

Accommodation and Inclusion Management: Finding a Good Ergonomic Chair

## Introduction

**More Adjustability**

**=**

**More Likely to Fit the Person**

**=**

**Better Solution**

Any chair can be labelled ergonomic, but what really makes it ergonomic for you is that it correctly fits to and supports your body. A good ergonomic chair offers a lot of options for adjustability so it can be properly adjusted to the person using it.

## Evaluating a Good Ergonomic Chair

* Can you easily adjust the height? A good ergonomic chair is one whose height is easily adjustable so that the user’s feet can be flat on the floor and the knees are bent at 90 degrees.
* Is the seat wide and deep enough to support the individual comfortably? If supplementation is needed, the user can get an ergonomic seat cushion.
* Does it offer height and depth adjustable lumbar support?
* Does it include a backrest with a good tilt mechanism that supports the natural curvature of the spine?
* Can the height and width of the arm rests be adjusted?
* Does it have a stable 5-point swivel base with casters that are appropriate for the type of flooring (carpet/hardwood) on which the chair will be placed?

We have a network of assessors across the country who can assist you in finding the right solution.
Contact us today for support!