

## 2. Chair

Revised 2014-Jan-24

If you are experiencing any discomfort, be sure to also review the section on  
Making Changes to Reduce Discomfort (see Main Menu)

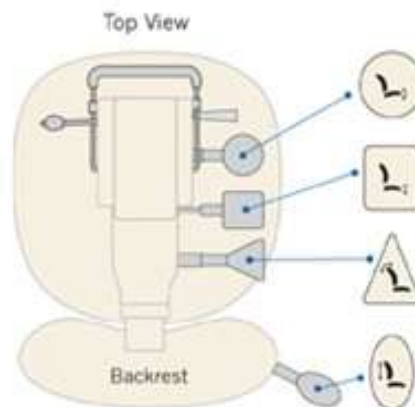
# Importance of maintaining spinal curve

- Video
  - [Local](#)
  - [Web](#) (Spine and Discs)

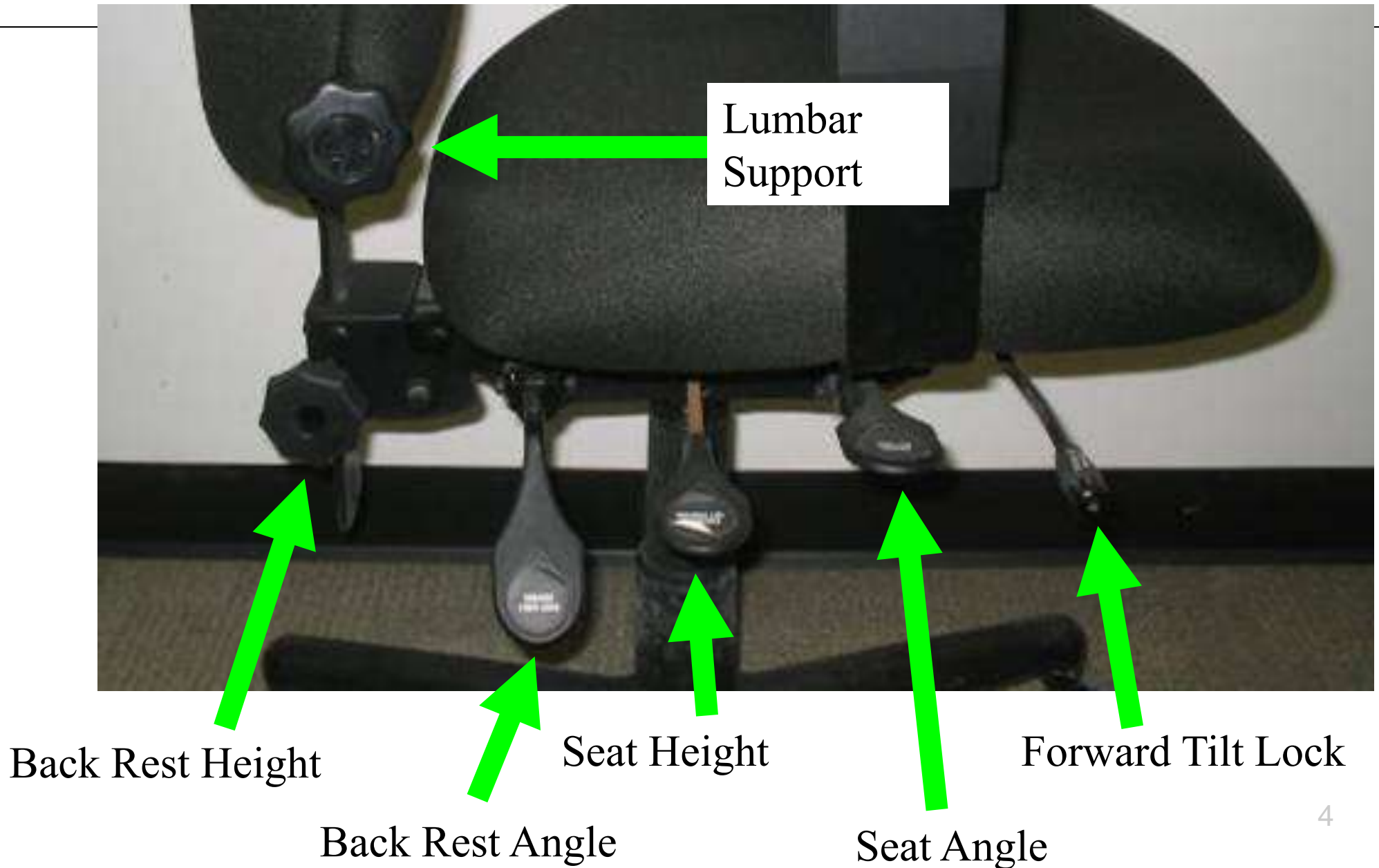
Source: [www.ergocentric.com](http://www.ergocentric.com)

Before continuing, learn how your chair works by clicking on the link below

## Chair operating instructions



# Workshop Activity: Borgo Chair Adjustments



## 2.1. Seat Width

- My chair seat is wider than my buttocks.

## 2.2. Seat Height



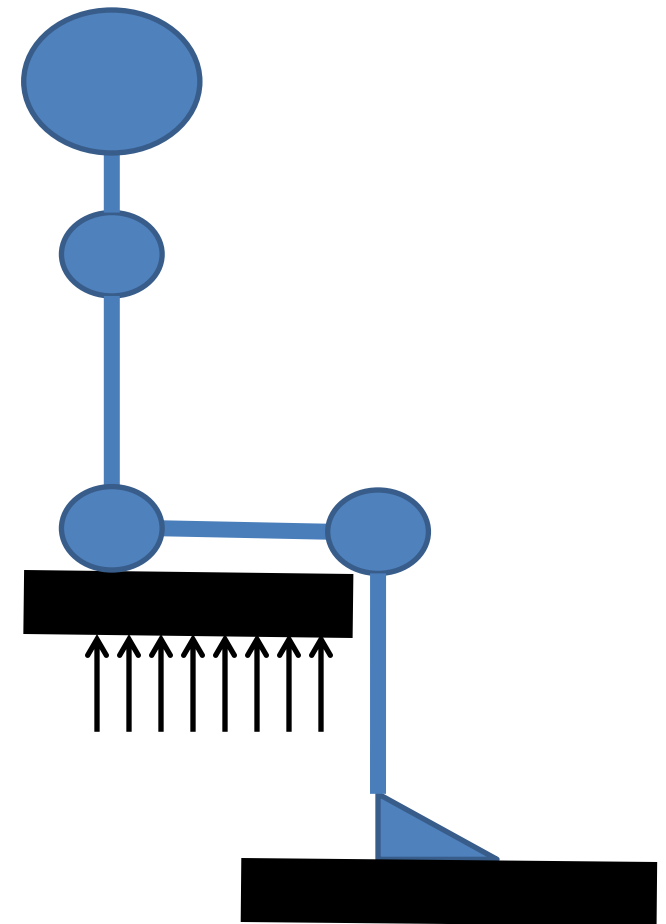
## 2.2. Seat Tilt/Angle



# Seat Height and Tilt/Angle Guidelines

a) My chair provides uniform support along the entire underside of my upper leg.

Knees at or below hip level

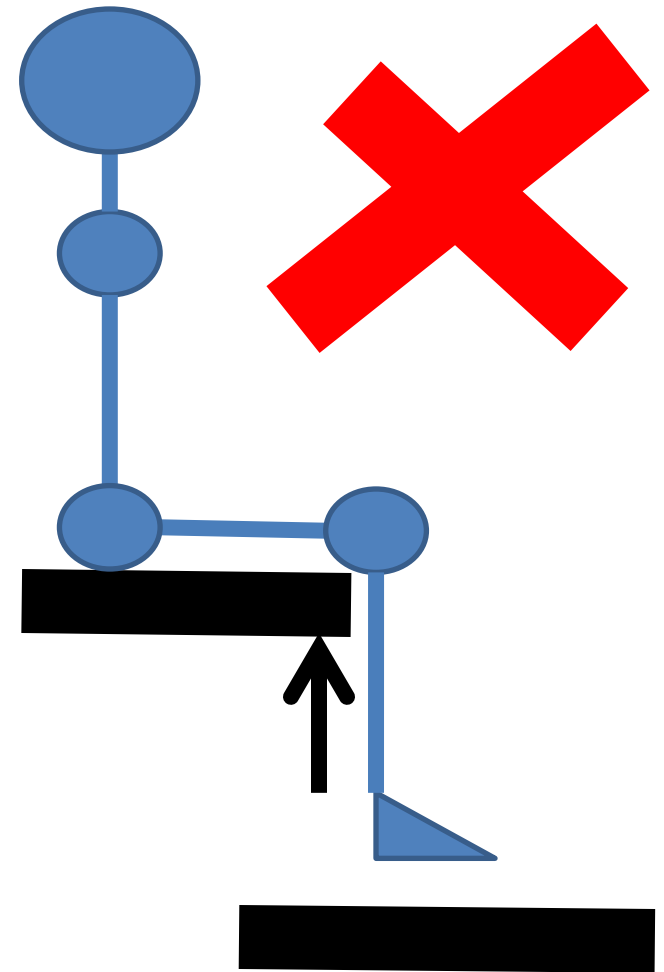




# Seat Height and Tilt/Angle Guidelines (con'd)

Pressure is NOT concentrated near the

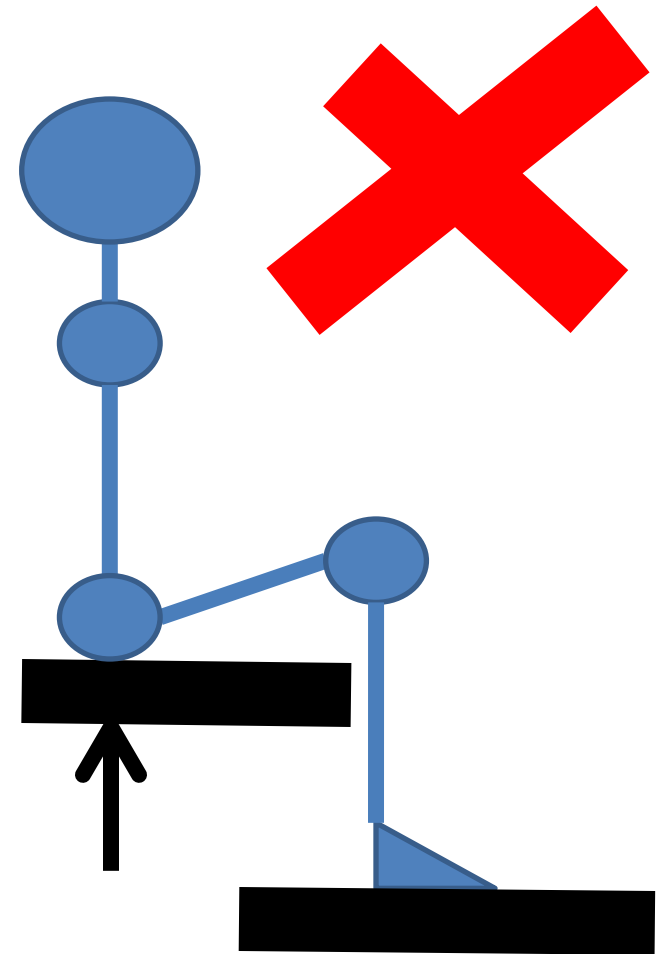
- front of the seat (too high)



# Seat Height and Tilt/Angle Guidelines (con'd)

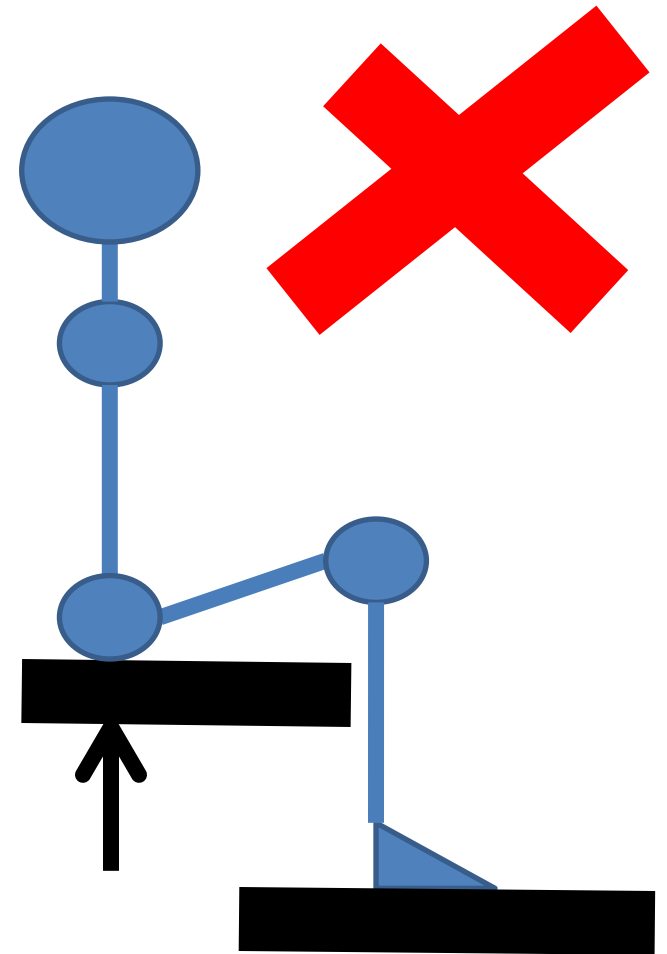
Pressure is NOT concentrated near the

- back of the seat (too low)



# Are you tall? Low desk?

- If you lower your seat from your preferred seat height to fit under a low desk, your posture will be compromised.
- Find a way to raise what you are working on.



b) I can easily rest my heels on the floor with all shoes that I wear.

If not, I can easily rest my heels on a footrest.



# Adjusting your chair if you need a footrest

- If your keyboard or monitor is too high and can't be lowered
  - you may need to raise your seat and get a footrest
- More about how to do this is in the **keyboard positioning** section



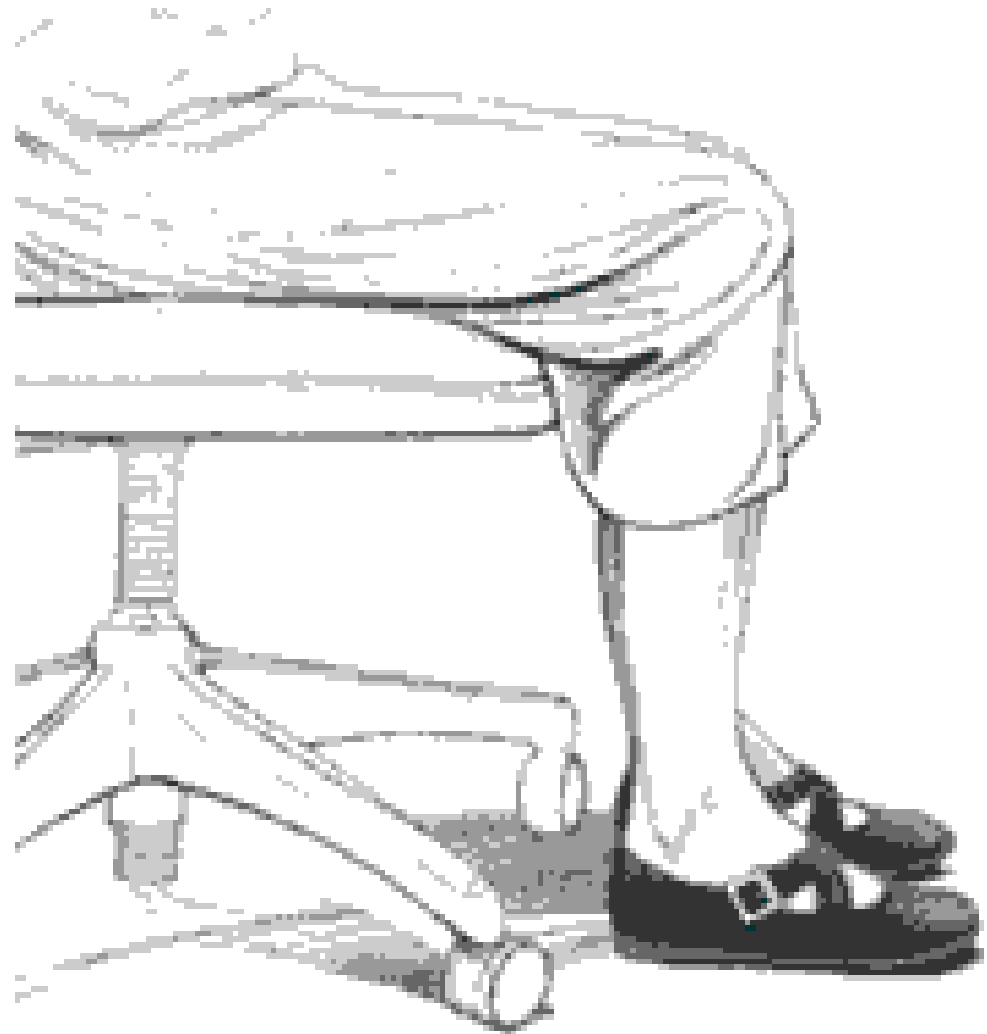
## 2.3. Seat Depth



# Seat Depth Guidelines

When my buttocks are against the backrest:

I can fit 1-4 finger widths between the front edge of my seat and the back of my knee.





Not deep enough





## 2.4. Backrest Height



## 2.4. Backrest Lumbar Support



# Backrest Height and Lumbar Support Guidelines

- My backrest supports the curve in my low back.

# No gap between buttocks and back rest

To fully assess your seat depth and get maximum support from your backrest

- There should be no gap between your buttocks and back rest
- Slide your buttocks as far back in your seat as possible



# Does my chair provide enough lumbar support?

- Try using a small pillow or rolled up towel
  - A rolled up towel has the advantage of being rolled/folded into different thicknesses
- If this feels better, you may benefit from an added lumbar cushion
- This may not work well if your seat is not deep enough; as the cushion will push you forward in the seat.
- Contact DOHS/Ergonomics for more details



## 2.5. Backrest Angle

My backrest is NOT  
reclined too much  
NOR does it push  
me too far forward.

90-115° relative to  
the seat





# Seat/back angle possibilities

## Upright sitting

## Declined sitting

- Increase torso/leg angle by forward sloping seat
- Caution: Seat should be raised as well to maintain full support of thighs

## Reclined sitting

- Increase torso/leg angle by reclining back rest
- Caution: Too much recline may create awkward neck postures



## 2.6. Armrest Height

(see Keyboard/Mouse Use section for more details)

- a) While typing, my natural arm movements are not impeded by my armrests.
- b) During non-typing activities (mousing, talking on the phone, reading, etc), I can rest my arm on the armrest without having to elevate my shoulder or lean significantly to the side.
- c) When in my preferred position, my armrests do NOT bump into my desk.





## 2.7. Armrests, Distance between

I fit comfortably between my armrests and they are within easy reach.

# Armrest Angle



# Chair adjustments

If unsure, check instructions or ask...

- Co-worker
- Supervisor
- DOHS



## End of Section

- To proceed to the next section
  - Click on the link below

[Keyboard/Calculator/Mouse](#)