

Office Chair



To be performed in the following order

1

Seat Pan Height

Adjust seat height so that your feet are flat on the floor and your thighs are parallel to the ground (knees at 90° angle).

2

Lumbar Support Height and Back Rest Angle

Adjust backrest height so that the lumbar support is located in the small of the back (approximately belt loop height). Angle the back rest between 90° and 110°, allowing yourself to lean slightly back.

3

Seat Pan Depth

A clearance of approximately three fingers width between the back of knees and front of seat pan is recommended.

4

Arm Rest Height and Width

Adjust armrests so they are slightly below sitting elbow height and are level. The width should be set so the arms are close to the body, without hip interference when getting out of the chair.