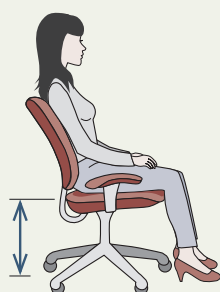
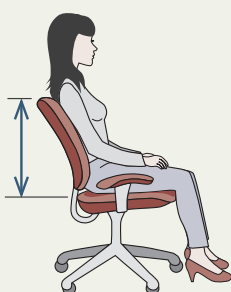


TECHNICAL INFORMATION PAPER SERIES: ERGONOMIC CHAIR FEATURES AND INDUSTRY STANDARDS

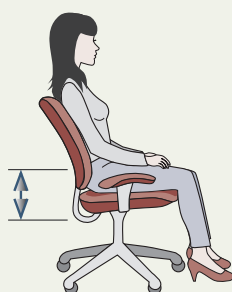
THE SLIGHTEST ADJUSTMENT CAN MAKE ALL THE DIFFERENCE.

**SEAT HEIGHT**

Adjust so that feet are planted, thighs parallel to the ground.

**BACKREST (LUMBAR) POSITION**

Adjust the lumbar support to fit in the small curve of your back.

**ARMREST HEIGHT**

Position armrests evenly to support your forearms with your shoulders relaxed.

**SEAT DEPTH**

Maintain a 2-inch gap between the back of your knee and front of the seat.

**BACKREST TENSION**

Unlock seat back and adjust tension control so it moves when you move.

Sit correctly, work comfortably.

Now that you've invested in a good ergonomic office chair, there are some simple adjustments you can make to help maximize its benefits. By following the illustrated industry guidelines you can take advantage of all the features of your chair that will likely have the greatest impact on your comfort and productivity.

RECOMMENDED STANDARDS FOR ERGONOMIC CHAIR ADJUSTMENT¹

Armrest Clearance	Recommend 18.1" between arms
Armrest Height Range	Recommend 6.7" to 10.6"
Backrest Height	Recommend 17.7" above seat height
Backrest Width	Recommend at least 14.2"
Lumbar Support	Adjustable between 5.9" and 9.8" on the backrest
Seat Depth	16.9" max. from front edge of seat pan if not adjustable
Seat Height Between	15" and 22"
Seat Pan-Backrest Angle	Range of 90° - 120°
Seat Pan Width	At least 17.7"

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¹American National Standards Institute / Human Factors and Ergonomics Society: Computer Workstations American National Standard

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