



Ergonomic Chair Adjustments

Are you using your office chair to its full potential?
Below are some easy steps on adjusting your chair to work for you!

Armrests

Adjust height so wrists are straight and not resting on worksurface

Back Support

Allow movement and adjust tension for lumbar support



Seat Depth

Adjust seat depth so you have 2 - 3" clearance behind your knees

Seat Height

Adjust height so feet are flat on the floor with hips at or above knee level

Floor Casters

Some casters are specific to floor type. When looking for a new chair, be sure to confirm best type for your flooring.