

Hunt Comfort

“The Best Seat in the Woods”™

Hunting and Ergonomics

At the 2006 Shot Show, I was asked “what is the distinguishing mark or contribution that Hunt Comfort makes in the hunting market?” I seized the opportunity to tell our story of product design and quality, but then I realized I was not answering the question. So, I backed up to our simplest objective of “Pain Proof Hunting”. I then realized that what we are really about is helping you find an ergonomic fit to your hunting.

Rather than get into a bunch of biomechanic mumbo jumbo, let me explain. Let’s say that you are asked to operate a commercial table saw for a few days and that you don’t have any shop experience. First, you want to learn proper operating techniques from someone with experience. Hopefully his advice will keep you from cutting your fingers off. Old shop pros know that proper setup, including table height, not only keeps you from immediate injury, but it prevents long-term injury due to poor body alignment.

I grew up hunting safely with my dad and family, and no one ever considered much other than keeping warm and dry. What I have learned as I have grown older is that injuries often occur so slowly over time that you do not realize the problem until it is too late. So the hunter and his setup become like our saw operator with his work at the wrong table height – you might have all your fingers, but at the end of the day your back is screaming at you.

Sitting in the turkey woods on the dirt for hours on end with my butt and back hurting was putting a hard toll on my body. Hunting on the dirt is not exactly what our bodies are accustomed to, and eventually your health may suffer as a result. This is where ergonomics can be useful. By definition ergonomics is “the science of adapting products and processes to human characteristics and capabilities in order to improve people’s well-being and optimize productivity.” Ergonomics improves your conditions so that you can perform at your maximum ability anywhere you are. Every day, Hunt Comfort applies this science for your hunting experience. We remove the things which inhibit performance and put into action the things which enhance performance. Broadly, ergonomics is being applied to hunting by many manufacturers and often the science is one of common sense.

Hunt Comfort has spent thousands of hours in the past two years concentrating on your ability to remain motionless in the woods. What really gets us pumped are the sweetest words in the world “Let’s go hunting!” The whole world gets better with a little bit of precious hunting time. Before the season opens, I like to have all my stuff primed and ready, and I don’t like packing too much gear. Up until a few years ago, I did not realize what a phenomenal difference a great cushion made when trying to be still. After working with our products, I quickly realized that what we were doing with pressure relief was part of a broader science that included hundreds of human factors. With that in mind, we began collecting information that would be useful to hunters wanting to stay healthy. We found a great many things that are easy to apply at no cost that make a difference. We are delighted to share our findings.

The field of comfort is full of individual ideas and topics, like posture, that bring on conflicting opinions. Hunt Comfort has tried to stay in line with widely accepted scientific and medical reasoning. For stand hunters, the area of ergonomics which is easiest to relate to is posture. If you sit in a poorly designed chair that forces you into a slouching position, the resulting back pain will force you to fidget. Take a look at the website’s “healthy spine” and “slouched spine” photos. Putting your feet, hips, back and shoulders in proper posture will result in a much happier hunt. Knowing the fundamentals of posture is a relatively simple way to keep healthy, and best of all, it is free.

When you apply ergonomic factors to your hunting setup, you will have good visibility, and when it comes time for taking the shot, you will be ready. Using your body frame to brace the weight of a scoped rifle can cause pain. Small things can make a really big difference, such as a walking stick to help with balance and power as you walk up hills to get to your spot. A jacket or vest can be rolled up to make a lumbar support for your back. You can alleviate fatigue and stress with just a little forethought and planning.

Hunt Comfort’s expertise is the hunting cushion. We’ve learned that the most effective measure of the performance of the cushion is based on the individual’s trials. We recommend sitting on the cushion for at least 90 minutes before making your final decision. We have tried to predict an individual’s preference based on the cushion factors and have been surprised by what different individuals prefer. We use ergonomic science to help us build our products and remember that “it takes all kinds”.

Applying a little ergonomic thinking will not only keep you warm dry and comfortable, it will improve the quality of your time by keeping you healthy and improving your luck by hunting longer. Our website’s Media Room has download articles which have helpful suggestions and are free to use. Your body will thank you.