



# Understanding The BIFMA Standard For Furniture Ergonomics

an AIA, IDCEC, and GBCI-approved CEU

## Course Description:

There are many myths and misconceptions related to furniture ergonomics. This course pulls back the curtain to clarify the science and application of ergonomics parameters as outlined in ANSI/BIFMA X10.1 – Ergonomics Requirements for Furniture Designed for Computer Use. We'll trace BIFMA's decades-long engagement with ergonomics that has resulted in this standard. The scope and requirements are explained, allowing designers and anyone involved in furniture selection to make informed choices with health and well-being in the forefront for the full range of the population. The standard's contribution to industry certifications LEVEL and WELL is also covered to ensure efforts on behalf of clients and the user can be recognized.

## Course Objectives:

- Understand how to define ergonomics
- Describe the key inputs and elements of the ANSI/BIFMA X10.1 ergonomics standard
- Apply knowledge of the standard to help buyers and other professionals make informed decisions
- Recognize how ANSI/BIFMA X10.1 can contribute to earning points in sustainability and well-being programs

## Program Credits:



1.0 HSW designation



1.0 HSW designation



CE 1.0 (General Credit)  
Course #0920031420

## Presented By:

Joy Stephenson  
Training & Development  
Indiana Furniture

Joy.Stephenson@IndianaFurniture.com

# Indiana FURNITURE