

5 Secrets to Choosing the Right Office Chair

① Note: just because something says that it is “Ergonomic” it doesn’t mean it will prevent injuries or be right for you.

② Stand in front of the chair.

👍 Raise or lower the seat until it is just below knee level.

③ Sit all the way back on the seat.

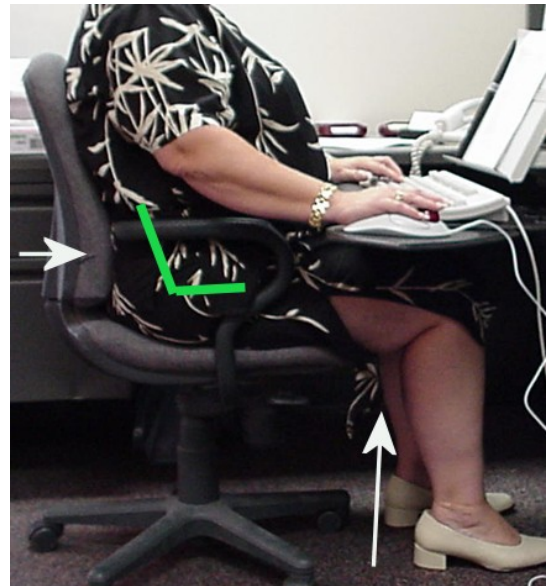
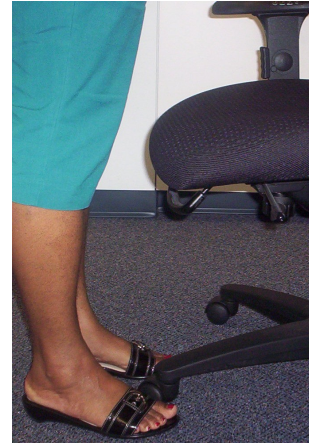
👍 You should be able to fit 3-4 fingers between the back of your knees and the front of the seat.

④ Lean back in the chair.

👍 You should be sitting upright with a slight tilt backward (110° hip : back angle).

⑤ Sit up straight with your shoulders back.

👍 The back of the chair should fill in the curve of your back at the belt line. You should feel like the chair is holding you in that upright position.



👎 If you can't make the chair do all this — it is not right for you.

For more tips:
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