Scientific Equipment & Furniture Association
Recommended Practices

SEFA 12 - 2022
Laboratory Grade Seating

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SEFA SPELLS SAFE

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Foreword

SEFA Profile

The Scientific Equipment and Furniture Association (SEFA) is an international trade association comprised of manufacturers of laboratory furniture, casework, fume hoods and members of the design and installation professions. The Association was founded to promote this rapidly expanding industry and improve the quality, safety and timely completion of laboratory facilities in accordance with customer requirements.

SEFA Recommended Practices

SEFA and its committees are active in the development and promotion of Recommended Practices having domestic and international applications. Recommended Practices are developed by the association taking into account the work of other standard-writing organizations. Liaison is also maintained with government agencies in the development of their specifications. SEFA's Recommended Practices are developed in and for the public interest. These practices are designed to promote a better understanding between designers, architects, manufacturers, purchasers, and end-users and to assist the purchaser in selecting and specifying the proper product to meet the user's particular needs. SEFA's Recommended Practices are periodically updated. The Recommended Practices are numbered to include an annual suffix which reflects the year that they were updated. SEFA encourages architects to specify these Recommended Practices as follows: "SEFA 12-2022".

SEFA Glossary of Terms

SEFA has developed a Glossary of Terms (SEFA 4-2020) for the purpose of promoting a greater understanding between designers, architects, manufacturers, purchasers and end users. The terms defined by SEFA are frequently used in contracts and other documents, which attempt to define the products to be furnished or the work involved. The Association has approved this Glossary in an effort to provide uniformity among those who use these terms. Where a specific Recommended Practice contains definitions, which differ from those in the Glossary of Terms, then the definitions in the specific recommended Practice should be used. SEFA encourages all interested parties to submit additional terms or to suggest any changes to those terms already defined by the Association. The definitions should be used to help resolve any disputes that may arise or to incorporate the applicable terms in any contract or related documents.

SEFA Disclaimer

SEFA uses its best effort to promulgate Recommended Practices for the benefit of the public insight of available information and accepted industry practices. SEFA does not guarantee, certify, or assure the safety or performance of any products, components, or systems tested, installed, or operated in accordance with SEFA Recommended Practices or that any tests conducted under its Recommended Practices will be non-hazardous or free from risk. SEFA encourages the use of third-party independent testing where appropriate.

Note: *Testing as described in this document must be performed and documented by a SEFA-approved third-party testing facility, except that SEFA shall accept accredited third-party test results for the abrasion testing referenced in this document, commissioned by the upholstery manufacturer. These test results shall be provided to SEFA Staff and subject to their review and approval. See Page 36 of the SEFA Desk Reference 5th Edition Version 3.0 or visit us at SEFALABS.COM for the most current list of SEFA-approved test labs.*

1.0 Scope

These Recommended Practices provide a comprehensive single source of knowledge pertaining to laboratory chairs and stools. SEFA guidelines are intended to provide manufacturers, specifiers and users with specific information helpful in their evaluation of the safety, durability and structural integrity of laboratory chairs and stools.

2.0 Purpose

The purpose of these Recommended Practices is to provide architects, engineers, planners, specifiers, manufacturers and users with the Industry Standards on laboratory seating equipment. These Recommended Practices cover the design, construction, installation, testing, maintenance and safe use of laboratory chairs and stools. SEFA has made these Recommended Practices available as a guide for regulatory agencies, architects, engineers, consultants, specification writers, contractors, manufacturers and dealers of laboratory furniture, installers, facilities managers and users who specify, recommend for purchase, install and/or use laboratory chairs and stools.

Purpose of good laboratory seating equipment

Seating equipment is always directly connected to the human being working in the laboratory and effects several factors. In order to ensure a quality working environment and therefore also the quality of work, human factors need to be taken into consideration:

- Health
  An ergonomic seating product directly effects the health of the laboratory worker as one spends several working hours on it. An ergonomic chair influences the reduction of sick day absences[1]. Thus, it also reduces the laboratory costs.
- Performance
  Once the laboratory worker feels comfortable and healthy it results in an increase in performance[2]. Whether it is in the efficiency of the work, the effectiveness or the quality of the job performed, there will be an increase of output as the worker concentrates on their work rather than discomfort which results from improper seating.
- Safety
  It is essential that safety is ensured, both for the laboratory operation as well as the lab worker.
- Quality
  Both the quality of work and the quantity of output is essential in a laboratory. Proper seating equipment reduces errors and leads to a reduction of rejects in the laboratory output[3].
- Motivation
  A major human factor is also the motivation of the laboratory worker. Proper seating equipment helps to ensure a worker's wellbeing and commitment[4]. By valuing a worker with an ergonomic seating product, engagement will increase. A nice working environment will also attract highly qualified employees.

3.0 Introduction

Sedentary activities and laboratory ergonomics

A study by the Fraunhofer IAO , "Assessor's Statement Concerning the Functional Quality of the 'Labster' Laboratory Chair" within a joint research project on laboratory work and laboratory design entitled "Lab 2020" determined that the distribution between activities while sitting and activities while standing was about 50:50. In terms of ergonomics, this is a good value because a dynamic alternation between activities while sitting and

standing is regarded as healthy, especially for the back muscles and the spine. But if one takes a closer look at the design of workstations in the lab, several critical points come to light.

Lack of ability to adjust height – unfavourable working heights

The workstations in the laboratory are normally shared by a number of people and not assigned to specific employees. If a workstation is to be ergonomically ideal for each individual, it must be adaptable, as in the case in offices, for example, where the height of the desks can be adjusted. In contrast to the office environment, tables in the lab are built either for activities while standing (EU = 90 cm / US = 36'') or while sitting (EU = 75 cm / US = 30''). Depending on the type of work done primarily in a specific lab, one of these two variants will predominate. For example, standing heights are frequently built, then tall chairs are used for the work.

Because of the large variation in body stature range, ergonomic laboratory chairs must be designed for a wide range of body shapes and sizes. Ideally, such table heights will function for 90% of all people, i.e., for body heights between the 5th and 95th percentiles (see Fig. 1). The 5th percentile means that five percent of all people are shorter than the value. The 95th percentile means that five percent of all people are taller than the value. The 50th percentile represents a mean value, i.e., that 50% of all people are taller and 50% of all people are shorter than this value. The values which have been obtained from a representative group are fixed in a standard and serve as a basis, along with many other body dimensions, for a diverse range of product developments.

Figure 1 shows that the differences in body heights are quite large. The table shows at times a difference between the 5th and 95th percentiles of 20 cm (8") and more. A chair alone cannot compensate for such a difference – particularly because shorter people (below the 50th percentile) may require a secure footrest for a higher sitting position.

FIG 1: Body Heights of People According to DIN 33402 Part 2

		Body Height					
		Men			**Women**		
		Percentile					
		5	50	95	5	50	95
	Age group	Shown in mm (Europe) / inches (US)					
Europe	**18 - 65**	**1650**	**1750**	**1855**	**1535**	**1625**	**1720**
US	**18 - 65**	**64.97**	**69.25**	**74.83**	**60.08**	**64.15**	**69.58**

When people are working while sitting, the activities at the lab benches – e.g., with devices, test tubes or pipettes as opposed to activities using a keyboard – usually mean that the arm is held at an unfavourable angle. Activities carried out in the lab often involve dynamic arm movements which take place significantly higher than the edge of the table and require movements at shoulder or head height. Moreover, these activities often demand intense concentration and good hand-eye coordination (e.g., filling small containers, handling materials and samples which are very expensive and/or hazardous to health). If the activities continue for a longer period of time and the laboratory tables are designed at sitting height, doing the work while standing is not easily possible. In addition, the specific design of laboratories means that a high working space (shelves and cabinet areas mounted at a high level) is necessary for the storage of devices or materials while working at laboratory benches. It is important to note in a laboratory environment, the actual working height may not be the table top on a bench, but rather, the height from the floor to the actual height where the lab worker's hands are doing the work, as in the case of

microscopy or other work done on equipment or fixtures. Not accounting for this additional height can place stress on the shoulders, neck and other parts of the body.

Leaning forward and remaining motionless while working at workstations

A study regarding the ergonomics of standing and sedentary concepts in the office came to the conclusion that a person spends about 30% of the working time at the workstation leaning forward in his/her chair. No studies have been made for work performed in a lab. But it can be assumed that the proportion of time spent leaning forward during the relevant activities in the lab is substantially higher. This often occurs in combination with motionless posture, e.g., while looking through a microscope. Leaning forward while sitting hinders proper breathing, digestion, circulation to the lower legs and leads to compression of the spine. This can lead to digestive and circulatory disorders and backaches or even to musculoskeletal illnesses.

Rising proportion of activities while sitting

The proportion of work done in a sitting position in laboratories is increasing. One of the factors behind this is the growing activity at computer monitors (see Figure below).

Processes of the lab work are changing in such a way that evaluations, etc., are conducted in the vicinity of devices. The increasing proportion of work on a team makes it necessary and important to be close to colleagues even while doing evaluation work. As a consequence, static writing activities at keyboards are also performed at laboratory benches – with all of the disadvantages described above. This makes even higher demands on the functional flexibility of chairs and the importance of correct, laboratory-focused ergonomic seating to allow for space changes on short notice. Office chairs, for example, are not suitable for use in labs (for hygienic and emission-related reasons).

Laboratory Equipment in different industries

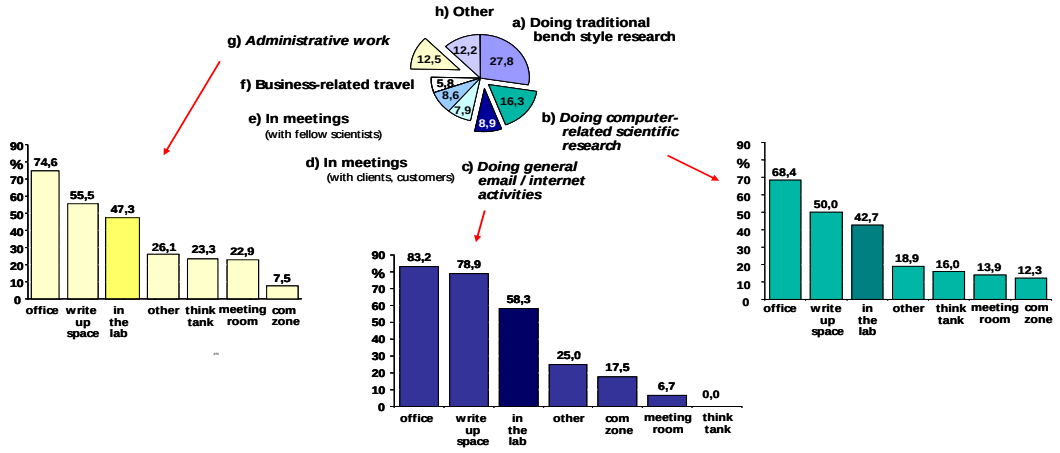
Laboratories are being used in several different industries. Depending on the industry and the type of laboratory, specifications and general requirements for seating equipment may vary. Considering an extract of the most important industries using laboratories however, a general overview of requirements for chairs and stools can be established and illustrated as follows (data from Fraunhofer IAO study):

4.0 Product Requirements

4.1 Lab Chairs

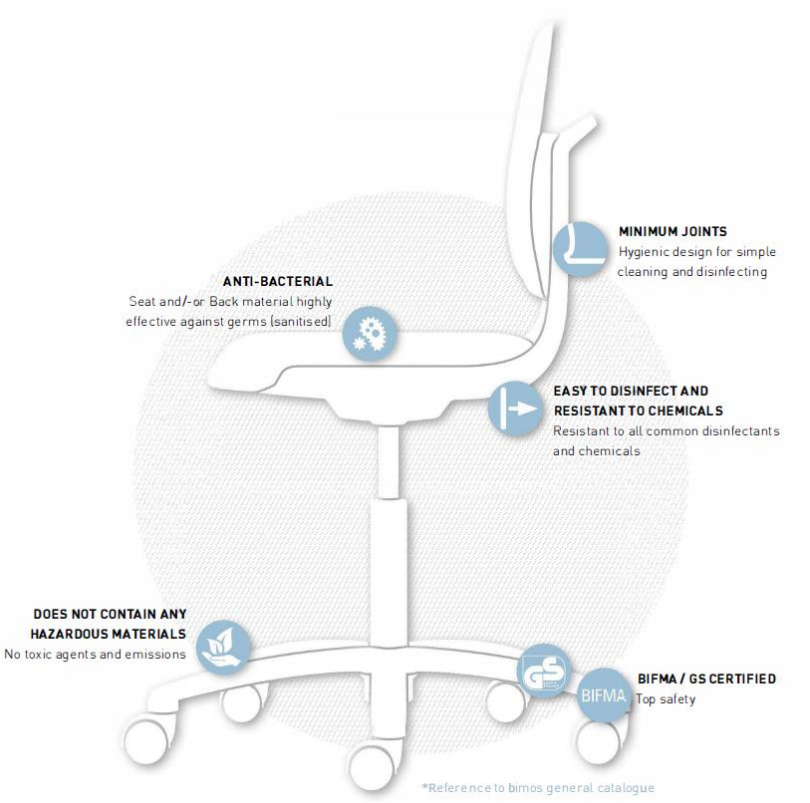
4.1.1 Purpose

Laboratory work imposes unique seating requirements, which are unlike those of any other working environment.



As well as the need for maximum hygiene and easy cleaning, laboratory chairs also have to meet a number of other requirements associated with routine laboratory tasks: They have to allow for flexibility in terms of the work and must not take up too much space. Nevertheless, expectations remain high in regards to ergonomics and comfort, as laboratory tasks call for fine motor skills, and high levels of precision and concentration. The flexible configuration options take the strain out of demanding tasks that involve leaning forward such as microscope or pipette work. The materials used are washable, can be disinfected and some even feature an antibacterial coating. During production, the utmost care is taken to ensure that there are no seams or gaps that could encourage germs or bacteria to grow. Yet at the same time, aesthetic appearance must not be compromised. These Recommended Practices reflect all unique seating product requirements and function as a guide for regulatory agencies, architects, engineers, consultants, specification writers, contractors, manufacturers and dealers of laboratory furniture, installers, facilities managers and users who specify, recommend for purchase, install and/or use laboratory chairs and stools.

4.1.2 Specific Requirements for Seating Equipment



- Easy to disinfect and resistant to chemicals

  Laboratory seating equipment in some environments must be easy to disinfect and resistant to chemicals.

- Bio safety level Laboratories

  Lab seating specified for biosafety laboratory use must meet the specific requirements of the identified biosafety level as described by the Authority Having Jurisdiction, regulatory agencies, and related guidelines. The priority is to minimize transitions and spaces that are difficult to clean thoroughly and frequently, and to provide materials that are resistant to the recommended cleaning and disinfecting agents.

- Minimum Joints/Seamless Construction
  Hygienic Design is an important factor in laboratories. It is crucial that laboratory equipment has a minimum amount of joints or gaps where germs and bacteria can easily accumulate. It must be easy for the user to clean and wipe off the product properly. The criticality of hygienic design is dependent upon the use of the chair; chairs for use in a school lab are not as critical as that of a Biosafety Level 4 laboratory. Reference chair construction details in section 4.1.3.

- Ergonomic
  Laboratory furniture must be ergonomically designed and equipped in order to improve the efficiency of the user. Ergonomics can be subdivided into Ergonomic Design, such as self-explaining adjustment features knobs and mechanism handles and Ergonomic Technical Features such as lumbar support, waterfall front edge, adjustable height, adjustable backrest and adjustable footring. Ergonomic design is a minimum requirement for laboratory equipment. It can be replaced or enhanced with technical ergonomic features depending on the work task, physical workspaces, or work environment.

  The following ergonomic design or features are required for seating equipment in the laboratory:
  - Seat tilt or waterfall seat edge: These features allow blood circulation through the legs even when working in a leaning forward position which is typical for laboratory work.
  - Narrowing or hinging/moving backrest: Freedom of movement is especially important throughout the back area. A narrowing upper backrest structure or hinging/moving backrest ensures freedom of movement of the arms and back without hindering certain workflows which require the ability to reach behind, for example. Adjustable lumbar support should be provided for correct ergonomic posture.
  - Simplicity: Seating equipment must be easy to use and adjust. It must be ensured that all adjustments of the chair or stool can be manipulated while seated in order to create user comfort efficiently.

- Washable
  All materials used in laboratories must be easily washable. All surfaces must be easily accessible, hydrophobic, and resistant to liquids. Moreover, surfaces must be resistant to any abrasion or wipe-down effects that may be caused by a washing routine.

- Comfortable
  Laboratory equipment, especially chairs and stools, must be comfortable in terms of user experience and health aspects. It should also enable the user to feel good within the workplace surroundings.

- No Hazardous Materials
  Materials being used in any laboratory seating product must not contain any hazardous materials which could cause harm to anyone touching the product throughout the manufacturing process and product life cycle.

4.1.3 Construction

For general laboratory chairs:

Construction of chair surfaces shall be designed to prohibit entrapment of dirt, fluids and/or organic material that may contaminate the laboratory environment. Any gaps or creases must be large enough to allow cleaning wipes and/or tools to reach any recesses to remove foreign material or be completely sealed.

- In wet labs, upholstery cannot be of woven construction, such as cloth, wool or mesh, nor be porous in nature where fluids and spills can soak through to underlying cushioning or mechanical components.

Synthetic leathers, such as coated vinyl, coated urethane, coated silicon, etc. are the preferred choices for upholstered wet lab seating as they provide protection against spills and some chemical resistance. Leather should be cautiously considered as it may not hold up well to various organic cleaning/disinfecting agents or spills of other chemical reagents. Solid or semi-solid seating surfaces cannot be absorbent in nature, allowing chemicals, organic fluids or cleaning fluids to soak into the seating surface, causing degradation or damage.

In dry labs (such as electronic and microelectronic labs), cloth upholsteries are acceptable for use.

All upholstery shall, at a minimum, be tested to withstand abrasion resistance of 25,000 double rubs according to EN ISO 12947 (Martindale-Method) or 30,000 double-rubs per ASTM D4157 (Wyzyenbeek Method).

The top premise for the construction of any laboratory chair or stool must be safety. In order to prove the quality of the seating equipment it is essential that it is certified either according to GS 2014:01 or according to ANSI/BIFMA X5.1 (US) and tested by an independent testing laboratory for adherence to one or both of these standards:

- GS 2014:01 (GS Standards):
Any product bearing the GS Mark indicates that it was tested and complies with the minimum requirements of the German Product Safety Act (a.k.a. ProdSG). The GS Mark, which stands for "Geprüfte Sicherheit" in German, meaning Safety Tested, is a licensed mark of the German government and may only be issued by an accredited product safety testing and certification agency. The GS Mark is recognized throughout Germany and EU countries as symbol of safety. It provides confidence that the products are safe, legal and of high quality. The GS mark also assures end users that the product has been independently tested by an authorized third party for safety. The construction of seating equipment must conform to GS 2014:01 or the ANSI/BIFMA standard following:

- ANSI/BIFMA X5.1 (BIFMA Standards):
This standard is generally applied to general-purpose office chairs, however, can also be applied to laboratory seating when it comes to product safety as all tests are specified to be performed in worst-case product, condition, and/or furniture configurations (including height adjustment capability). It is intended to provide manufacturers, specifiers, and users with a common basis for evaluating the safety, durability, and structural adequacy of general-purpose chairs.

Moreover, seating equipment needs to fulfill general ergonomic requirements achieved through functionality and overall design. The most important ergonomic features within seating equipment are:

- Seating material surface test - SEFA 49 Chemical Spot Test
The purpose of the chemical spot test is to evaluate the resistance seat surface has to chemical spills. Many organic solvents are suspected carcinogens, toxic and/or flammable. Great care should be exercised to protect personnel and the environment from exposure to harmful levels of these materials. It is intended to provide manufacturers, specifiers, and users with a common basis for evaluating the resistance of the selected or specified surface materials.

- Design of controls:
By design, ergonomic seating incorporates a range of adjustability. The user must be able to get into a comfortable posture quickly and easily and make adjustments over time. To achieve this, intuitive design and consistency in control placement and function is essential.

- Seating comfort:
The true objective of an ergonomic chair is to provide not only the proper function but to ensure the more subtle yet all important aspects of user comfort. People who are more comfortable in their chairs are more likely to be able to sit and be productive for longer durations and will be able to focus on the work at hand, increasing focus

and quality of work. Chairs that do not provide effective support and adjustability can significantly increase the spinal stresses resulting in discomfort and increased injury risk.

- Movement:
Seating comfort is created through the ability to move intuitively on a chair or stool. The objective of an ergonomic chair is to allow movement when needed/wanted and still support the body while doing so. If the laboratory work requires fine motor skilled work, the chair should have the ability to be locked in the required seating posture in order to prohibit movement which could disrupt the laboratory work.

- Allow blood circulation:
Especially when the laboratory work requires the worker to lean over their work it is crucial that the chair still allows blood circulation to the lower legs and reduces spine compression. This can be achieved through an active seat tilt function or a flexible and/or waterfall seat edge.

4.1.4 Chair Selection Guide

To assist in the specification of appropriate laboratory-grade seating products, the SEFA Lab-Grade Chair Selection Guide is included in Appendix II. This tool can be used to help specifiers and users to describe, in detail, the needs they have for seating products for their requirements. This will also benefit lab-grade seating suppliers in quoting appropriate products to match the needs of the requirements.

5.0 SEFA Lab-Grade Chair Cleaning Protocol (see also Appendix IV)

1. Dry-clean surfaces with a clean cloth to remove loose dirt/dust/organic material

2. Wet-clean surfaces with warm water and a mild detergent, scrubbing where necessary to remove stubborn dirt and contamination

3. Rinse surfaces with clean water and cloth – ***do not use high pressure spray equipment*** *as this may force liquids into gaps and crevices where chair parts meet*

4. Manually dry, or allow the area to dry completely

5. Apply disinfectant/cleaning solution at the recommended concentration for the appropriate contact time. ***Do not apply solution at a rate higher than the recommended concentration and do not allow to contact for longer than the recommended contact time. Doing so may result in degradation of upholstery, plastic and rubber parts, or create conditions that will lead tocorrosion of metal parts. These outcomes will result in early failure of chair parts and may negate the manufacturer's warranty.***

6. Wet-clean surfaces with warm water and a mild detergent which is extremely important for surfaces that are susceptible to damage from the disinfectant/cleaner chemicals

7. Rinse the chair again with clean water/cloth

8. Manually dry, or allow the area to dry completely

9. In high risk areas, repeat steps 5 through 8 above with a wide spectrum disinfectant

NOTES:

• For proper cleaning, start the cleaning protocol from the top of the chair/stool and proceed to the bottom to assure any cleaning solutions and dirt/contamination are removed should they drip or fall to lower parts of the chair;

• Do not clean oil/grease from the shaft of height-adjustable gas springs or pneumatic pistons as this will interfere with their ability to work over time, and result in shortened lifetime or failure;

The SEFA recommended cleaning protocol should in no way conflict with any other stated cleaning process as defined by governmental or corporate regulations. It is, however, a recommended process to assure long-term wear of laboratory chairs and stools in these challenging environments.

6.0 Minimum SEFA Requirements for an approved SEFA Lab grade seating product

6.1 SEFA Mandatory Features according to the SEFA chair approval document

- Safety Norms (both or at least one)
  - GS 2014:01
  - ANSI/BIFMA X5.1-2017

- Seat/Backrest Upholstery Norms
  - EN ISO 12947 (Martindale Method) minimum of 25,000 rubs or ASTM D4157 (Wyzenbeek Method) minimum of 30,000 double-rubs with #10 cotton duck
  - SEFA 49 chemical spot test

- Seat/Backrest Upholstery
  - Wet Labs: upholstery cannot be porous in nature, such as typical cloth, wool or mesh fabrics used in traditional office settings.

- Non-Upholstered Seat/Backrest
  - Solid or semi-solid seat/backrest surfaces cannot be absorbent in nature, allowing chemicals, organic fluids or cleaning fluids to soak into the seating surface, causing degradation or damage.

6.2 SEFA Suggested Features according to the SEFA chair approval document

- Ergonomics:
  - Design of controls for adjustability should be intuitive and easily made from the seated position
  - Seating comfort – chairs should provide support to critical ergonomic areas such as the lumbar area of the spine, and be able to be adjusted for individual preferences
  - Movement – for long-term use, chairs should give proper support for the user as they move throughout the day, yet be able to be locked into position for critical applications
  - Proper circulation – the chair should provide features that allow uninhibited blood flow to the lower extremities by incorporating a forward seat tilt function or a flexible and/or waterfall front edge

7.0 Seating Surface Finish Tests

7.1 Chemical Spot Test

7.1.1 Purpose of Test

The purpose of the chemical spot test is to evaluate the resistance seat surface has to chemical spills.

Note: Many organic solvents are suspected carcinogens, toxic and/or flammable. Great care should be exercised to protect personnel and the environment from exposure to harmful levels of these materials.

7.1.2 Test Procedure

Provide flat and smooth (6) 4" x 12" (100 mm x 300 mm) test samples of upholstery material or (49) 3" x 3" (75 mm x 75 mm) (or equivalent seating surface to test all 49 chemicals) of the seating surface material (PU or urethane Foam, or other polymer) in a medium gray, blue or tan color, if available. If flat and smooth samples are not available due to surface texturing, shape or patterning, the test facility shall supply a glass cover that prohibits the evaporation of the test reagent, assuring that the soaked cotton ball remains wet for the duration of the test process per Method A below. The samples shall be tested for chemical resistance as described herein. Place samples on a flat surface, clean with soap and water and blot dry. Condition the sample for 48-hours at 73+ 3F (23(+ 2C) and 50+ 5% relative humidity, or the currently accepted guideline set by ASTM. Test the samples for chemical resistance using forty-nine different chemical reagents by one of the following methods.

Method A - Test volatile chemicals by placing a cotton ball saturated with reagent in the mouth of a 1-oz. (29.574cc) bottle and inverting the bottle on the surface of the sample. The cotton ball shall remain in contact with the sample for the duration of the test.

Method B – Test non-volatile chemicals by placing five drops of the reagent on the surface of the sample and covering with a 24mm watch glass, convex side down.

For both of the above methods, leave the reagents on the sample for a period of **fifteen minutes.** Wash off the sample with deionized water. Dry with a towel and evaluate both top and bottom surfaces after 24-hours at 73± 3°F (23°± 2°C) and 50± 5% relative humidity, or the currently accepted guideline set by ASTM using the following rating system:

Level 0 – No detectable change.

Level 1 – Slight change in color or gloss, or warping, twisting or deforming of material.

Level 2 – Slight surface etching or severe staining.

Level 3 – Pitting, cratering, swelling, or erosion of surface WITH obvious and significant deterioration of the surface top coat, exposing raw expanded foam layers

Note: Four observations should be performed by the test associate at a distance of 12" – 17" (300 mm – 430 mm) at varying angles of not less than 75° from each other.

Test No.	Chemical Reagent	Test Method	Test No.	Chemical Regent	Test Method
1.	Acetate, Amyl	A	28.	Methylene Chloride	A
2.	Acetate, Ethyl	A	29.	Mono Chlorobenzene*	A
3.	Acetic Acid, 98%	B	30.	Naphthalene	A
4.	Acetone	A	31.	Nitric Acid, 20%	B
5.	Acid Dichromate, 5%	B	32.	Nitric Acid, 30%	B
6.	Alcohol, Butyl	A	33.	Nitric Acid, 70%	B
7.	Alcohol, Ethyl	A	34.	Phenol, 90%	A
8.	Alcohol, Methyl	A	35.	Phosphoric Acid, 85%	B
9.	Ammonium Hydroxide, 28%	B	36.	Silver Nitrate Saturated	B
10.	Benzene*	A	37.	Sodium Hydroxide 10%	B
11.	Carbon Tetrachloride	A	38.	Sodium Hydroxide 20%	B
12.	Chloroform	A	39.	Sodium Hydroxide 40%	B
13.	Chromic Acid, 60%	B	40.	Sodium Hydroxide Flake	B
14.	Cresol	A	41.	Sodium Sulfide Saturated	B
15.	Dichloroacetic Acid	A	42.	Sulfuric Acid, 33%	B
16.	Dimethylformamide	A	43.	Sulfuric Acid, 77%	B
17.	Dioxane	A	44.	Sulfuric Acid 96%	B
18.	Ethyl Ether	A	45.	Sulfuric Acid 77% &	
19.	Formaldehyde, 37%	A		Nitric Acid 70% equal parts	B
20.	Formic Acid, 90%	B	46.	Toluene	A
21.	Furfural	A	47.	Trichloroethylene	A
22.	Gasoline	A	48.	Xylene	A
23.	Hydrochloric Acid, 37%	B	49.	Zinc Chloride Saturated	A
24.	Hydrofluoric Acid, 48%	B			
25.	Hydrogen Peroxide, 30%	B		**If the use of this chemical is permitted by law, in the country where this testing is being performed.*	
26.	Iodine, Tincture of	B			
27.	Methyl Ethyl Ketone	A			

7.1.3 Acceptance Level

Results will vary from manufacturer to manufacturer due to differences in finish formulations. Laboratory grade finishes shall result in no more than four (4) Level 3 conditions. Individual test results, for the specified 49 reagents, will be verified with the established third party, independent SEFA test submittal form. Suitability for a given application is dependent upon the chemicals used in a given laboratory.

LAB GRADE SEATING CHEMICAL RESISTANCE TESTING

Test Date:_____ Sample Description:_____

Type of Material Coated: _____ Coating Type:_____

Rating Scale

Level 0 - No detectable change
Level 1 - Slight change in color or gloss, or warping, twisting or deforming of material
Level 2 - Slight surface etching or severe staining
Level 3 - Pitting, cratering, swelling or erosion of surface WITH obvious and significant deterioration of surface top coat, exposing raw expanded foam layers

Test No.	Chemical Reagent	Rating	Comments
1.	Acetate, Amyl		
2.	Acetate, Ethyl		
3.	Acetic Acid, 98%		
4.	Acetone		
5.	Acid Dichromate, 5%		
6.	Alcohol, Butyl		
7.	Alcohol, Ethyl		
8.	Alcohol, Methyl		
9.	Ammonium Hydroxide, 28%		
10.	Benzene*		
11.	Carbon Tetrachloride		
12.	Chloroform		
13.	Chromic Acid, 60%		
14.	Cresol		
15.	Dichloroacetic Acid		
16.	Dimethylformamide		
17.	Dioxane		
18.	Ethyl Ether		
19.	Formaldehyde, 37%		
20.	Formic Acid, 90%		
21.	Furfural		
22.	Gasoline		
23.	Hydrochloric Acid, 37%		
24.	Hydrofluoric Acid, 48%		
25.	Hydrogen Peroxide, 30%		
26.	Iodine, Tincture of		
27.	Methyl Ethyl Ketone		
28.	Methylene Chloride		
29.	Mono Chlorobenzene*		
30.	Naphthalene		
31.	Nitric Acid, 20%		
32.	Nitric Acid, 30%		
33.	Nitric Acid, 70%		
34.	Phenol, 90%		
35.	Phosphoric Acid, 85%		
36.	Silver Nitrate Saturated		
37.	Sodium Hydroxide 10%		
38.	Sodium Hydroxide 20%		
39.	Sodium Hydroxide 40%		
40.	Sodium Hydroxide Flake		
41.	Sodium Sulfide Saturated		
42.	Sulfuric Acid, 33%		
43.	Sulfuric Acid, 77%		
44.	Sulfuric Acid, 96%		
45.	Sulfuric Acid 77%& Nitric Acid 70% equal parts		
46.	Toluene		
47.	Trichloroethylene		
48.	Xylene		
49.	Zinc Chloride, Saturated		

*IF THE USE OF THIS CHEMICAL IS PERMITTED BY LAW IN THE COUNTRY WHERE THE TESTING IS BEING PERFORMED.

TEST PERFORMED BY:_____ DATE:_____

Endnotes

1 See: Penkala, S., El-Debal, H. & Coxon, K. Work-related musculoskeletal problems related to laboratory training in university medical science students: a cross sectional survey. *BMC Public Health* **18,** 1208 (2018). https://doi.org/10.1186/s12889-018-6125-yl; Also: Oregon Occupational Health and Safety Administration publications, "The Advantages of Ergonomics" https://osha.oregon.gov/OSHAPubs/ergo/ergoadvantages.pdf

2 See: Sundaragiri KS, Shrivastava S, Sankhla B, Bhargava A. Ergonomics in an oral pathology laboratory: Back to basics in microscopy. J Oral Maxillofac Pathol. 2014 Sep;18(Suppl 1):S103-10. doi: 10.4103/0973-029X.141341. PMID: 25364157; PMCID: PMC4211216; Also: Puget Sound Human Factors and Ergonomics Society, "Examples of Costs and Benefits of Ergonomics", https://www.pshfes.org/resources/Documents/ROI%20Cost%20Calculator/Ergonomics_cost_benefit_case_study_collection.pdf; Also: Occupational Safety and Health Administration publication OSHA Document 3404-11R, 2011:, "Laboratory Safety Guidance" https://www.osha.gov/sites/default/files/publications/OSHA3404laboratory-safety-guidance.pdf

3 See: Oğuzhan Erdinç & Paul H.P. Yeow (2011) Proving external validity of ergonomics and quality relationship through review of real-world case studies, International Journal of Production Research, 49:4, 949-962, DOI: 10.1080/00207540903555502; Also: Selki, H. M. (2017, February). A literature review of ergonomics programs. In *3rd International Engineering Conference on Developments in Civil & Computer Engineering Applications* (p. 191).

4 See: Occupational Safety and Health Administration publication OSHA Document 3404-11R, 2011:, "Laboratory Safety Guidance" https://www.osha.gov/sites/default/files/publications/OSHA3404laboratory-safety-guidance.pdf; Also: Puget Sound Human Factors and Ergonomics Society, "Examples of Costs and Benefits of Ergonomics", https://www.pshfes.org/resources/Documents/ROI%20Cost%20Calculator/Ergonomics_cost_benefit_case_study_collection.pdf

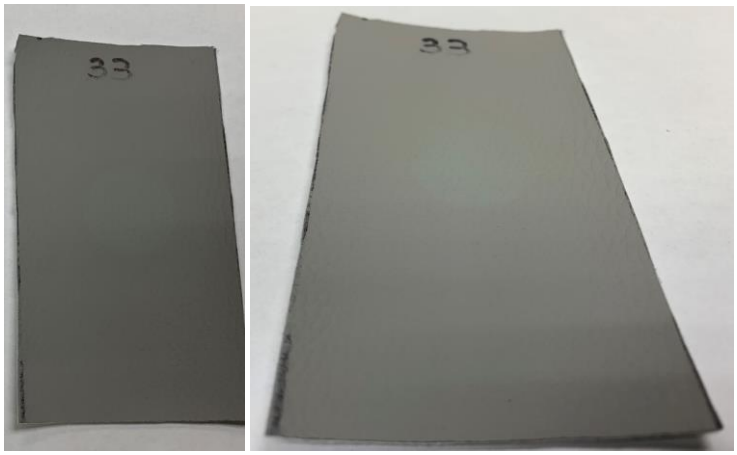
List of Supporting Documents for SEFA 12:

- Heller-Ono, Alison, 2000, Laboratory Ergonomics: A focus on microscopes, https://info.worksiteinternational.com/hubfs/documents/publication-laboratory-ergonomics.pdf
- **https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-018-6125-y**
- **https://osha.oregon.gov/OSHAPubs/ergo/ergoadvantages.pdf**
- **https://www.osha.gov/sites/default/files/publications/OSHA3404laboratory-safety-guidance.pdf**
- **https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4211216/**
- **http://www.anachemdocs.co.uk/Laboratory%20Ergonomics/Laboratory_Ergonomics_The_Wake_Up_Call.pdf**
- **https://www.travelers.com/resources/business-industries/small-business/economics-of-ergonomics-for-small-businesses**
- **https://www.pshfes.org/resources/Documents/ROI%20Cost%20Calculator/Ergonomics_CBA_summary.pdf**
- **https://www.pshfes.org/resources/Documents/ROI%20Cost%20Calculator/Ergonomics_cost_benefit_case_study_collection.pdf**
- **Selki, H. M. (2017, February). A literature review of ergonomics programs. In 3rd International Engineering Conference on Developments in Civil & Computer Engineering Applications (p. 191).**
- **Oğuzhan Erdinç & Paul H.P. Yeow (2011) Proving external validity of ergonomics and quality relationship through review of real-world case studies, International Journal of Production Research, 49:4, 949-962, DOI: 10.1080/00207540903555502**
- MacLeod, D. (1994). The Ergonomics Edge: Improving Safety, Quality, and Productivity. United Kingdom: Wiley.

Appendix I – Reference pictures: 49 Chemical Test Level categories

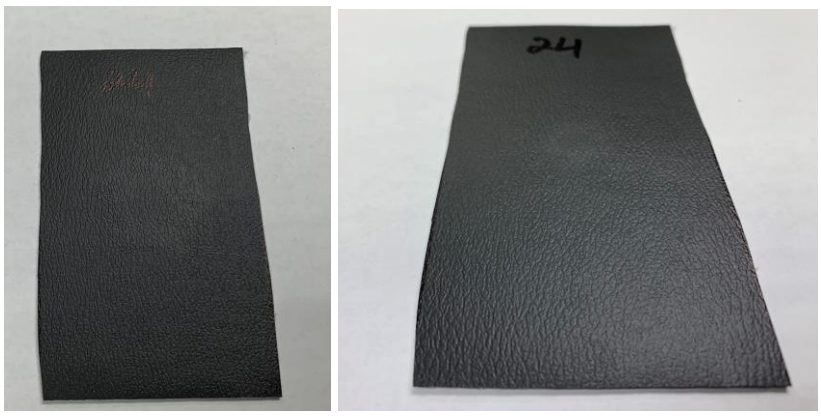
Level 1 rating examples:

- Coated Silicon Upholstery – gloss/color change:



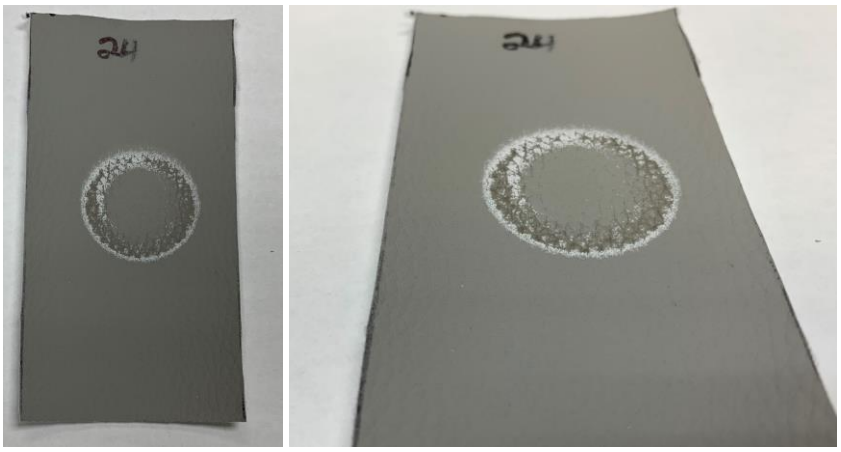
- Urethane / PU Foam – gloss change

- PVC / Vinyl – slight gloss change



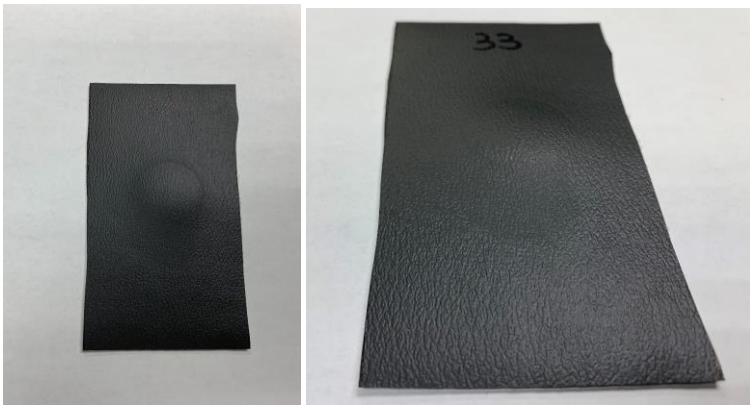
Level 2 rating examples:

- Coated Silicon Upholstery – color change and slight surface etch:



- Urethane / PU Foam – slight surface etch:

- PVC / Vinyl – gloss/color change:

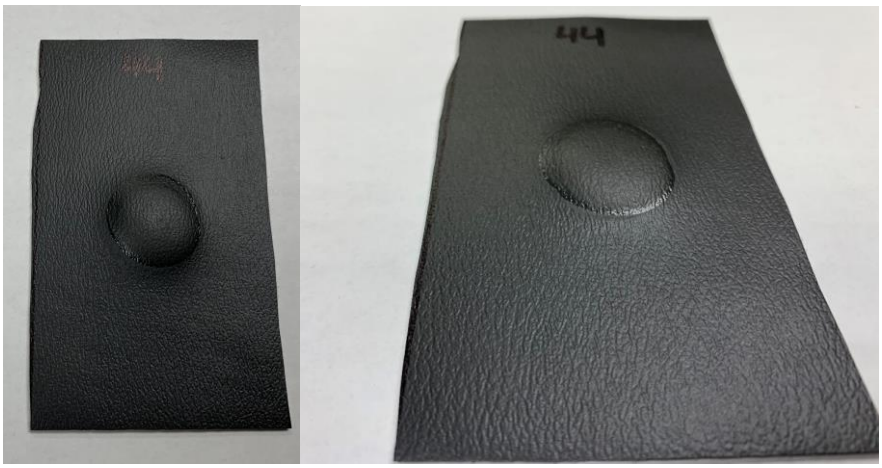


Level 3 rating examples:

- Coated Silicon Upholstery – surface erosion:

- Urethane / PU Foam – surface erosion:

- PVC / Vinyl – surface swelling:



Appendix II – SEFA Lab – Grade Seating Selection Guide

About the Seating Selection Guide:

- The seating selection guide is a tool to help guide specifiers and users to detail their requirements for lab seating with the aim of helping assure proper selection of chairs/stools for their lab use
- By detailing the user's needs, multiple quotes from multiple manufacturers can be obtained while still assuring seating will meet the needs of the user and assuring manufacturers meet the user's requirements
- While not exhaustive, the tool does give users and manufacturers a much better opportunity to pinpoint user's requirements and move the specifying and quoting process along much quicker

How to Use the Seating Selection Guide

Seating Styles: For each type of chair/stool the user is considering, check the appropriate box. Use one form for each style of chair you are considering, if considering more than one type

Durability/Safety: At least one box must be checked for seating indicating compliance with either GS and/or ANSI/BIFMA standards. The seating must also pass the SEFA 49 Chemical Spot Test

SEFA Lab – Grade Seating Selection Guide

Seating Styles (Select One)	☐ Lab Chair/Stool with Backrest ☐ Lab Stool without Backrest ☐ Lean/Stand Stool with or without Backrest
Durability/Safety *Must pass one or both.	☐ GS* ☐ ANSI/BIFMA* ☐ Must pass SEFA 49 Chemical Spot Test
Cleanability – for Wet Lab Use. (Must Meet All) *Does not apply to dry lab requirements, such as computer labs, microelectronic labs, etc.*	☐ Surfaces must be able to be cleaned with mild cleaning solutions without degrading or retaining solutions. ☐ Upholstery must not be a woven construction, such as: cloth, wool, mesh, etc. ☐ Surfaces cannot be made of porous or absorbent materials that would retain spills or cleaning agents or allow them to soak through to underlying cushioning or mechanical components.

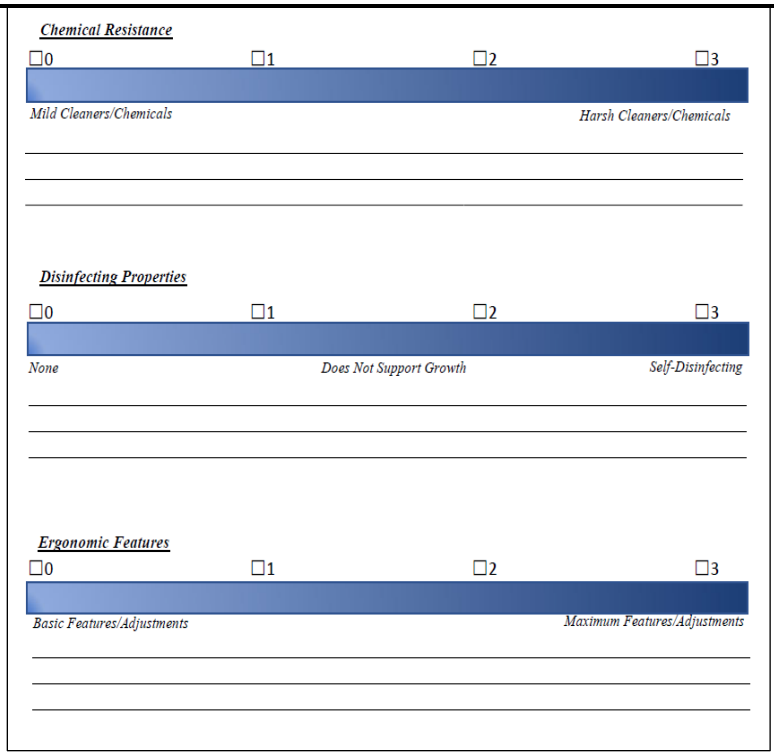
Cleanability: All boxes must be checked to indicate the seating being considered is compatible with wet lab use

Desired Properties Section

Chemical Resistance: On a scale from 0 to 3, rate the exposure the lab seating will have to cleaners/chemicals in the lab. On the lines below, give any appropriate details as to chemical names, concentrations, or any other details that will help assure the proper chair is specified

Disinfecting Properties: Using the 0 to 3 scale, indicate the need for disinfecting properties for your use. On the given lines, detail any specific needs for your lab

Ergonomic Features: Using SEFA's 0 to 3 scale, indicate how important ergonomics will be in your selection of a lab chair. On the lines below, add detail such as postures, tasks being performed, stature of users, length of time sitting, type of adjustments preferred, etc.



Feature Preferences

Chair/Stool Features: Check the boxes for your preferences of chair/stool features for each component as listed. Note that more than one box can be selected per feature. As an example, a specifier may wish to have an upholstered seat with waterfall front and a seat slide. Check all features your user indicates they prefer. For stools without backrests, do not check any boxes in the backrest column

Proposed Classification Features (Select which you would prefer.)

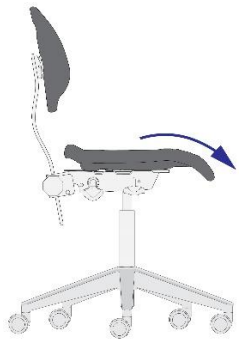
Seat	*Backrest*	*Control Functions*	*Foot Support*	*Casters*	*Armrests*	*Base Construction*	*Seat Height*
☐Uphol-stered	☐Uphol-stered Backrest	☐Adjusts From Seated Position	☐Fixed Footring	☐Casters for Hard Surface Floors	☐Fixed Armrests	☐Cast Aluminum	☐Desk Height
☐Non-Upholstered	☐Non-Upholstered Backrest	☐Tilt Tension Control	☐Adjus-table Footring	☐Safety Casters (won't roll away)	☐Height Adjustable Armrests	☐Coated Steel	☐Medium Bench Height
☐Waterfall Front	☐Lumbar Support	☐Weight-Activated	☐Attached Foot Support	☐Locking Casters	☐Width Adjustable Armrests	☐Reinforced Composite	☐High Bench Height
☐Seat Slide	☐Backrest Height Adjustment	☐Swivel Tilt	☐External Foot Support	☐Glides	☐Depth Adjustable Armrests	☐Chrome Plated Steel	
☐Seat Height	☐Backrest Depth Adjustment	☐No Tilt	☐No Foot Support		☐Armrest Swivel Adjustment		
	☐Backrest Swivel	☐Forward Seat Tilt					
		☐Recline Lock Out					
		☐Synchro-Tilt					

Feature Descriptions:

For those features that may need further explanation, the following illustrations are provided to describe the functions more fully:

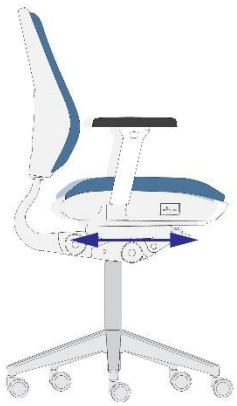
SEATS:

Waterfall Front:



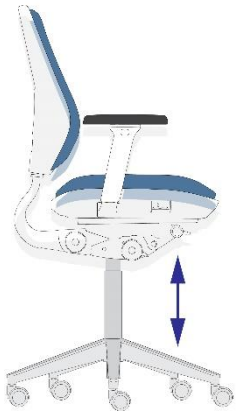
Seat: Waterfall Front

Seat Slide:



Seat: Slide

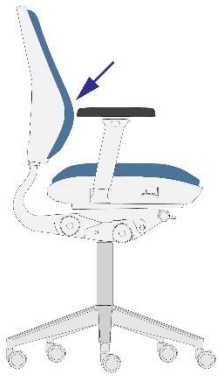
Adjustable Seat Height:



Seat: Adjustable Seat Height

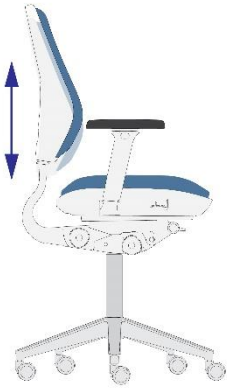
BACKREST:

Lumbar Support:



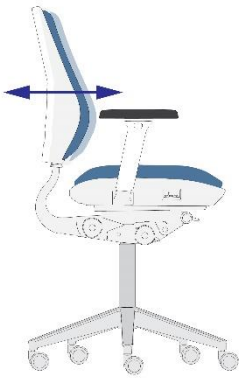
Backrest: Lumbar Support

Backrest Height Adjustment:



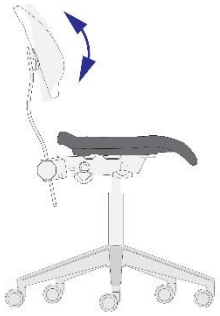
Backrest: Height Adjustment

Backrest Depth Adjustment:



Backrest: Depth Adjustment

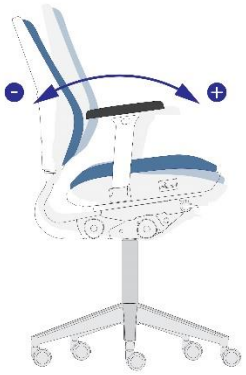
Backrest Swivel:



Backrest: Swivel

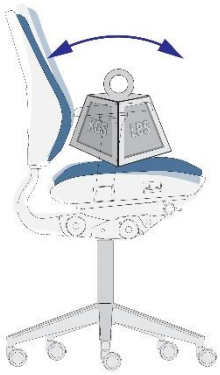
CONTROL FUNCTIONS:

Tilt Tension Control:



Control Functions: Tilt Tension Control

Weight-Activated Control:

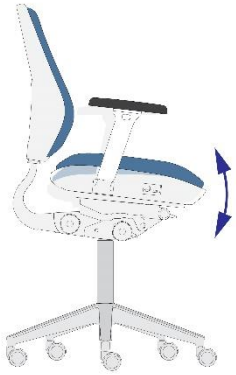


Control Functions: Weight Activated

Swivel Tilt:

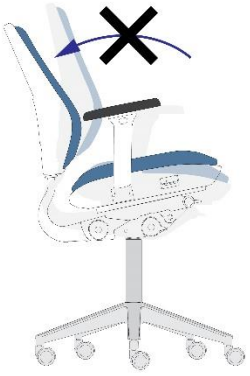
Control Functions: Swivel Tilt

Forward Seat Tilt:



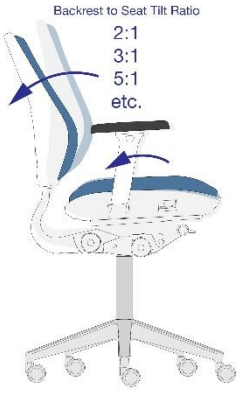
Control Functions: Forward Seat Tilt

Recline Lock Out:



Control Functions: Recline Lock Out

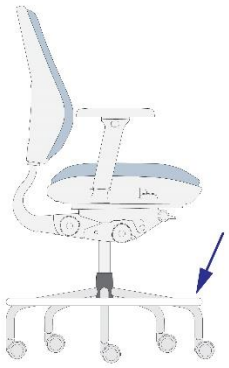
Synchro-Tilt:



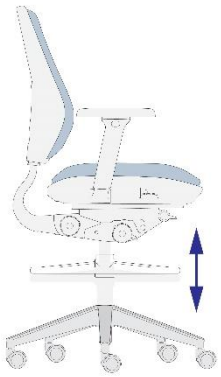
Control Functions: Synchro-Tilt

FOOT SUPPORT:

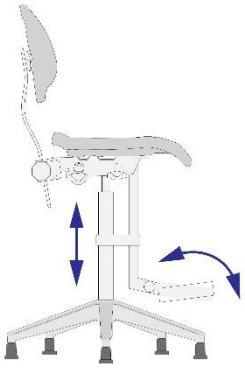
Fixed Footring: *Adjustable Footring:* *Attached Foot Support:* *External Foot Support:*



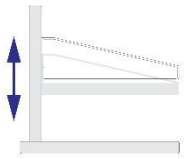
Foot Support: Fixed Footring



Foot Support: Adjustable Footring



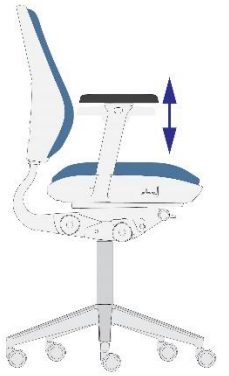
Foot Support: Attached Foot Support



Foot Support: External Foot Support

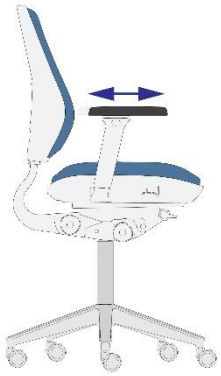
ARMRESTS:

Height Adjustable Armrests: *Width Adjustable Armrests:* *Depth Adjustable Armrests:* *Armrest Swivel Adjustment:*

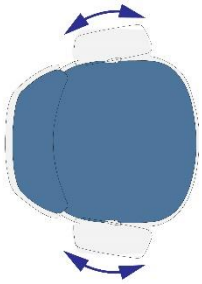


Armrest: Height Adjustable

Armrest: Width Adjustable



Armrest: Depth Adjustable



Armrest: Swivel Adjustment

SEFA Lab – Grade Seating Selection Guide

Seating Styles (Select One)	☐ Lab Chair/Stool with Backrest ☐ Lab Stool without Backrest ☐ Lean/Stand Stool with or without Backrest
Durability/Safety *Must pass one or both.	☐ GS* ☐ ANSI/BIFMA* ☐ Must pass SEFA 49 Chemical Spot Test
Cleanability – for Wet Lab Use. (Must Meet All) ***Does not apply to dry lab requirements, such as computer labs, microelectronic labs, etc.***	☐ Surfaces must be able to be cleaned with mild cleaning solutions without degrading or retaining solutions. ☐ Upholstery must not be a woven construction, such as: cloth, wool, mesh, etc. ☐ Surfaces cannot be made of porous or absorbent materials that would retain spills or cleaning agents or allow them to soak through to underlying cushioning or mechanical components.

Chemical Resistance

☐0 ☐1 ☐2 ☐3

Mild Cleaners/Chemicals *Harsh Cleaners/Chemicals*

_____

_____

_____

Disinfecting Properties

☐0 ☐1 ☐2 ☐3

None *Does Not Support Growth* *Self-Disinfecting*

_____

_____

_____

Ergonomic Features

☐0 ☐1 ☐2 ☐3

Basic Features/Adjustments *Maximum Features/Adjustments*

_____

_____

_____

Proposed Classification Features (Select which you would prefer.)

Seat	*Backrest*	*Control Functions*	*Foot Support*	*Casters*	*Armrests*	*Base Construction*	*Seat Height*
☐Uphol-stered	☐Uphol-stered Backrest	☐Adjusts From Seated Position	☐Fixed Footring	☐Casters for Hard Surface Floors	☐Fixed Armrests	☐Cast Aluminum	☐Desk Height
☐Non-Upholstered	☐Non-Upholstered Backrest	☐Tilt Tension Control	☐Adjus-table Footring	☐Safety Casters (won't roll away)	☐Height Adjustable Armrests	☐Coated Steel	☐Medium Bench Height
☐Waterfall Front	☐Lumbar Support	☐Weight-Activated	☐Attached Foot Support	☐Locking Casters	☐Width Adjustable Armrests	☐Reinforced Composite	☐High Bench Height
☐Seat Slide	☐Backrest Height Adjustment	☐Swivel Tilt	☐External Foot Support	☐Glides	☐Depth Adjustable Armrests	☐Chrome Plated Steel	
☐Seat Height	☐Backrest Depth Adjustment	☐No Tilt	☐No Foot Support		☐Armrest Swivel Adjustment		
	☐Backrest Swivel	☐Forward Seat Tilt					
		☐Recline Lock Out					
		☐Synchro-Tilt					

Other Notes:

_____

_____

_____

Seat Height

Subtract 10" – 12" or 25cm – 30cm from the working height. This measurement should provide an approximate range for the middle of the height adjustment range of the chair or stool.

Be sure to include the height of fixtures or equipment when determining the working height, such as height of microscopes or testing equipment.

Also, be sure to account for aprons, drawers, or other workbench features that may interfere with user's legs.

Notes

For the sake of this standard and due to the importance of upper torso stability for critical eye-hand coordinated tasks and mental concentration in laboratory tasks such as microscopy, pipetting, pharmaceutical compounding, etc. as well as for the safety of reducing occurrence of spills and mistakes, especially in ultra-crucial areas such as biosafety labs, torso-balance seating (such as exercise ball seating and spring seating) will not be considered.

Appendix III – SEFA 12 Laboratory-Grade Seating Checklist

SEFA **Mandatory** Features:

- Safety Norms (both or at least one)
  - ☐ GS 2014:01
  - ☐ ANSI/BIFMA X5.1-2017
- Seat/Backrest Upholstery Norms
  - ☐ EN ISO 12947 (Martindale Method) minimum of 25,000 rubs or ASTM D4157 (Wyzenbeek Method) minimum of 30,000 double-rubs with #10 cotton duck
  - ☐ SEFA 49 chemical spot test
- Seat/Backrest Upholstery
  - ☐ Wet Labs: upholstery cannot be porous in nature, such as typical cloth, wool or mesh fabrics used in traditional office settings

SEFA **Suggested** Features:

- Ergonomics:
  - ☐ Design of controls for adjustability should be intuitive and easily made from the seated position
  - ☐ Seating comfort – chairs should provide support to critical ergonomic areas such as the lumbar area of the spine, and be able to be adjusted for individual preferences
  - ☐ Movement – for long-term use, chairs should give proper support for the user as they move throughout the day, yet be able to be locked into position for critical applications
  - ☐ Proper circulation – the chair should provide features that allow uninhibited blood flow to the lower extremities by incorporating a forward seat tilt function or a flexible and/or waterfall front edge

Appendix IV – SEFA Lab-Grade Chair Cleaning Protocol

1. Dry-clean surfaces with a clean cloth to remove loose dirt/dust/organic material

2. Wet-clean surfaces with warm water and a mild detergent, scrubbing where necessary to remove stubborn dirt and contamination

3. Rinse surfaces with clean water and cloth – ***do not use high pressure spray equipment*** *as this may force liquids into gaps and crevices where chair parts meet*

4. Manually dry, or allow the area to dry completely

5. Apply disinfectant/cleaning solution at the recommended concentration for the appropriate contact time. ***Do not apply solution at a rate higher than the recommended concentration and do not allow to contact for longer than the recommended contact time. Doing so may result in degradation of upholstery, plastic and rubber parts, or create conditions that will lead to corrosion of metal parts. These outcomes will result in early failure of chair parts and may negate the manufacturer's warranty.***

6. Wet-clean surfaces with warm water and a mild detergent which is extremely important for surfaces that are susceptible to damage from the disinfectant/cleaner chemicals

7. Rinse the chair again with clean water/cloth

8. Manually dry, or allow the area to dry completely

9. In high risk areas, repeat steps 5 through 8 above with a wide spectrum disinfectant

NOTES:

• For proper cleaning, start the cleaning protocol from the top of the chair/stool and proceed to the bottom to assure any cleaning solutions and dirt/contamination are removed should they drip or fall to lower parts of the chair;

• Do not clean oil/grease from the shaft of height-adjustable gas springs or pneumatic pistons as this will interfere with their ability to work over time, and result in shortened lifetime or failure;

The SEFA recommended cleaning protocol should in no way conflict with any other stated cleaning process as defined by governmental or corporate regulations. It is, however, a recommended process to assure long-term wear of laboratory chairs and stools in these challenging environments.