

Buying a Chair

What should you think about when buying a chair for your workplace?

Everybody deserves a good workstation chair.

LUMBAR SUPPORT

Buy a chair with good lower back support. Lumbar (lower back) support is the most important feature of a chair. It should be vertically adjustable so that it can be placed in the hollow of the back.

ADJUSTABILITY

The more adjustability the chair has, the better. The longer you sit to do your job, the more adjustability you would benefit from having.

Seat height and backrest adjustability are most important.

Other adjustable features to look for include seat pan depth and seat angle.

ARM RESTS

Armrests can be in the way sometimes. Be sure you need armrests prior to ordering a chair with them. If you want armrests, adjustability in height and width will ensure they fit you.

WARRANTY

Look for a warranty on mechanisms and fabric.

MOST IMPORTANT

Be sure you know how to adjust your chair properly and do it regularly. A chair does not come factory adjusted. Even the best chair can be uncomfortable if it is not adjusted to fit your body properly.

Get up out of your chair at least once per hour and stretch. Even the best chair is not meant to sit in for extended periods of time.

