

Ergonomic Office Chair Tip Sheet

Chairs that are sold as "ergonomic chairs" are designed to suit a range of people.

Key Features of an Ergonomic Chair

- ✓ Adjustable Seat Height – Keep feet flat on the floor, knees at a 90° angle.
- ✓ Lumbar Support – Supports the natural curve of the lower back.
- ✓ Seat Depth & Width – Leave 1-2 inches between the edge of the seat and the back of the knees.
- ✓ Backrest Tilt & Recline – Adjust to support different sitting postures (90°-110° is ideal).
- ✓ Armrests – Adjust to keep shoulders relaxed and elbows at a 90° angle.
- ✓ Headrest (if available) – Supports the neck and reduces strain.
- ✓ Swivel & Casters – Allow easy movement without straining.

