

# Selecting a Chair for Your Office

An office chair should provide good low back support, promote good posture, and adjust to fit the user when interacting with their environment



Adjustable Seat Height  
*range of 16-21 inches minimum*



Adjustable Seat Pan Depth



Adjustable Lumbar Support



Adjustable Armrests  
*ensure they can be lowered enough  
to avoid interference with the desk*



Forward and Backward Seat Tilt



Back Recline



## Use these QR codes or links for additional resources



[Video:  
How to adjust your chair](#)



[Resource Library  
Office Ergonomics](#)



[Article:  
Chairs: How to Choose](#)