

# Considerations When Selecting the Right **OFFICE CHAIR** **FOR YOU**

## SEAT HEIGHT

Office chair seat height should be easily adjustable to allow you to sit comfortably with your feet flat on the floor, your knees at a 90 degree angle and parallel to your hips.

## BACKREST

The backrest of an ergonomic office chair should be 12" to 19" wide. It should support the natural curve of your spine, providing support in the lower back.

## LUMBAR SUPPORT

Lower back support in an office chair is very important. Sitting for extended periods of time without support in this region leads to slouching, which is harmful to the back.

## ARMRESTS

Armrests should support your arms so that your shoulders rest at a comfortable position when you are working. They should be adjustable in height and position to accommodate each unique user.

## SEAT WIDTH & DEPTH

Office chair seats are usually 17" to 20" wide. The depth (front of seat to back of seat) needs to be enough so that the user can sit with his or her back against the back rest and feet on the floor.

## SWIVEL

The swivel feature is crucial because it enables the user to turn and reach things at his or her workstation without straining.



# REMEMBER

Try before you buy...  
comfort is key.

