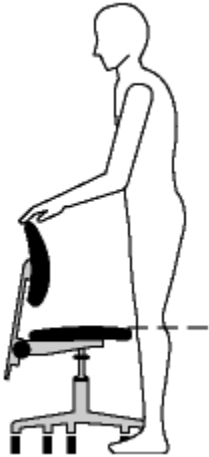


How to adjust a chair for your height

How do I adjust a chair for my height?



- Stand in front of the chair. Adjust the height so the highest point of the seat, (when in the horizontal position), is just below the knee cap.



- Sit on the chair and keep your feet flat on the floor.
- Check that the clearance between the front edge of the seat and the lower part of the legs (your calves) fits a clenched fist (about 5 cm or 2 inches).



- Adjust the back rest forwards and backwards as well as up and down so that it fits the hollow in your lower back.
- Sit upright with your arms hanging loosely by your sides. Bend your elbows at about a right angle (90 degrees) and adjust the armrest(s) height until they barely touch the undersides of the elbows.
- Remove the armrests from the chair if this level can not be achieved or if armrests, in their lowest adjustment, elevate your elbows even slightly.



- Tilt the seat itself forwards or backwards if you prefer.

Different office tasks require different equipment, accessories and layouts.

Nonetheless, the chair and its adjustment remain constant for the majority of setups in a typical office environment.

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