

The Perfect Fit - Setting Your Chair

Posted in: Home Office, Office Ergonomics

Chairs dictate what posture we are in for the majority of every day, week and year. Surprisingly though, few of us spend any time setting our chairs up to fit our body.

Take a few minutes to complete the following scavenger hunt:

- ✓ Find the instructions for your chair. The instructions are often attached underneath the seat pan.
- ✓ Figure out what type of chair you have and find the chair manual online.
- ✓ Print a copy of the following document PDF
- ✓ Take a few minutes and walk through the exercise to find that perfect fit.
- ✓ Sit back and relax, you are now on 'comfort island'.



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This article was
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