

## **Chair - Overview**



#### **Backrest:**

- Adjust backrest height to support lower back (curve in backrest should match with curve in lower back)
- Tilt backrest between 95- 110°

#### **Arm Rests:**

- Adjust armrest height to support arms when shoulders relax. Elbows should be at 90-100°
- Make sure arm rests do not restrict access to desk or computer

#### Seat:

- Allow 2-4 fingers of space between the edge of the seat and the back of legs
- Ensure user is sitting with buttocks all the way to the back of the chair
- Adjust seat height so elbows are 90-100 when working on desk and knees are 90-100°
- Use footrest if feet are not fully supported on floor

Even with the best set-up, you need to get up & move around frequently



# The Chair: Height

### **Seat Height**

- Adjust height so that feet are firmly supported
- Knees ~90°
- if you are not able to reach your keyboard and mouse you may need a keyboard tray or raise your chair and use a footrest
- When standing, the seat height should be just below crease at the back of your knee



Courtesy of: Global Total Office



## The Chair: Seat Pan

#### Seat Pan

- Should have rounded, waterfall edge
- Allow 2-4 fingers of space between the edge of the seat and the back of legs
- Sit with buttocks all the way to the back of the chair



Courtesy of: Global Total Office



# Chair: Backrest Height

### **Backrest Height & Lumbar Support:**



Courtesy of: Global Total Office Adjust lumbar support to fit the small of your back

Note: on some chairs the lumbar support is adjusted independently of the backrest and on others the backrest is raised up and down

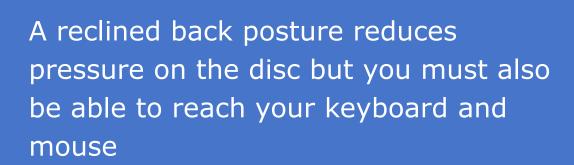
Backrest height should be ≥17" (WSBC)



# Chair: Backrest Angle

### **Backrest Angle:**

Tilt/recline backrest up to ~10°





Courtesy of: Global Total Office



## **Chair: Armrests**



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- Adjust armrest height to support arms when shoulders relax. Elbows should be at 90-100°
- Ensure arm rests do not restrict access to desk or computer
- Rotate armrests in as needed

