

Looking for a new office chair?

Your guide to choosing the right office chair

Working in an office typically involves spending a great deal of time sitting in an office chair. It is important to have a chair that is comfortable and meets your needs.

We offer a wide range of office chairs and our guide will make it easy to select the right office chair for you.

Key features to look for when choosing an office chair

Seat Height

The seat height should be easily adjustable. A pneumatic adjustment lever is the easiest way to do this. When sat on the chair your feet should be able to rest flat on the floor without compressing your thighs.

You also need to be able to adjust your chair to the height of your desk so that your elbows are just above the desk top. If your feet can't rest flat on the floor use a foot rest.

Seat Width and Depth

You should be able to sit comfortably at the back of the chair with your back against the backrest whilst leaving 2 to 4 inches between the back of your knees and the chair.

Backrest and Lumbar Support

The backrest of the chair should be the appropriate size and shape to support the natural curve of your spine and support your lower and middle back. The backrest should not restrict your arm or shoulder movements.

Backrest Tilt

The backrest should have a forward and backwards adjustable tilt with a locking mechanism so that you can easily adopt different positions whilst sat.

Armrests

Fixed armrests are fine for occasional use. But if you are sat for long periods of time then your chair should have adjustable armrests that allow your arms to rest comfortably and your shoulders to be relaxed.

Seat Material

The material on the chair and the backrest should have enough padding to be comfortable to sit on for extended periods of time. The fabric should be permeable so that the seat can breathe and to avoid heat building up.

Swivel

The chair should rotate so that you can easily reach different areas of the desk without straining.



Don't forget to take regular breaks...

Remember even with an ergonomically correct chair it is important to take regular breaks away from your computer screen and to stretch your legs.

The correct office chair can:

- Improve your efficiency and productivity
- Improve your health and wellbeing
- Help reduce back tension and pain