



Ergonomic Chair Criteria

The most important component of a comfortable work station is a chair that can be adjusted to fit properly. A chair is what one should adjust first, before adjusting the keyboard or monitor. Without an adjustable chair, one may need to think creatively to obtain the ideal sitting posture. Adding a lumbar support or foot stool are some possible solutions. Chairs are not one size fits all and good ergonomic chairs come in different sizes. Below is a list of what constitutes a good ergonomic chair.

1. The chair should be simple and easy to adjust.
2. The chair should have a sturdy five-point base with chair casters that roll easily over the floor or carpet.
3. The chair should swivel 360 degrees so the user doesn't have to twist while at the workstation.
4. Have seat height adjustability.
5. Seat pan depth should adjust to be between 2-4 inches from the calves (or behind the knees) to support the users entire thighs with a rounded front edge.
6. Seat pan width should be at least as wide as the user's thighs, hips and buttocks.
7. Material for the seat pan and back should be firm, breathable, and resilient.
8. The backrest should provide lumbar support that can be adjusted up/down and in/out (width) to fit the curvature of the lower back.
9. The backrest should allow one to recline at least 15 degrees from vertical and have the capability to lock the tilt mechanism into place.
10. Armrests should be padded with height, width and depth adjustability. Pivoting armrests that also adjust from front to back (depth) are a desired feature.

