

# Basics of Ergonomic Seating

A well-designed, ergonomically advanced chair that allows a full range of healthy postures throughout the day and can contribute to worker wellness and productivity.

**Neck** is straight or slightly forward.

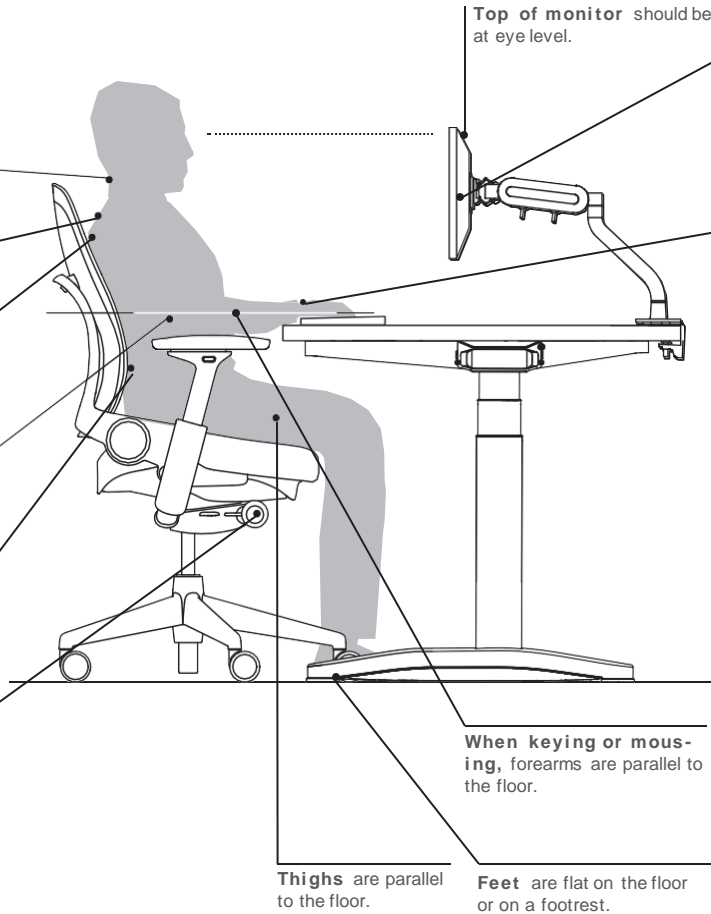
**Shoulders** are relaxed so arms hang naturally.

**Back** has full contact with the backrest (sit all the way back in your chair).

**Elbows and forearms** can rest comfortably on the arms of your chair, or on worksurfaces.

**Lower back** fits into curved lumbar support.

**Tension** is adjusted so backrest reclines easily, yet provides smooth, even support, and encourages postural change.



Top of monitor should be 0° to 20° below horizontal line of sight.

Avoid locking knees to help maintain good posture.

Feet should be flat on the floor or use foot rest or foot pad.

