

## Features of an Ergonomic Chair

Ergonomic chairs are often not the main cause of discomfort. Properly designed ergonomic chairs have been designed to fit a wide variety of the population when adjusted correctly. However, not all users understand how and why to use their ergonomic chair. Ensure the user manual is read and/or training video made available by the manufacturer has been reviewed to ensure an adjustment features are understood. For assistance, contact the ergonomics office.

If the chair does not meet ideal ergonomic design criteria and does not have the below listed features, consider an alternative. In this case, see the list of CSU ergonomics program approved ergonomic chairs.

### Approved Ergonomic Equipment & Chairs

The list of chairs on the [ergonomics equipment website](#) meet minimum ergonomic criteria. Selection of an ergonomic chair should come from the list of approved chairs. Chairs not on this list should ideally be reviewed by the ergonomics team prior to purchase.

*It is also highly recommended that employees visit the Ergo Lab and "test drive" an ergonomic chair (along with keyboards, mice, etc.) in order to ensure proper "fit".*

*During the chair selection process, an ergonomic specialist will provide guidance and answer questions as needed to ensure employees select a chair that best fits their body and their meets their needs.*

### Schedule an Ergo Lab Visit (Chair Selection)

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Ergonomic chairs should have features which include but are not limited to the below:

- Lumbar support
- Seat height
- Back/Seat tilt
- Tension adjustment
- Seat depth
- Height can be adjusted
- Five star base

The chair should ideally also have:

- Lumbar support height and pressure adjustment
- Arm rests
- When arm rests are used, they should ideally have height, width, pivot and fore/aft movements.

**Additional information on each feature of an ergonomic chair is below.**

#### **Chair Height**

- Adjust the chair height so that the feet are fully supported on the floor
  - Knees and hips are in ~90-110° degree angles

#### **Back Support**

- Sit back completely in the chair to receive full back support. Avoid leaning forward away from support
- If available, adjust the lumbar support height to fit the natural curve of the lower back (near belt line or slightly higher)

### **Seat Depth**

- Adjust seat depth to be ~2-4 inches from edge of chair to back of knee. If the seat hits the back of the knees, adjust the seat depth. If no seat depth is available, consider an alternative chair with this adjustment.

### **Seat Tilt**

- Seat tilt should ideally be left unlocked to allow for dynamic postures and movement. Don't stay in one position. One static posture is not ideal and can be detrimental to the body. Dynamic posture and movement are encouraged. Review the following video for additional information.
  - [Sit Better](#)

### **Tension Adjustment**

- Adjust the resistance or tension control on the chair to allow for proper resistance or force when reclining and moving in the chair using dynamic postures. This is a crucial adjustment when trying to incorporate dynamic postures. This adjustment should allow the user to sit back in the chair and recline while being assisted forward and backward without using force to move in either direction.

### **Armrests**

- Adjust arm rests (if available) to support the elbow/upper arm to allow for neutral posture of the upper back, shoulders and elbows (elbows in ~90-110° elbow angles)