

The purpose of an ergonomic office chair is for the user to be able to have a comfortable sitting experience. To get the maximum benefit from an ergonomic chair, you'll need to know how to adjust it correctly.

## BACK REST

Move the back so that the lumbar area provides support to your lower back and allows you to move freely. For ideal posture it is important to have a gap between the seat and the back to allow you to sit as far back in the seat and get the best support. Features such as ratchet back or height adjustable offer the best support.

## HEADREST

Helps to promote better posture and can help with pain relief. Headrests are made to support your neck. Adjust the headrest to the base of the back of your head.

## ARMREST

Supports upper limbs and reduces the amount of load down to the lower back. Always keep your armrests at the same height; they should sit at elbow height when your arms are by your side.

## LUMBAR SUPPORT

Helps to maintain the natural curvature of your back allowing the lumbar support to work with your spine. Some chairs allow you to adjust your lumbar support. The lumbar support should sit at your lower back.

## SEAT SLIDE

For adjusting seat depth. With your back flat against the backrest, adjust the seat so that there is at least one inch between the edge of the seat and the back of your knees.

## MECHANISMS

Adjust back height and tilt along with seat movement forwards or backwards and gas lift height adjustment. Keep your feet flat to the floor with your legs bent at a 90-degree angle. If your chair can't adjust to the height you need, use a footrest for extra help.

## SEAT HEIGHT

Adjust seat height so that your elbows are at the correct height to the desk.

