VOKA - 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 VOKA task chair. This assessment reviews chair dimensions, available adjustment ranges, and control usability in relation to relevant anthropometric data and accepted ergonomic principles.

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

Dane Casserly has over 15 years of experience conducting ergonomic assessments and recommendations, specialising in office ergonomics. He is a current member of HFESA, a committee member of the WA branch and previous PD coordinator for WA.

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 VOKA 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 intuitive operation, all with frequently used controls placed on the RHS. The seat, backrest, lumbar support, armrests, and tilt mechanism collectively support postural setup, movement variation, and comfort during prolonged seated work. The user can adjust the tensioner adjustment of the synchro mechanism to suit their weight and or preference of tension, promoting active sitting.

The VOKA 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 430–560mm and is controlled via a right-hand side rear-facing lever positioned behind the armrest. This control location is accessible from the seated position and requires minimal reach beneath the seat pan. The available range supports feet-flat positioning and knee flexion of approximately 90 degrees for a broad range of users. Some shorter users may still need a footrest or height adjustable desk for optimal feet-flat posture.
Seat pan depth	The seat pan depth adjusts from 450–520mm using a ribbed, round-headed lever with seven lockable positions and spring-assisted movement. The control is easy to access and requires minimal effort. When combined with the backrest tilt setting, the seat depth can be reduced further to approximately 420mm. This range supports adequate thigh support while maintaining appropriate clearance behind the knees for comfort and backrest contact, making it suitable for users with shorter thigh lengths or shorter stature.
Seat width and cushion	The seat pan width is 500mm and incorporates a waterfall front edge with slightly raised lateral contours, creating a shallow concave sitting surface. The seat cushion uses a single medium-soft density foam construction with an approximate thickness of 80mm. This design supports pressure distribution across the seated surface and contributes to comfort during prolonged seated work.
Backrest design	The backrest height measures 610mm and is finished in a soft-feel 3D air mesh with a breathable and slightly elastic surface. The width profile is approximately 410 mm at the thoracic region and 480mm at the lumbar region, supporting the natural contours of the trunk. This design provides support through the lumbar and thoracic regions while promoting airflow and comfort during prolonged use.
Lumbar support	The lumbar support offers an approximate vertical range of 120–130mm at the lowest setting and 160–250mm at the highest setting. Adjustment is via a height-adjustable bolster tab operated by lifting or lowering and is most easily performed from behind or with assistance. Additional lumbar curvature may also be introduced via the backrest base tilt feature. This adjustment assists users to position the lumbar support to suit individual anthropometry and preferred seated posture.
Armrests	Armrest height adjusts between 280–350mm via a button lift with six lockable positions. The armrest pad width is 105 mm with a soft moulded plastic surface, and armrest length adjusts between 240–300mm via slide adjustment with six semi-lock positions. The adjustment controls are accessible and support close positioning to the work surface. These features provide forearm support and assist in reducing sustained elevation of the shoulders during desk-based tasks.
Backrest tilt	The backrest tilt range is approximately 90–125 degrees and is controlled via a push-in lock and pull-out unlock lever integrated with the seat height control, offering four lockable positions. The lever is positioned behind the armrest with minimal reach beneath the seat pan, and unlocking requires user weight,

	reducing the likelihood of inadvertent movement. When left unlocked, the mechanism supports postural variation during prolonged seated tasks. A tension adjuster is available under the centre front of the seat pan, allowing users to adjust the active mechanism to their weight and or preference of tension.

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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