



## Fact Sheet: Ergo Chairs

Chairs usually have several levels of adjustability. Experiment with your chair. Don't be afraid to change the settings. If you have additional questions about your chair, refer to the owner's manual, the vendor or you can call us at: 496-0991.

Below is just one example of a common adjustable chair.



### Right Side:

**Back Tilt Lever** – This lever is located at the back of the chair. Adjusting the back tilt reduces stress on the abdomen and lower back depending on the users preferences and needs.

**Up and Down Lever** – This lever is located in the middle of the chair. The Up and Down Lever will raise or lower your feet to rest flat on the floor. If it is not possible to lower or to raise your chair so your feet are flat on the floor, a footrest or a box should be placed on the floor for you to rest your feet on. This will avoid pressure under your thighs and ease blood flow.

**Back and Seat Tilt** – This lever is located in the front of the chair. The Back and Seat Tilt allows reach back and leg extension. Rocking motion and tilt enhance blood flow.



### Seat Pan Adjustment:

This lever is located on the left side of the chair. The seat pan should be at least one inch wider than your hips and thighs on either side.

Long-term sitting can cut off the circulation to the lower legs if the seat is too close to the back of the knee.



#### **Arm Rests:**

**Height Knobs** – Located on the sides of the armrest. Knobs will move the armrest up or down depending on preference. Arm rests support shoulders, arms and wrists and encourages correct posture.

**Width Knobs** – Turning knobs, located on the bottom of the chair. This will move the armrests closer or further away from the body.

Remember: do not rest your arms on armrests while typing!



#### **Back Height Adjustment:**

**Height Adjustment Knob** – Located at the back of the chair. Turn the knob to adjust the backrest to move either up or down. Raise or lower seat backs so that the lumbar support is positioned in the small of the back, approximately 5.9 to 9.8 above the seat cushion.