# Your Work Chair

**Seat Height:** You should be able to sit with your feet comfortably on the floor or footrest without unnecessary pressure on the underside of your thighs.

**Seat Depth:** You should be able to sit in the chair without unnecessary pressure against the back of your knees, with your back properly supported by the backrest and with adequate buttock and thigh support.

**Seat Width:** The seat should be wider than your hips to allow space for movement and clothing. The seat width should not limit your ability to comfortably use the armrests.

**Seat Pan Angle:** The angle of the seat pan should allow you to support your feet on the floor or footrest. The angle of the seat pan should not cause your torso-to-thigh angle to be less than 90 degrees. Forward seat pan angles should not cause you to shift excessive weight to your feet or experience the sensation of sliding out of the chair.



# Back Support

**Seat Backrest Height:** All backrests should provide adequate lumbar support and buttocks clearance. For tasks requiring upper body mobility, the backrest should provide adequate back support, but not interfere with your movement (typically these backs should not be higher than the bottom of your shoulder blades). If you prefer a reclining posture, or more upper back support, the back height should provide support for your shoulder blades.

**Backrest Width:** The width of the backrest should provide adequate support for the curvature of your back without causing localized pressure points.

**Lumbar Support:** The height and shape of the lumbar support should coincide with the lumbar curve ("the small") of your back. The support should be firm, but not cause localized pressure points.

**Movements of the Seat Pan and Back Support:** The chair should allow you to sit in a position where the torso-to-thigh angle is equal to or greater than 90 degrees. The seat and backrest angles should adjust to accommodate your varying postures throughout the day.

# Arm Support

**Armrest Height:** The height of the armrest should allow you to sit in a variety of postures while supporting your forearms and/or elbows in a manner that avoids lifting your shoulders (armrest too high) or leaning to the side to reach the armrest (armrests too low). The armrests height should allow accessibility to, and performance of, your daily tasks.

**Armrest Length:** The length of the armrest should allow you to sit close enough to the work surface to perform necessary tasks while maintaining contact with the backrest.

**Inside Distance Between Armrests:** Armrests should allow you to sit in a variety of postures while supporting your forearms in a manner that avoids lifting the shoulders and/or excessive outward positioning of the elbows. The inside distance between armrests should allow you to easily enter and exit the chair. Your hips should fit comfortably between the armrests or supports.

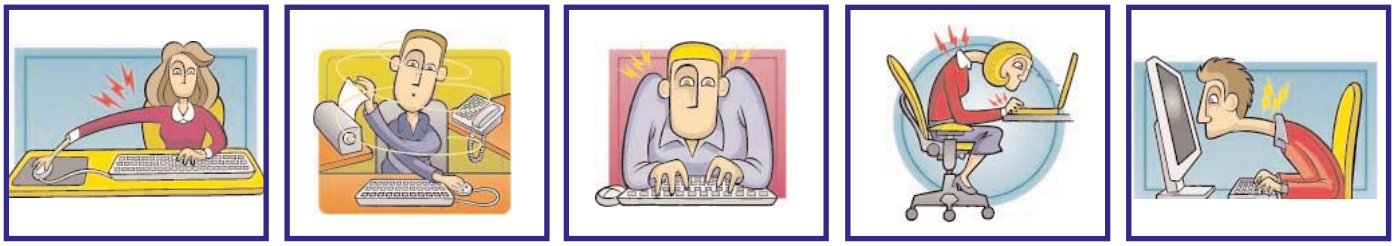
# Work Surfaces: For Seated Work

**Clearance For Legs:** When centered on your task, you should be able to fit your legs, knees and thighs in the space provided under the work surface without obstruction or contacting the support structure. The space should be adequate enough to permit you to get close to your work surface while allowing some freedom of movement.

**Clearance At Foot Level:** When centered on your task, you should be able to sit close to the work surface in an upright posture without obstruction at foot level. There should be adequate space to permit you to get close to your work surface while allowing freedom of foot movement and/or postural changes.

# Work Surfaces: For Standing Work

**Clearance At Foot Level:** When centered on your task, you should be able to stand close to the work surface in an upright posture without obstruction at foot level.



# Work Surface Heights For Computer Input Devices and VDT's*

**Work Surface Height For Input Devices - Sitting:** You should be able to sit at the work surface with adequate clearance for your legs, with the shoulder, elbows and wrists at near neutral positions.

**Work Surface Height For VDT - Sitting:** The work surface should allow the VDT to be at a height that permits you, when seated in an upright posture, to view the entire VDT screen at a position somewhere between horizontal eye level and 60 degrees below eye level, preferably at a position between 20 degrees and 50 degrees below eye level. The top of the screen should not be closer to the eyes than the bottom of the screen. You should be able to move your legs under the support surface without obstruction.

**Work Surface Height For Input Devices - Standing:** You should be able to stand erect at the input device work surface, with adequate clearance for your feet. Shoulder, elbows and wrists should be at a near neutral position.

**Work Surface Height for VDT - Standing:** The work surface should be at a height that allows you, when in a standing posture, to view the entire VDT screen at a position between horizontal eye level and 60 degrees below eye level, preferably at a position between 15 degrees and 45 degrees below eye level. The top of the screen should not be closer to your eyes than the bottom of the screen. You should be able to stand close to the work surface without obstruction.

**Work Surface Depth For VDT - Sitting or Standing:** In a normal posture, the viewing distance (from your eyes to the front of the VDT) should be greater than 40.0cm (15.7 in.).

*VDT's - Video Display Terminals (i.e. Computer Monitor Screens)



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