

Chair/seating:

A poorly fitting chair may introduce musculoskeletal problems or aggravate existing ones.



The best type of chair is one where the height, seat pan and back rest are **adjustable**.

- Seat pan has a “waterfall” front: forward slope to prevent pressure on the back of your legs
- Backrest to support your spine
- Armrests should be adjustable
- 5 casters to move freely about on carpeted surface

SIT all the way to the back, utilizing the lumbar support.



YOU MAY NEED A FOOT REST if your feet do not rest flat on the floor after your chair has been properly adjusted and you are seated all the way back in the chair. It should be:

*adjustable in height and inclination
designed so it does not restrict leg movement
large enough to support the soles of both feet
covered with a non-skid material*