



TEST DRIVING AN OFFICE CHAIR CHECKLIST

1 MAINTAIN PROPER
POSTURE
EASILY WHILE SEATED

2 SEAT IS
COMFORTABLE
YET SUPPORTIVE

3 MAKE
ADJUSTMENTS
EASILY

4 YOUR LOWER BACK
FEELS
SUPPORTED

5 THE ARMS CAN BE
ADJUSTED
TO A COMFORTABLE
HEIGHT

6 THE CHAIR CAN
MOVE AROUND
EASILY



✓ WHILE SITTING UPRIGHT, THE BACK OF YOUR KNEES SHOULD BE TWO FINGERS AWAY FROM THE SEAT'S EDGE

✓ FEET SHOULD BE PLANTED ON THE GROUND AND KNEES SHOULD BE AT A 90 DEGREE ANGLE - LEVEL TO THE FLOOR