

Why are dimensions important?

The internal dimensions of the chair - seat height, width and depth, and backrest height - need to suit the size of the user to ensure adequate support. It is also worth bearing in mind the overall dimensions of the chair if space is limited. If the chair is going to be reclined regularly, make sure that there is sufficient space behind the chair for the backrest to move freely.

Seat width

The seat should be wide enough to allow you to sit comfortably, but narrow enough to enable you to make use of the armrests. Ideally, it should be the width of your hips plus a little space on either side.



Seat depth (front of seat to backrest)

The seat needs to be deep enough to support the full length of the thighs. If the seat is too deep, you will have to lean back to provide support for the shoulders. This may cause you to slump in the chair and the cushion may rub behind your knees. A deep seat may also cause your bottom to slide forwards in the chair. If it is too shallow, your thighs will not be supported properly and after a while you may be uncomfortable. When seated you should be able to place two fingers together between the edge of the seat and the back of the knee, and we will make an allowance for this. A **Seat Slide** can provide a further 50mm of length adjustment, enabling the seat to be adapted to suit.

Back height

This is also important particularly if head support is required. The chair needs to be in proportion to a person's trunk height so that if a chair is providing head support it conforms to a person's dimensions. There will be a range of height adjustment built in to chairs designed for use with computers to enable a refined fit.

Armrest height

For comfort the armrest should allow you to rest your arms without raising or dropping your shoulders and should support the forearm.

Armrest Width

In addition, we would advocate that your arm should be supported close to your torso.

Please refer to our 'Taking the correct measurements' guide and our 'Measurements' form for assistance in selecting a chair.



Measurements Form

Referred by: Associate name:

Position: Contact no:

Contact no: Email:

Email: Organisation:

Address:


Description of musculoskeletal issues or previous injuries. Comment on any pain while seated and what makes that pain better or worse.

Weight: Height:

Desk shape
 Rectangle Corner Wave

Floor type
 Carpet Hard floor e.g. wooden

Options required
 Armrests Headrest



A. Height of lumbar above seat B. Seat surface to shoulder C. Slope of neck

D. Back of backrest to base of knee E. Back of knee joint to floor F. Height of elbow above seat

G. Shoulder width H. Width across seat I. Width across pelvis

J. Desk height K. Elbow to elbow

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