

Chair Adjustment Checklist:

- The chair is rated for your height, weight and usage.
- Feet are on the floor or on a footrest
- Seat height adjusted so the hip is level with the knees or slightly higher
- Seat length supports most of your thigh, with about 2-3" space behind the knee.
- Back rest supports your back in a comfortably upright angle, not too upright, not too reclined.
- The chair back supports you from the low back up to the shoulder blades.
- If your lumbar support is adjustable, it is positioned in the small of your back, where it naturally curves inward.
- The chair is locked in place for the majority of the day and rocking is only used as a way to take a break.
- Arm rests are positioned so that they are right underneath your forearms when you are relaxed, not pushing your shoulders up. Its also ok to remove them or get them out of the way completely.

