

HOW DO I ADJUST THIS DARN CHAIR?



The chair is the starting point for a properly designed workstation. Important characteristics include ease of adjustability and adequate lumbar support.

HELPFUL HINTS

- ◆ Begin by reading the instructions that come with your chair.
- ◆ Experiment with the various control features (it will not break the chair).

- ◆ **Find the height adjustment feature and begin.**
 - ◆ Raise yourself as high as the chair will allow.
 - ◆ Slowly lower yourself down so that your feet are firmly placed on the floor.
 - ◆ In this position, your hips should be slightly higher than your knees and your thighs parallel with the floor.

- ◆ **Find the seatpan angle feature.**
 - ◆ Most people prefer the seatpan to be adjusted parallel with the floor.

- ◆ **Find the height adjustment feature for the chair back.**
 - ◆ Adjust the chair back to support your lumbar spine (well below belt line).
 - ◆ Adjust the angle of the back to allow for an upright or slightly reclined posture.

- ◆ **Find the arm adjustment features and position them to the lowest setting.**
 - ◆ While you are sitting in the chair, relax your shoulders and arms down to your side.
 - ◆ Slowly raise the arm supports until you can gently rest your elbows and forearms. Make sure that you do not allow your shoulders to raise upward.

As you feel more comfortable with the adjustment features change your position periodically throughout your day which will enhance bloodflow and reduce stress to the muscles in your body.