

HOW TO CHOOSE THE RIGHT CHAIR

ADJ SEAT HEIGHT & BACK:



- Easy to adjust seat height.
- Provide a good range of approximately **40-53cm from the floor to the height of the seat.**

A GOOD SIZED SEAT:



- The seat depth and width should allow you to sit with your back in contact with the back support.
- Allow a space of approx **8cm between the back of your knees and the seat.**

GOOD SEAT PADDING:



- It is vital your seat has good padding.

SMOOTH ROTATION:



- A rotating chair is a must to **help reduce stress on the lower back.**

LUMBAR SUPPORT:



- This feature can be useful in ergonomic chairs when you are tired or stressed.

ARM RESTS:



- Adjustable arm & backrests provide support which can **prevent tension build up** in your neck, shoulders and back.

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