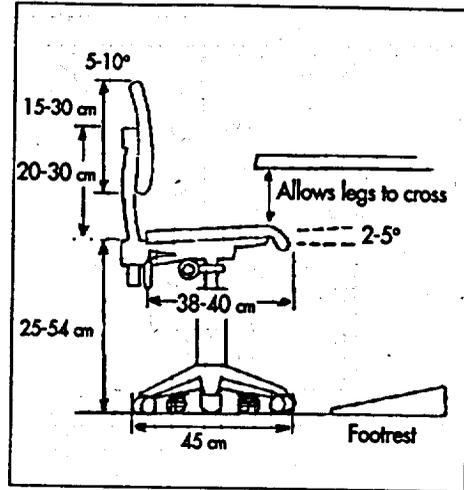


Are you sitting comfortably?

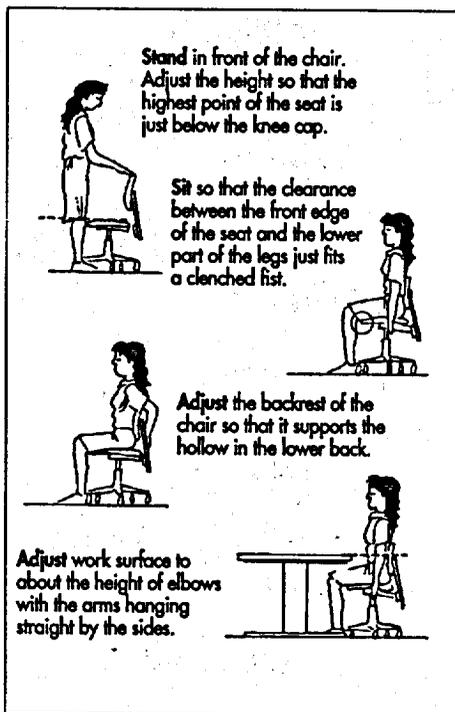
Your chair is probably the most important component of your workstation equipment. Adjustable chairs improve body position and blood circulation, reduce muscular effort and decrease pressure on your back.

A well-designed chair will have the following characteristics:

- ♦ Swivels 360° & 5-star base
- ♦ Lumbar support
- ♦ Easy height adjustment
- ♦ Adjustable backrest
- ♦ Adequate seat width & depth
- ♦ Tilttable & contoured seat pan
- ♦ Arm rests
- ♦ Footrest (if required)
- ♦ Breathable fabric



Follow these steps to adjust your chair



If the backrest angle is adjustable, it should be positioned so that your hip-torso angle is roughly 90-110°. Tighten the backrest tension so that it supports your body weight.

A footrest should be used if the feet cannot be placed flat on the floor once the seat has been properly adjusted. It should be height adjustable with a non-slip surface and support the whole foot.