

## Taking the correct measurements

Use this guide to help you select suitable chairs from our website or to provide us with information for us to make a recommendation. You can record information on our measurement form, provided.

Differences in the shape, slope and angle of the backrest or the position and style of armrests can make a big difference to individual comfort. Call us to discuss specific needs and to seek advice before buying.

**Note:** All measurements should be in mm. The individual should be seated, with a good upright posture and feet on the floor directly in front of them. (A four legged chair, or chair without arms may be helpful).

### Taking user measurements to calculate:

#### A. Lumbar support

If specific lumbar support is required, measure from the seat to the middle of the required position of the air cell.

#### B. Backrest Height

Whilst sitting upright, measure from the top of the seat pad to the top of the shoulder (the bony prominence at the outer edge of the shoulder, not the slope).

#### C. Neckrest

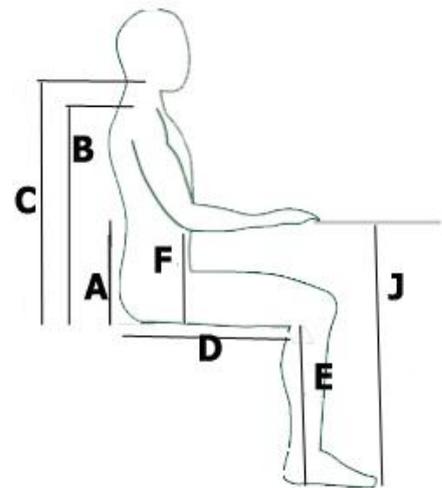
A headrest option is also available on selected models for additional support. Measure as for B 'Backrest Height' but up to the base of the skull.

#### D. Seat Depth

Measure from the back of the buttock along the thigh to the back of the knee. 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 offer a minimum of 50mm additional seat depth.

#### E. Seat Height

Make sure the user is in a seated position and the feet are flat on the floor. Measure from the back of the person's knees to the floor. Ensure their typical footwear is considered.



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## F. Armrest Height

The natural arm length is required and this should not be affected by resting elbows on furniture or chair arms. This measurement is taken from the top of the seat to the underside of the elbow whilst their shoulders are in a relaxed position and the arms horizontal, as if typing.

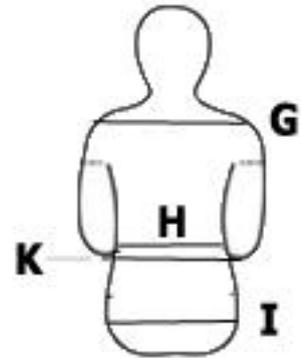
**Note:** Move behind the person being measured and ask them to sit on the edge of the chair for this section.

## G. Backrest shape

Measure across the width of the shoulders.

## H. Backrest width

Measure across the smallest part of the back – the waist. Ensure the individual is sitting upright before measuring across the back at the widest point.



## I. Seat Width

Measure the width of the hips at the widest point. It may be easier to measure the person sat on a chair without armrests.

## J. Confirming seat height

Measure the height of the desk from floor to the surface of the desktop. It would also be worth noting the thickness of the desk and any obstructions such as bars underneath the desk for clearance.

## K. Width of armrests

With the arms relaxed and close to the body, measure from one elbow to the other at the centre point.

### Important to remember!

- Many of our chairs are designed for commercial use and are typically suitable for users weighing up to 23 stone, although this can vary from model to model. Part of your health and safety obligations as an employer is to ensure chairs are fit for purpose. To provide you with best advice, please indicate the user's weight so that we can take this into consideration when providing you with a recommendation.
- Make sure you identify whether armrests and/or a headrest is required.
- Please indicate the shape of the desk as this may affect the types of armrests specified.
- It is essential that you indicate the type of flooring. Having the wrong castors on chairs can cause accidents!

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