

CHECK BEFORE YOU SIT

SELECT THE RIGHT OFFICE CHAIR AND ADJUST AS NEEDED

Chair height

- Adjust the height of your chair so your thighs are horizontal and your knees are at right angles when you are seated.
- Or stand in front of the chair and adjust the height so the highest point of the seat is just below your kneecap.

Seat depth

- The space between the front edge of the seat and the back of your knee should be the span of two to three fingers. This will minimize pressure on the underside of your leg.

Back support

- Adjust the lumbar support so it rests in the small of your back.

Armrests

- While seated, bend your elbows to 90 degrees and relax the shoulders. If your armrests do not allow for this position, do not use them while keying or using the mouse. If armrests are too high or too low, have them removed or get a new chair without armrests

WHSCC, NL.

