

ADJUSTING YOUR ERGOCENTRIC CHAIR



1

Seat Pan

Goal: fit ~2-3 fingers between the back of your knee and front of the seat pan.

How to: squeeze the bar under the front of the seat pan and slide the pan to the correct length.

2

Arm Rests

Goal: have your arms supported close to your body at a height where your shoulders don't feel shrugged up or pulled down.

How to: squeeze the button on the outside of the armrest to move up and down. Move armrests close to you, (and pivot the arm caps if needed).

3

Back Rest

Goal: have the back rest positioned so that your spine is supported.

How to: Step 1: use the triangle paddle to change the backrest angle to support your back when sitting in a comfortable position. You should sit with your hip angle between 90-110 degrees.

Step 2: find the paddle on the back of the chair with a pump and pull it outward. The back of the chair will now be able to move up and down. Place the back so that the lumbar support is in the curve of your low back. Push the paddle back down to lock into place.

Step 3: adjust the amount of back support by using the pump on the paddle attached to the back of the backrest. If you've over-inflated the support, press the release button located just above the pump.

4

Chair Height

Goal: be positioned at a height that allows your arms to be parallel to the ground when typing.

How to: pull up on the square paddle underneath the seat pan to change the chair height. If your feet can't rest firmly on the floor, or if your thighs are sloped downwards, you likely require a foot-stool.

For more information, please contact: ergonomics@mun.ca