

Selecting the right chair is all about finding the right fit. The following describes the right sit.

1. The **seat height** should allow you to rest your feet comfortably on the floor or footrest without feeling pressure under your thighs.
2. The **front edge of the seat** should not press into the backs of your knees when seated.
3. The **width of the seat** should be wider than your hips when seated.
4. The **seat cushion** should feel comfortable (no pressure points on the legs or buttocks).
5. To help you position your **lumbar support** (if applicable), do the following exercises:

Standing:

Stretch your hands upward as far as possible and take a deep breath. Breathe naturally, keep your shoulders back and bring your hands down to the sides of your body. Your spine should feel comfortable. Hold your posture, take a hand and place it behind your lower back. With that hand, trace the inward curve of your spine just below your waistline, at the small of your back.

Sitting:

Rest your back against the backrest. The **shape** of the lumbar support should match the inward curve of the small of your back, as discovered in the standing exercise noted above.

When seated, if your lumbar posture does not feel the same as it did when standing:

Adjust the **height** of your lumbar support so that it feels like it matches the inward curve on the small of your back.

6. The **backrest** should support the curvature of your back, feeling comfortable with no pressure points.
7. To properly position your **armrests**, consider the following:
  - Your hips should fit comfortably between the armrests with enough space to easily get in and out of the chair.
  - Your forearms should rest on the armrests without having to lift your shoulders and/or your move elbows outwards.
  - When using the armrests for support while keying, adjust the armrests keeping your upper arms close to your body and keeping wrists straight (not bent upwards/downwards/to the side).
  - While sitting at your worksurface to key, get as close as possible and rest against your backrest. The front edge of the armrests should not hit your worksurface.
8. The **back angle** (angle between the seat and backrest) should allow you to have 90° or more between your upper body and your thighs.
9. The **height of the backrest** should provide support to your shoulder blades.

When you have finished setting up your chair, use the adjustments to move through a variety of postures throughout the day. If you require further assistance, contact your Global representative to help you find the right chair.