

### *The benefits of a fully adjustable chair*

- A fully adjustable chair provides the ability to customize its fit to the user's body and provide adequate support in a variety of seated positions. Adjustments made to workstation chairs are important for decreasing body stressors characteristic to seated positions (i.e, back, neck, shoulders, and lower body).
- According to the Occupational Safety and Health Administration (OSHA), a decent ergonomic chair provides necessary support to the upper and lower body while decreasing potential awkward positioning, contact pressure, and overexertion of muscles.
- Regularly adjusting the chair decreases discomfort while providing a better ergonomic fit as seated postures tend to change throughout the workday.



### *Cost of a fully adjustable chair*

- Ranges between several hundred to 1,500 dollars depending on preferred features and what is comfortable to the user.

### *Important adjustability features of a chair to consider are...*

**Backrest:** Should follow the natural curvature of the spinal column and provide ample support to the lumbar and thoracic regions of the back. Important features for a back rest include: height adjustability, tilt (approximately 15 degrees from a vertical position) with the ability to lock in place or allow movement with a certain amount of resistance.

**Seat:** It is important that the seat is padded and comfortable for the user. It is recommended that the chair has the ability to adjust the height and seat pan depth (i.e., forward and backward), allowing for the use of the entire backrest. Another suggestion is to purchase the correct size seat pan and to allow approximately 1 inch on each side of the seat (from the body to the edge).

**Armrests:** If provided, should be soft and be able to be lowered to prevent contact with the elbows. Your shoulders should be relaxed, with your elbows close to your body. The armrests should not be utilized as support throughout the day when utilizing the chair.

*Base:* A chair should have a sturdy base with five legs and casters that allow easy movement along the floor.

### *The appropriate seated position*

- Back and head in an upright position.
- Full use of the backrest
- Upper arms are in line with the spine and elbows bent at a 90 degree angle while typing.
- Thighs should be parallel to the floor, allowing approximately a 90 degree angle at the hips and knees.
- There should be 1-3 inches between the end of the seat pan and the back of the legs/knees (make sure there is not pressure to the back side of the legs!)
- If the height of the desk is fixed and the chair needs to be raised, a footrest is recommended for pressure relief and maintaining the appropriate knee alignment.
- Feet should be flat on the floor or footrest



### *Additional tips*

- To ensure that the chair is right for the user, it is important that you try out a variety of ergonomic chairs prior to purchasing one.
- It is recommended to choose a vendor that will give you the option to try out a chair for an extended amount of time as it takes the body at least 2 weeks to completely adjust to the chair.
- Look at how the chair aligns with the entire workstation (desk, keyboard, and monitor).

*Should you have questions or if you are interested in an assessment of your workstation, please contact:*

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