



Adjusting table and chair optimally

Chair height

Adjust the height of your chair so that your feet are flat on the floor. Your legs should be bent at an angle of at least 90°.

Seat

The seat should be adjusted so that your back presses lightly against the chair back. There should be, however, a small gap between the seat and the backs of your knees – the width of around two fingers.

Chair back

The chair back should be adjusted so that you can lean back without exerting any strength. It should, however, provide enough resistance so that the curve provides support in the small of the back when sitting upright.

Lumbar support

Your office chair has a curved chair back. Adjust the height of your chair back so that the curve is at the small of your back. This encourages good posture. Some models allow you to adjust the height of the back support without changing the height of the chair back.

Armrests (optional)

Sit upright in your chair and adjust the armrests so that your elbows rest lightly on the armrests without having to raise the shoulders. Armrests are not absolutely necessary.

Table height

When you are sitting upright in your chair, the table height should be adjusted so that you can rest your elbows on the table without raising your shoulders.

