

How Do I Select a Chair?



1. **A contoured backrest** will give your back the comfort and support it needs. Pick a chair shaped to match the natural contour of your spine.
2. **Backrests that are height adjustable**, providing your back with customized comfort and support.
3. **Don't go too soft.** For total comfort, seat and back foam must be dense enough to support your weight evenly and it should be sculpted to fit the human form.
4. **Look for "waterfall" seat cushions** that slope down at the front of the chair. This important ergonomic feature helps improve circulation to your lower legs.
5. **Rest your arms.** Armrests help keep your arms in a comfortable position, reducing shoulder, neck, and back strain. Height/tilt adjustable models are especially good.
6. The **pneumatic height adjustment** on a chair lets you alter your seating position throughout the day with a smooth, easy, one-touch action.
7. **Please remain seated.** Make sure all adjustment controls can be reached from a seated position. Keep moving. Multi-tilt and operator mechanisms are important for data entry or computer work. They let you vary your position while maintaining maximum support.
8. **Good chairs have casters** for easy mobility. Be sure to get the right kind for your floor. Choose a chair with a choice of casters designed for carpets, hard surfaces, or a combination.