



## ERGONOMIC OFFICE CHAIR FEAUTRES

| POSTURE   | CHAIR FEAUTRES  |
|---|---|
| <ul style="list-style-type: none"> <li>• The height of the chair should allow your feet to be flat on the floor with your legs in 90-degree angle.</li> <li>• The height of the chair should allow your shoulders to be relaxed and your elbows in 90-degree angle while resting on the desk/elbow rest or typing on the keyboard.</li> <li>• You should be able to fit at least two fingers between the edge of the seat and back of the knees. (Ideally 2 – 4 inches / 5 – 10 cm)</li> <li>• You should sit all the way back in the chair, with a straight back and neck, with head facing forward (not down).</li> </ul> | <ul style="list-style-type: none"> <li>• There should be a back rest that is adjustable (or have an adjustable lumbar support) (The ideal chair has between 3 – 6 inches / 7 – 15 cm) above seat. The tilt adjust should sit between 90 – 105-degree angle.</li> <li>• The lower back (lumbar) support should be adjustable in height to suit different lengths and spine curves. The support should angle between rest and seated (90 – 105 degree).</li> <li>• The seat pan dimensions should be approx.:<br/>Adjustable height: 16 – 21 inches / 40 – 55 cm<br/>Depth: 13 – 17 inches / 33 – 43 cm<br/>Width: 17 – 20 inches / 43 – 50 cm</li> <li>• There should be an adjustable elbow rest that allow the elbow angle to be in 90 degree (Should be used for resting only). If the armrests do not adjust to the correct height, it is better to remove them and be without.</li> <li>• The chair should be adjustable in height to match the desk height and allow your feet to be flat on the ground (or use a footrest).</li> <li>• The chair should be comfortable (padded if needed), and with preferably breathable (mesh) fabric.</li> <li>• The chair should have 5 smooth working castors (wheels) for easy movement.</li> <li>• The “perfect” chair also has adjustable pan length, lumbar size pump for size and a neck rest.</li> </ul> |