used with appropriate desk height and foot support or height-adjustable workstations.
Seat pan depth	The seat pan depth adjusts from 440–520mm via a symmetrical lever with four lockable positions and spring-assisted movement. The lever placement reduces the need to reach forward under the seat and is appropriate for lower-frequency adjustment (LHS). This range supports effective lumbar contact while maintaining about 2–4cm of clearance behind the knees to promote comfort and circulation for users in the 165–200cm stature range.
Seat width and cushion	The seat pan is 520mm wide and features a waterfall front edge with slightly raised lateral contours, creating a shallow concave profile. This design provides adequate hip clearance, supports comfort during prolonged sitting, and still allows postural movement. The medium-soft foam cushion has a total height of 120mm, helping distribute pressure evenly across the seated surface.
Backrest design	The backrest is 550mm high and finished in a 3D air mesh material that provides breathability and light elastic support. Its height and width profile suits users approximately 150–200cm tall, offering support from the lumbar region to the upper thoracic area. The backrest narrows from 470mm in the lumbar region to 430mm in the thoracic region, supporting the spine’s natural contours.
Lumbar support	The lumbar support adjusts in height from approximately 100–250mm. This dynamic, self-adjusting support responds to the user’s weight, posture, and movement to help maintain the natural curve of the lower spine. It also helps reduce slouching and lower back fatigue across a range of seated postures.
Armrests	Armrest height adjusts from 260–330mm using a button-activated mechanism with seven lockable positions. The button placement allows easy adjustment with minimal effort. Armrest width provides an internal range of 480–500mm through lateral slide adjustment, while armrest length adjusts from 240–290mm across five semi-locking positions. The moulded armrest surface is convex and supports the forearms while maintaining practical access to the work surface and desk edge.
Backrest tilt	The backrest tilt range is approximately 90–125 degrees and is controlled by a forward-facing lever on the left-hand side, with four lockable positions. Unlocking requires deliberate user weight, which reduces the chance of accidental adjustment. When left unlocked, the mechanism allows weight-



responsive movement that supports dynamic sitting and postural variation in line with ergonomic guidance for prolonged seated work. The lever position also reduces reach beneath the seat and supports ease of use.

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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