

## THE EFFECT OF SCHOOL CHAIRS ON CHILDREN'S POSTURE

**Fact:** Backward sloping chairs have been proved to damage children's back (see UK National Back Pain Association (Backcare) report below)

**Fact:** Nearly all chairs in modern school slope backwards

**Fact:** When asked more an average of half the children in Irish schools are already complaining of back or neck pain at the age of 12 – this rises to over 80% by the time they sit the Junior Cert.

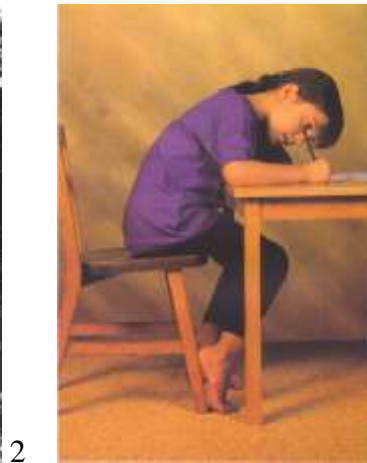
**Fact:** The Department of Education in UK has been informed of this fact as far back as 1992 and as yet nothing has changed.

**Fact:** It would not cost the government of any country one cent. A change in specification now would ensure better school chairs in years to come.

**Fact:** Nearly all teenagers in developed countries have poor posture, primarily caused by sitting for long hours on badly designed chairs.

**Fact:** The children have no voice in this matter and many are suffering needlessly.

All young Children have wonderful posture. If you look at any young children their head will always be perfectly balanced on top of their spines (Fig 1). This is essential for the muscles and joints being free. Sloping backward school-chairs which are the norm in nearly all schools today do not allow the child to bend at the hip joint (Fig 2). This directly causes children to bend their spines as they work at their desk. For most people this bend in the spine becomes a habit which stays with them for the lives (Fig 3) and giving rise to a multitude of health problems.



**The answer is simple:** insist that the companies who manufacture school chair do not make chairs that slope backwards or use a wedge-shaped.

## Useful related links

Backcare 2005 report:

[Your Back in the Future: How school furniture is ruining our children's physical health](#)

Irish Times Article, 26th November 2019 [How simple classroom design changes can boost children's learning](#)

Claddagh School. Galway Ireland Study Report AmSAT Journal (Spring 2017, Issue No. 11) [Helping to Prevent Poor Use in School](#).

Article by A. C. Mandal, MD, Copenhagen. [Balanced sitting posture on forward sloping seat](#)

Irish Times article in Health Plus, 26th June 2012 [Spine expert warns Quinn over school chairs](#)

Article by Sean McDougall, 8th April 2012 [Are you sitting comfortably?](#) -

UK telegraph article 19<sup>th</sup> May 2010:

<https://www.telegraph.co.uk/news/health/news/7738663/Britons-spend-more-than-14-hours-a-day-sitting-down.html>