

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



Courtesy of:
Global Total Office

- Adjust height so that feet are firmly supported
- Knees $\sim 90^\circ$
- 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

The Chair: Seat Pan

Seat Pan



Courtesy of:
Global Total Office

- 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

Chair: Backrest Height

Backrest Height & Lumbar Support:



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- 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 $\geq 17''$ (WSBC)

Chair: Backrest Angle

Backrest Angle:

- Tilt/recline backrest up to $\sim 10^\circ$



Courtesy of:
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A reclined back posture reduces pressure on the disc but you must also be able to reach your keyboard and mouse

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

