

# Working in a Sitting Position

## Working in a Sitting Position - Work Chairs

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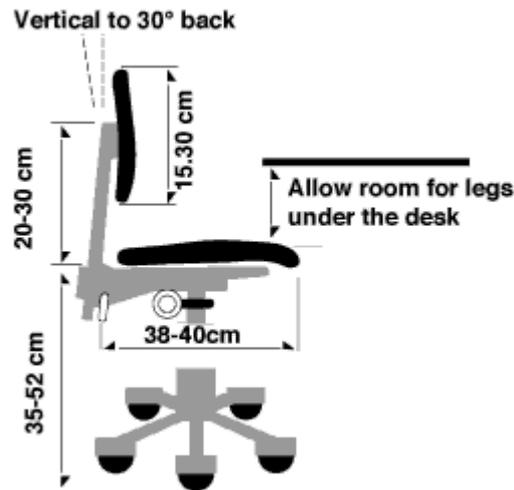
### What is the basic requirement of a work chair?

A good work chair can support the body in a dynamic posture, while also being appropriate to the task or activity performed. This means it is easily adjustable into positions that support the spine and keep the body in a neutral position.

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### What should I consider when selecting an office chair?

- Check that the adjustability range can accommodate the workers' body sizes.
- Select a chair that allows the worker to adjust the height and depth of the seat as well as the height and tilt of the backrest. An adjustable seat tilt is also desirable.
- Select a chair with:
  - a backrest with lumbar support
  - a seat height that does not compress the underside of the thighs
  - a seat depth that does not put pressure on the back of the knees
  - a seat width that allows comfortable weight distribution and changing of positions
  - a front edge curved downwards
  - non-slip, breathable fabric on the seat
  - stable base (5 legs)
  - arm rests (where practical)
- Use a footrest when feet cannot rest on the floor.



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## What should be considered when choosing a chair?

- Make sure the wheels (casters) are made of the right material for the floor where the chair will be used. For example, plastic casters (hard wheels) are best on carpets, while rubber casters (soft wheels) are for hard surfaces (concrete, laminate, wood, etc.)
- If using a mat under a chair, be sure the mat is large enough to keep all 5 wheels on the surface (if a wheel sits off the mat, the weight in the chair will not be evenly distributed). Make sure the caster type matches the mat surface
- Ensure that the chair has a wheel locking mechanism, when appropriate
- Use a swivel chair with an adjustable seat height
- Adjust the worktable to the proper height ensuring that there is clearance between the legs and underside of the worktable (considering shoe heel height)
- Use a footrest as necessary

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