Chair Fitting Checklist

1. Backrest Type
If you sit upright when you work did you select a short backrest? ❏
If you recline when you work did you select a tall backrest? ❏

2. Backrest Width
Is the backrest you've selected narrow enough so that your elbows don't bump into it when you are typing? ❏

3. Backpost height
Set the backrest to support the lower back / the upper sacral area. Does the backpost not bump into the base and prevent you from swiveling if you lower the seat as indicated in #8? ❏

4. Seat Type and Width
Did you try all the sample chairs until you recognized which one has the contouring and firmness that best supports your body type and sitting style? ie. legs together (Soma Comfort) or legs in a V (SomaForm). ❏

5. Seat Length/Depth
Can you scoot all the way back in the seat so that there is one to four inches between the front of the seat and the back of your calf? ❏

6. Keyboard Access
Can you get close enough to your keyboard or desk without reaching (if you touch type its best to have your elbows at your sides)? If not you should get swing-away arms or no arms at all. ❏
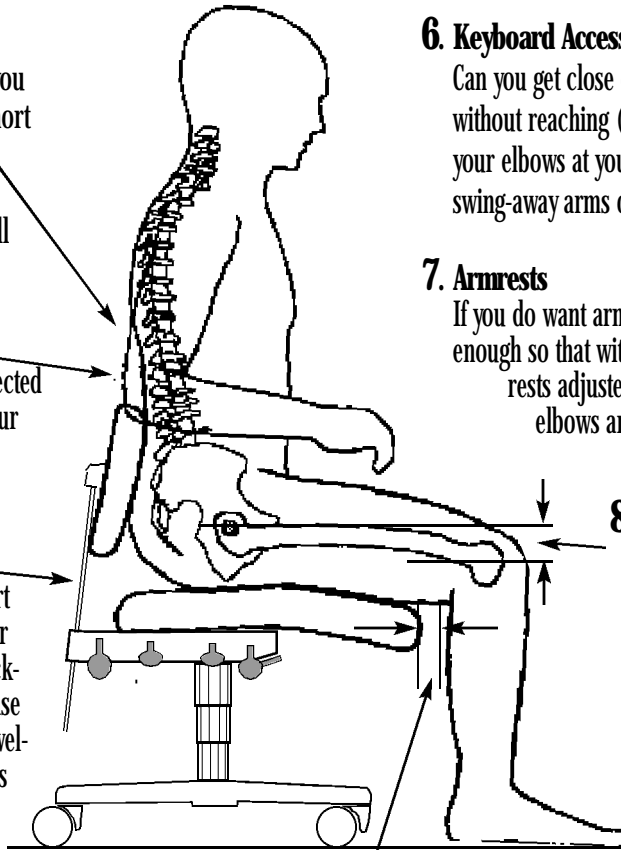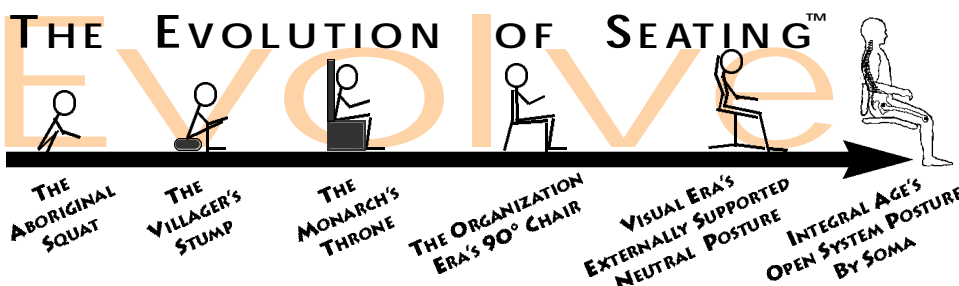
7. Armrests
If you do want armrests: do the armrests drop low enough so that with your elbows at 90° and the armrests adjusted in the lowest position your elbows are above the arm pad? ❏

8. Seat Height
Can you adjust the seat low enough so your feet are flat on the floor with little pressure between the seat and your thighs? ❏ (if your work surface is too high at that level, use a footrest to raise the chair or lower your work surface. Ideally your work surface should be even with your elbows)

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