ERGO TIPS
Take a Seat: Ergonomics and Your Task Chair

Adjust for Your Height
Properly adjusted seat height helps distribute body weight. Position your seat height to allow a knee angle of at least 90° with your feet fully supported by the floor or a footrest.

Avoid Behind-the-Knee Compression
Engage your back fully with your backrest, then adjust the depth of your seat pan to allow for one or two inches of clearance between the back of your knee and the front edge of the seat.

Support That Spine
Lumbar support is vital to a healthy sitting experience. Adjust your lumbar support so that your lower back feels comfortably supported in both upright and reclined positions.

Optimize Your Armrests
Adjust armrests to an optimal position by resting your hands in your lap to find your natural elbow height. Use them for extra support during various tasks, and move them out of the way while typing.

Be Active as You Sit
The body was designed to move. If your chair has a recline tension control, adjust it so the backrest supports you in both upright and reclined positions.

Avoid Chair Locks
Do not use a recline lock or limiter if your chair is outfitted with one. These devices restrict movement required for spinal nutrition.

As an employee of a Humanscale corporate partner, you’re entitled to a discount on high-performance ergonomic products by Humanscale. Consult with your human resources department for details on your Humanscale Reference Code, then visit shop.humanscale.com to enjoy substantial savings on all the tools you need for a comfortable place to work.

Uncomfortable seating can hinder productivity. To improve your workday, seated comfort and long-term health, follow these helpful tips for making the most of your task chair.