

Enjoy living...



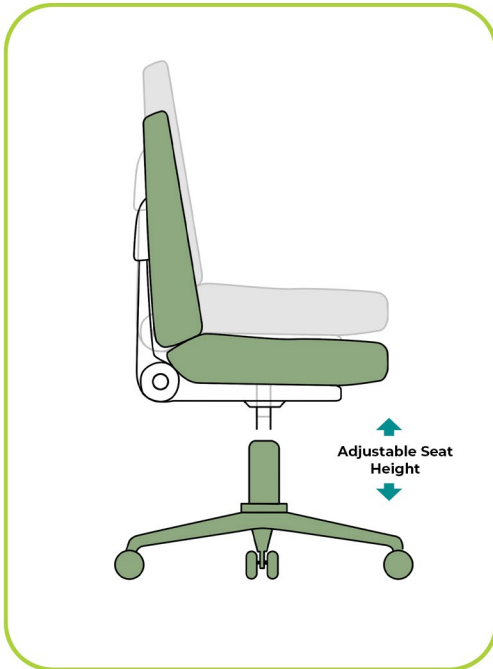
 Checklist for
**Purchasing Your
Ergonomic Chair**

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Checklist for **Purchasing Your Ergonomic Chair**



Seat Height Adjustability.

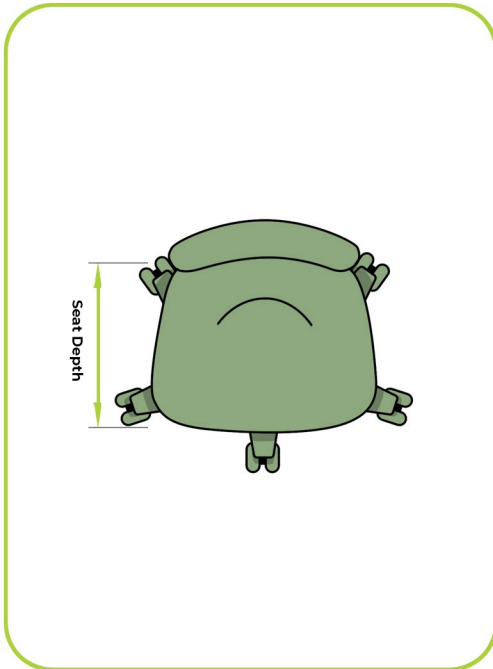
Check to see that seat height is adjustable. You should be able to sit with their feet flat on the floor on a footrest without pressure on the underside of their thighs

Backrest

Check to see that the backrest is adjustable both vertically and in the forward and backward direction and has a firm lumbar support, but does not create pressure points that restrict blood circulation. The backrest should be of appropriate height and width to provide support without restricting movement.



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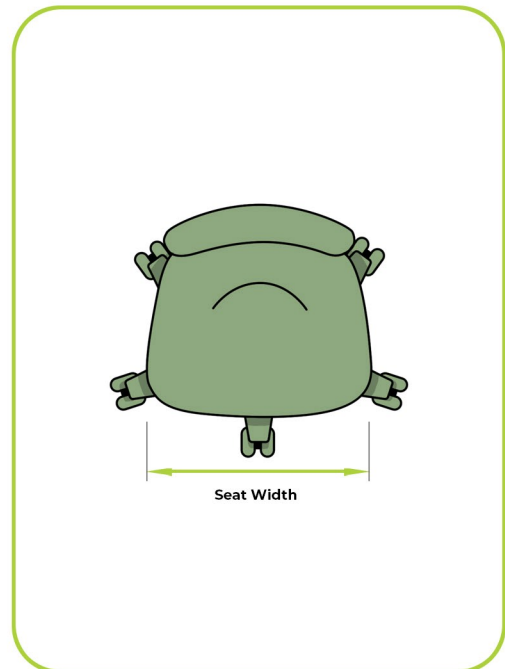


Seat Depth

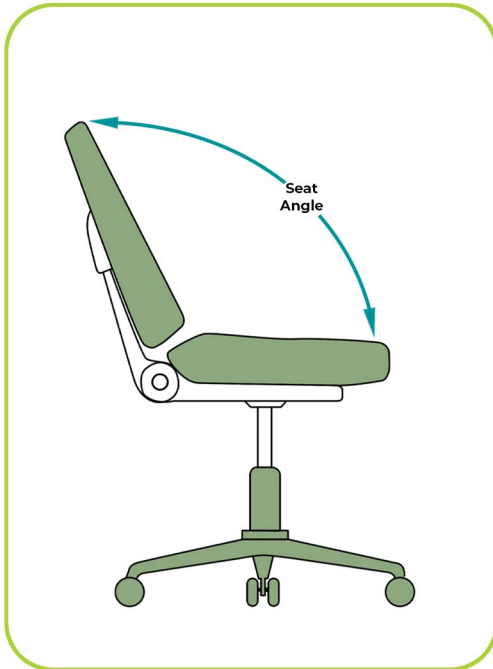
You should be able to sit in the chair without pressure at the back of your knees, with your back supported by the backrest, and proper support through the buttocks and thighs. Some chairs have adjustable seat pans that move forward and backwards to alter the seat depth, this feature is a plus.

Seat Width

The seat should be wide enough to allow you experience a comfortable and even pressure across the entire seat. It should also allow for some adjustments to your posture.



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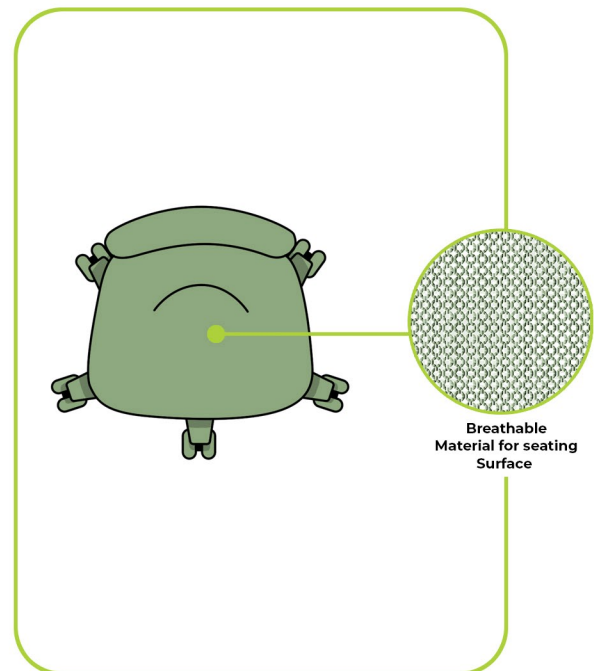


Seat Angle

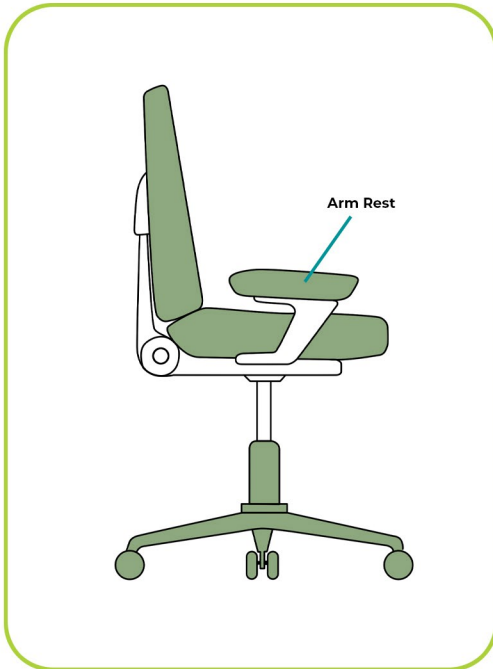
Where the angle of the seat is adjustable, the seat should allow you to support your feet on the floor or footrest. Forward sloping seats should have a surface that has enough friction to prevent you from sliding out of the chair or placing too much weight on their feet.

Seat Surface

The seat surface should be comfortable, usually made of breathable materials that minimize heat and moisture buildup.



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Arm Rest

The armrests should evenly support the arms. The rests should be adjustable both for height and width (distance from the seat). In some situations, armrests may not be helpful if they prevent a person from sitting close enough to the desk and keyboard. Adjust or remove armrests, as needed.

Stability

Check for the stability of the chair; a five-point base is recommended.

