



How to determine the best office chair for you

Seat Height

The chair height should be adjusted to conform to the appropriate height of the keyboard tray or the desk. Typically seat height should be adjusted so that the height is close to knee height. Feet should be flat on the floor and use a footrest when the desk is too high.

Seat Depth (seat pan)

The seat pan should allow approximately 1 – 3 inches between the front edge of the seat and the back of the knee.

Arm Rests

Armrests should support the forearms with the shoulders relaxed and by your side

Seat Width

Seat width should have approximately 1 – 3 inches of space between your hips and the chair arms.

Seat Back

The back should be high enough to support the upper back with the lumbar section seated in the lumbar region of the back. Users should lean slightly back against the seat back.