

## Points to consider when choosing an office chair

1. The chair should be height adjustable with an available range of 380-535mm.
2. There should be five castors or glides suitable for the floor covering.
3. The seat should be the correct depth and width for the user with a rounded front edge to reduce pressure on thighs. Check that the seat padding is thick and comfortable but not too soft. If the seat can tilt forward, independently from the backrest, this could be beneficial, but it must lock in position.
4. The backrest should be about 500mm in height and shaped to conform to a human spine! There should be a moderate, height adjustable, lumbar curve. (If it is too great, it would be uncomfortable and if it is too low it would push the user forward on the seat.) The backrest should tilt backwards, independently from the seat and must lock in position.
5. Armrests are rarely necessary but if fitted should not prevent the user sitting close enough to his or her desk. They should be height adjustable. Make sure that they are not fixed too far out to the side.
6. All the controls should be easily adjustable from the sitting position.
7. Head and/or neck rests are not necessary and can cause problems.