

ADJUSTING YOUR CHAIR

Adjust the seat height so that your hips and knees are at about a 90 degrees angle. If your feet aren't flat on the floor, use a footrest.

If you like to slightly recline while sitting, make sure you seat yourself all the way back in the chair so that your low back has support.

Position the seat back so that the lumbar support is behind your waist. If this feature is adjustable (may have a pump or adjustable bar) use this to increase pressure as desired.

Most chairs have a forward tilt option. This places your knees in a slight downhill position. This position increases the curve in your low back. It also places you closer to your desk/computer as your body is slight leaning forward. Although the full forward tilt position is usually uncomfortable as you feel you are sliding out of the chair, tilting your chair 2-3 degrees may be a comfortable alternative position.

If the seat is adjustable in depth, slides forward and backwards, position the seat so that you have 2-3 fingers of space between your knee and the front of the seat.

Armrests should be elevated to support your arm, but not push them up into the joint. If armrests are width adjustable, position them so they are below your elbows with your arms naturally "hanging" at your sides.

Ergonomic chairs are designed to change as you change your position. Don't be afraid to try other positions as long as your back remains well supported.