

Sitting, Sat, Sorely Needed Chair Tips 101

7 Tips for Good Ergonomic Chair Design

1. Is the chair comfortable to sit in for the way that you work?

- Does the shape of the seat fit you and let your legs move freely?
- Is the cushioning comfortable and made of a breathable material?
- Do you have at least one-inch free space on either side of your hips and thighs?
- Do you have at least one-inch free space between the edge of the seat and the back of your knees?
- Can you sit comfortably with your feet on the floor or a footrest?

2. Can you easily adjust the important features of the chair?

- Can you adjust seat height while you are sitting in the chair?
- Is the range of height adjustment of the chair adequate?
- Can you adjust the position of the lumbar support and is this comfortable?
- Can you recline the chair back to a comfortable position?
- Are the controls easy to understand and use?

3. Is the chair stable when you sit on it?

- Does it have a 5+ pedestal base so it won't easily tip over?
- Does the chair move easily when you need to?
- Can you swivel easily so that you don't have to twist your back to turn?

4. Does the chair have comfortable armrests?

- Are the armrests broad, contoured, and adequately cushioned?
- While sitting can you adjust the height of the armrests?
- Can you easily move the arms out of the way if you need to do this?

5. Is the backrest high enough to provide support to the thoracic area?

- Does the lumbar of backrest fit snugly in lower back?
- Can backrest be brought forward and locked at any angle?
- Does backrest have ratchet height adjustment or manual?
- If backrest is free floating can it also be locked in open angle?

6. Does the seat depth of seat to allow additional support?

- Does the seat have waterfall edge to reduce pressure on thigh?
- Can you increase provide an open angle for better breathing.
- Can you use a forward tilt to cushion allow adequate depth to support popliteal (thigh length)?

7. Does the merchant you plan to purchase from provide ergonomic training for proper posture?

- Does the chair come with a CD or online chair adjustment guidelines?