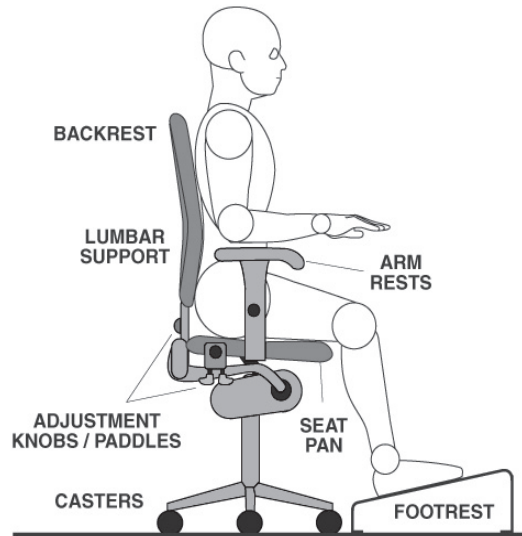


# The Ergonomic Office Chair

The selection of an office chair is critical in reducing the potential for injury, especially for people who work in a seated position for long periods of time. When selecting an office chair, check to make sure that the chair has the following features:

- Adjustable seat height
- Adjustable tilt of the back rest



- Armrests with adjustable height
- Adjustable seat pan
- Lumbar or back support

## Helpful Hints When Adjusting A Chair

<b>Chair Height</b>	Feet comfortably on the floor Knees are at 90° angle <i>Note:</i> foot rest or pull out tray may be needed
<b>Seat Pan</b>	The front edge of seat and the back of your knee fits a clenched fist (approx. 2-4").
<b>Armrests</b>	Should be at elbow height Elbows at 90° angle
<b>Lumbar</b>	Fit the lumbar support to the <i>natural curve in your lower back.</i>
<b>Backrest</b>	Lock the backrest or adjust the tension knob where comfortable

## NEED HELP?

### *Contact us!*

#### **Request a Quote/Purchasing Questions:**

**Kristina Rhine**

***Procurement Specialist***

Business Operations

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#### **Request an Ergonomic Assessment or Chair Adjustment (*after receipt of chair*):**

**Bess Huyghe, MSOH, AHES**

**Sr. Industrial Hygienist**

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