



UBC Ergonomics Guidelines for Office Chairs

Category	Guideline	✓
Support	Contact UBC’s Ergonomics Advisor: 2-9040 or ergonomics.info@ubc.ca	
Height Adjustable:	15 to 22” (may need option for taller/shorter chairs)	
Seat Depth¹:	depth adjustable preferred (16 to 20”) or option for smaller seat pan	
Backrest Height	≤17.7”-support for shoulders	
Lumbar support:	Height adjustable required ² & sufficient support so that it does not flatten out with weight against it; depth adjustable preferred	
Backrest Angle:	Allow upright and at least 15° reclined posture	
Dynamic recline:	must have tilt lock or sufficient tension control to support the user	
Seat Width:	19” (with option for narrower chair or armrests that come in closer)	
Armrest Height:	Adjustable (7 ³ to 11”) & removable (unless they can go low enough so as not to interfere with pulling in close to the desk);	
Armrest Width	Adjustable preferred if the distance between armrests can adjust between 15 and 20” or provide option for narrower seat pan	
Footrest	Must be provided if user’s feet do not rest firmly and comfortably on the floor.	
Training	<i>Ergo your Office</i> workshops offered monthly	
Office Ergo Rep	Departments should have at least 1 Office Ergo Rep to assist with initial set up	

We have [examples](#) of ergonomic chairs⁴ in our training room. Chair fit sessions can be booked [online](#) and a list of chairs is available online.

¹ as measured with the BIFMA chair measuring device

² Either lumbar support or backrest height can be adjustable

³ If armrests do not go lower than 8” they should be removable

⁴ Please note this list is not an exhaustive list and not all chairs in the training room are equal