

Adjusting the chair and dynamic sitting

SHOULDERS

The shoulders are relaxed.

ELBOWS

The armrests support the elbows. Keep the elbows close to the body without touching it.

BACK

Sit in the back of the chair. The concave curvature of the lower back is supported by the convex curvature of the backrest. Put the chair in the moving mode so that the chair follows body movements.



LEGS

The angle between the upper legs (thighs) and the trunk should be more than 90°. The pressure exercised by the seat is uniformly distributed over the upper legs. It should be possible to freely move the legs.

KNEES

The angle of the knees should be between 90° and 100°. The front of the seat should not press against the back of the knee.

FEET

The feet should rest firmly on the ground.

ARMREST HEIGHT

The angle of your elbows should be $>100^\circ$. Armrests support your elbows while you are in a working posture. Elbows should be close to the trunk. Armrests should be next to the table.

SITTING HEIGHT

Sit in the back of your chair, place your feet flat on the floor. Ensure a uniform pressure on your upper legs.

SITTING DEPTH

Sit in the back of your chair. Provide maximum support to your upper legs. Leave at least 3 to 4 fingers of open space between the back of the knee and the front of the seat.

DYNAMIC SITTING

Sit actively and alternate your body positions during work. It is best for you to avoid sitting uninterruptedly for more than 2 hours. Therefore do not forget to stand straight at regular intervals.

