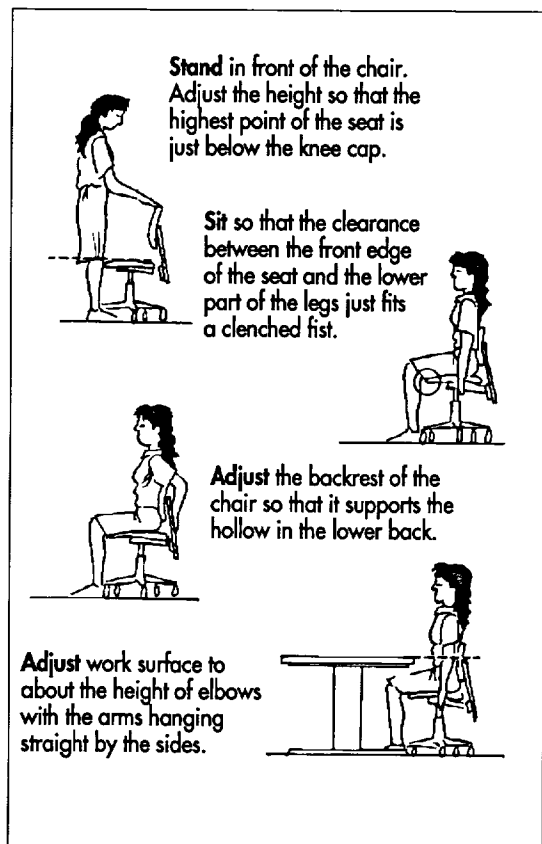




The best of chairs is no good to you if it is not adjusted properly. To do this, stand in front of your chair and adjust the height so that the highest point of the seat is just below your kneecap. For gas-lift chairs, adjust the height while sitting in the chair. Sit so your can put a clenched fist between the front edge of the seat and the lower part of your legs (behind your knees).

Adjust the backrest of the chair so that it supports the hollow in your lower back.

If your worksurface is adjustable, its proper height should be about the level of your elbows when sitting with your arms hanging straight by your sides. If you cannot adjust your worksurface, adjust your

chair seat height so your elbows are about the same height as the home row on the keyboard, and use a footrest to support your feet and legs. The footrest should support the whole foot and be adjustable.

