## Chair/seating:

A poorly fitting chair may introduce musculoskeletal problems or aggravate

existing ones.



The best type of chair is one where the height, seat pan and back rest are adjustable.

- Seat pan has a "waterfall" front: forward slope to prevent pressure on the back of your legs
- Backrest to support your spine
- Armrests should be adjustable
- 5 casters to move freely about on carpeted surface

**SIT** all the way to the back, utilizing the lumbar support.



YOU MAY NEED A FOOT REST if your feet do not rest flat on the floor after your chair has been properly adjusted and you are seated all the way back in the chair. It should be:

adjustable in height and inclination designed so it does not restrict leg movement large enough to support the soles of both feet covered with a non-skid material