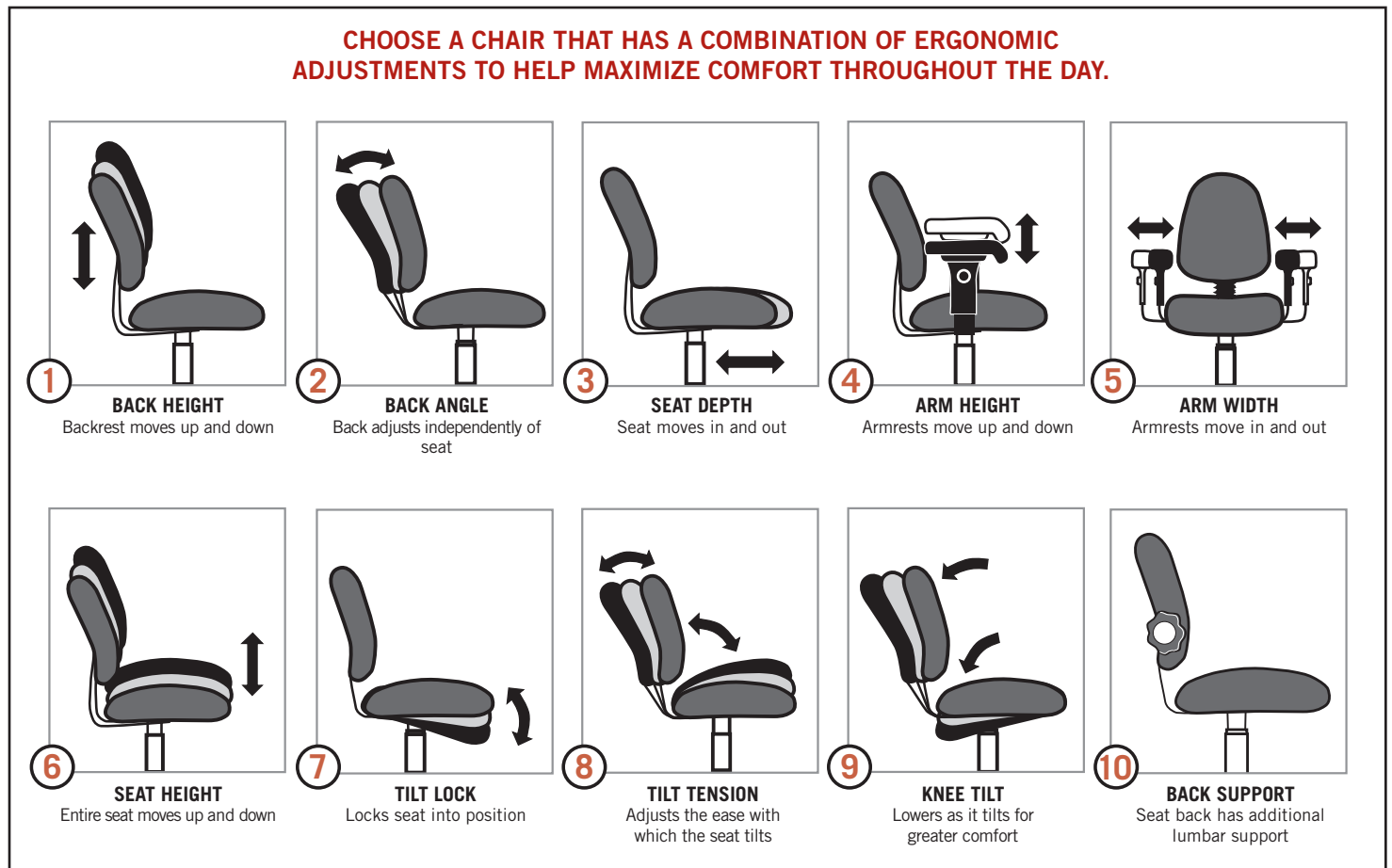


What features are most important when choosing an ergonomic chair?

To help you choose the right chair, most chairs listed in our catalog and on our website list what ergonomic adjustments are included. Refer to this guide to help understand what each adjustment does. This diagram shows 10 of the most popular adjustments to look for when ordering.



TIPS FOR ADJUSTING YOUR CHAIRS:

Properly adjusting an office chair can help an employee be more productive and can also help avoid injuries. The Lawrence Livermore National Laboratory offers a step-by-step guide for adjusting an office chair. This adjustment guide includes seven steps.

1. Adjust the height of the seat so the feet rest flat on the floor.
2. Ensure there is no pressure on the backs of the knees by leaving a space equivalent of the width of three to four fingers between the edge of the chair and the knees.
3. Adjust the tilt of the seat, if applicable, to be appropriate for the task. A downward tilt is appropriate for keyboard work.
4. Adjust the backrest tilt to an angle between 90 and 120 degrees. The selected angle should adequately support the back.
5. Adjust the height of the backrest to assure firm support of the lower back.
6. Adjust the armrest supports to fully support the arms and relieve pressure from the neck and shoulders.
7. Observe the user of the chair and make minute adjustments if there is any evidence of discomfort.