

What kind of chair should I use at my desk?



- The most important thing is your comfort. This can change depending on the individual.
- Important features of a good office chair revolve around how adjustable is it.
- The more you can adjust, the more you can fit it to your body and your comfort.
- Look for a chair with lumbar support.
- Arrows are showing optimal parts of the chair that could be adjustable.

If you do not have armrests available:

- Do not have your elbows and forearms hang with no support underneath them.
- Lack of support could cause shoulder discomfort throughout the day and lead to Musculoskeletal Disorders over time.



How to fix this problem:

- Sit close enough to your desk or table so you can use the surface you are working at to rest your elbows and forearms while typing.
- The elbows and forearms are level with the keyboard

