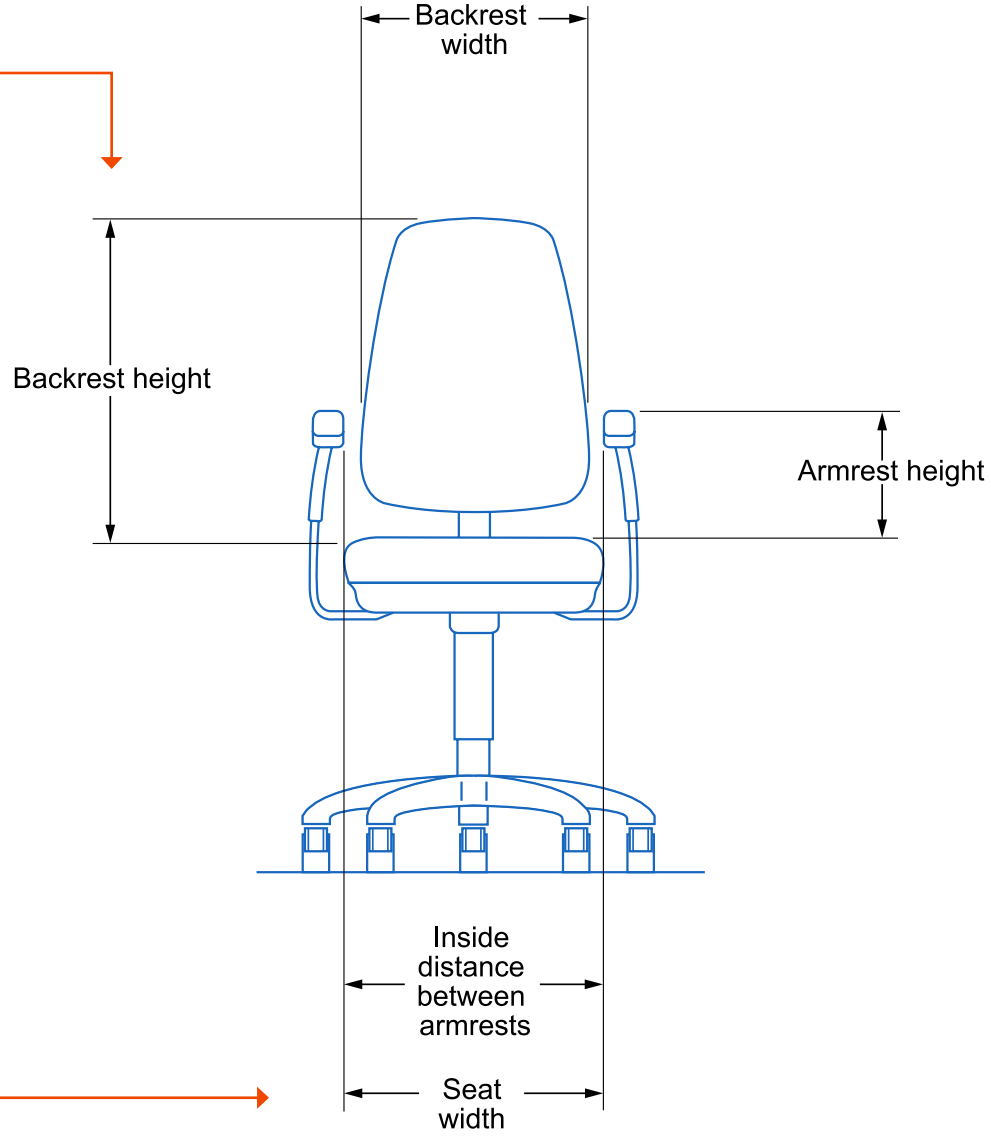
Review the information presented in this document to ensure your chair setup meets optimal ergonomics guidelines.

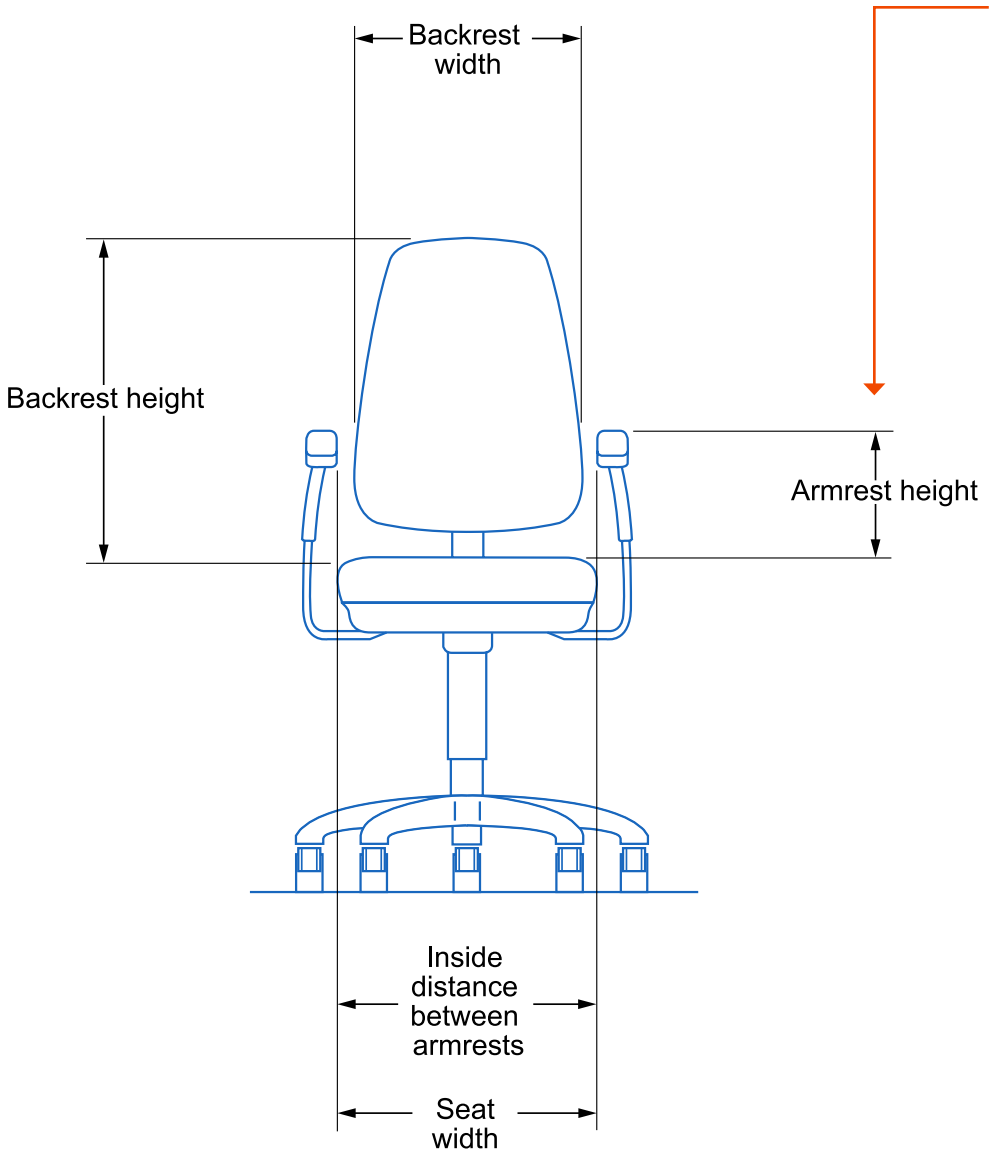
Backrest height

- Make sure your backrest is high enough to support the back in a variety of postures.
- For rearward postures, ensure backrest height supports the shoulders and, depending on the recline angle, the neck/head.
- For tasks requiring upper body mobility, ensure the backrest height provides adequate support for your back but does not interfere with the movement of your arms.

Seat width

- Your seat width should be wide enough to allow you to maintain comfortable pressure distribution across the seat and adjust your posture.
- Seat width will often affect the armrest position.
- Your seat width can impact getting in and out of the chair (for larger users) or arm support (for smaller users).
- Seat widths that accommodate users with a larger seated contact area might not adequately accommodate smaller users and vice versa.





Armrest

Ensure your armrest:

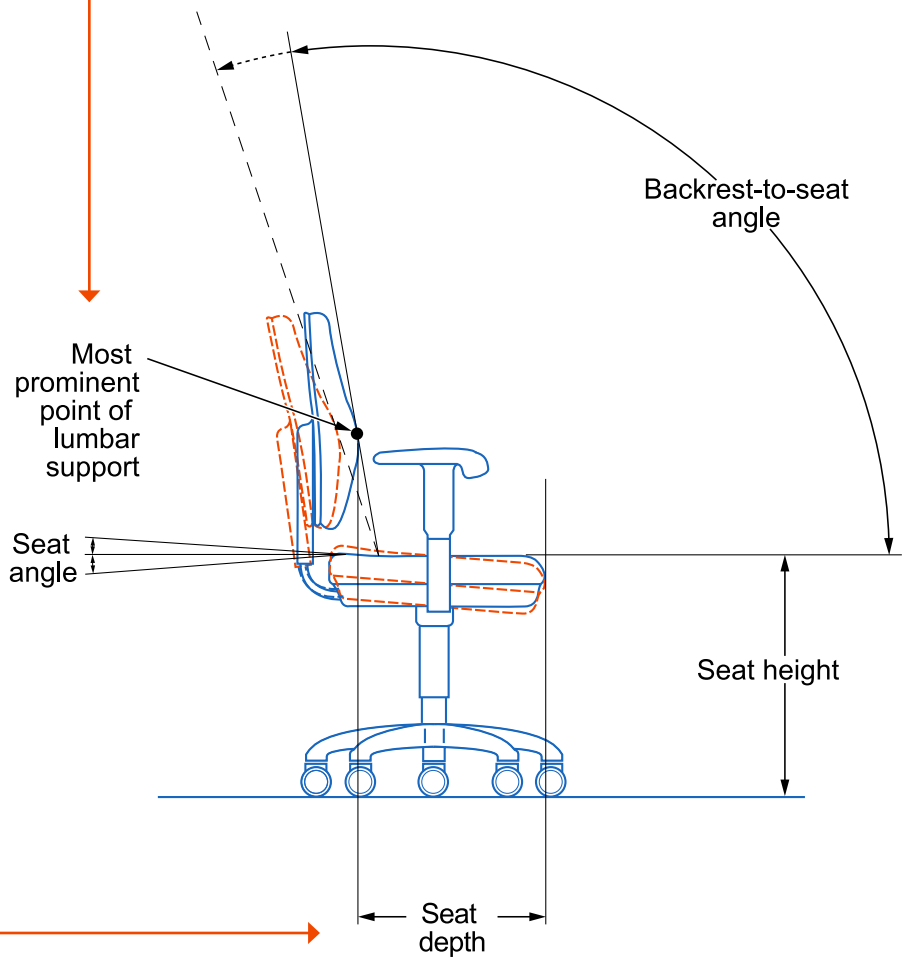
- Supports the arms
- Allows access to the workstation, equipment, and materials
- Distributes forces evenly over the area of contact
- Allows you to sit in a variety of postures
- Is adjustable in height and includes a height setting that allows you to support your forearms and/or elbows in a manner that avoids:
  - Lifting the shoulders (armrest is too high)
  - Leaning to the side or dropping the shoulders to reach the armrest (armrest too low)
- Is adjustable inward or outward to achieve a comfortable arm posture
- Supports your forearms and/or elbows in a manner that avoids lifting the shoulders and/or forcing the elbows away from the body
- Supports your forearms properly while sitting close enough to the work surface to perform your tasks and should not be a source of contact stress

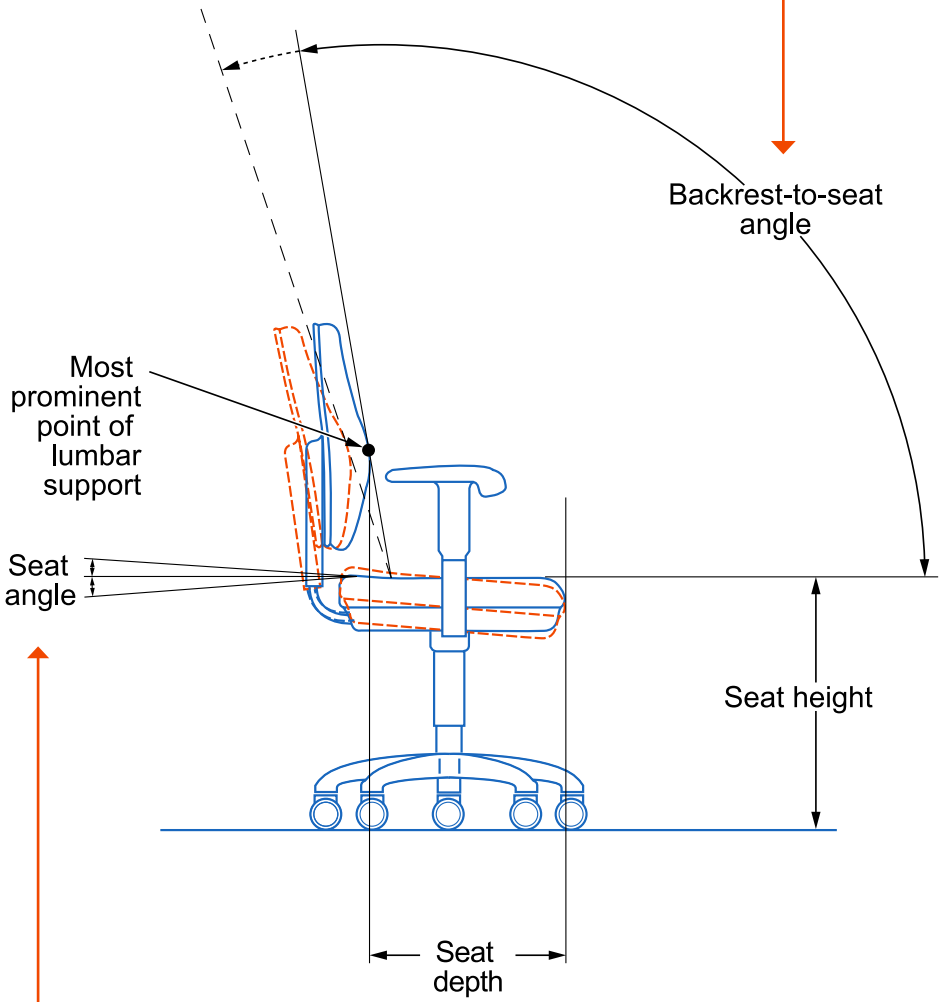
Lumbar support

Height-adjustable lumbar supports need to have a height and shape to support your lower back (the lumbar region of the spine) and should not cause localized pressure points.

Seat depth

You should be able to sit in the chair without undue pressure at the back of the knees, with your back properly supported by the backrest, and with adequate buttock and thigh support.





Backrest-to-seat angle

Ensure the backrest-to-seat angle does not cause your torso-to-thigh angle to be less than 90°.

Seat angle

- The angle of your seat should allow you to support your feet on the floor or footrest.
- If you have a chair with a forward seat angle (including forward-sloping seats in sit-stand stools), ensure your seating surface has sufficient friction to help prevent sliding out of the chair or shifting too much weight to the feet.