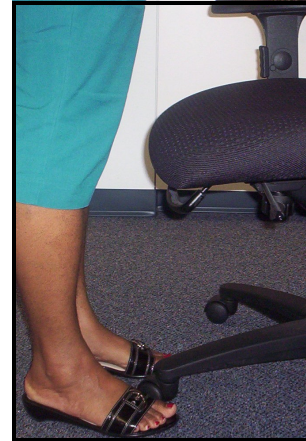


5 Tips for Setting Up Your Office Chair

- ① Stand in front of the chair.
👍 Raise or lower the seat until it is just below knee level. When you sit down you should feel like you are well supported by your feet and the chair.
- ② 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.
- ③ Lean back in the chair.
👍 You should be sitting upright with a slight tilt backward (110° hip : back angle).
- ④ 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.
- ⑤ Let your arms hang straight down.
👍 You should be able to type and use the mouse with your elbows down by your ribs. Be sure the armrests do not get in your way.



For more tips:
www.worksitehealthandsafety.com
240-912-9559