

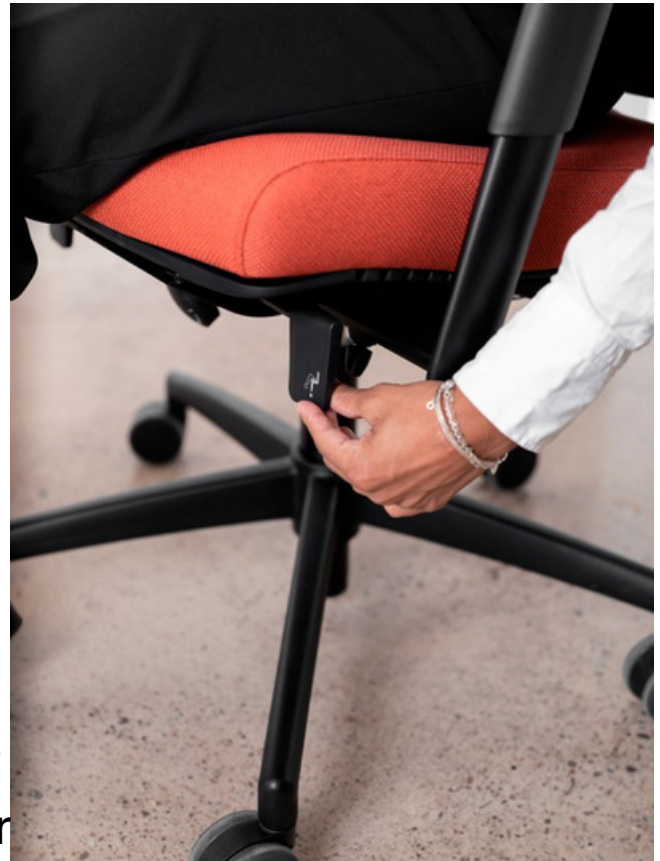
CHAIR SET UP GUIDE

It doesn't matter how good your chair is, if it isn't correctly adjusted for you, it won't work as well as it should.

Most people do not know what controls their chair has, and even fewer set the controls correctly.

Once you are familiar with a chair, it takes just a few seconds to set it correctly for you.

Familiarising yourself with your chair and ensuring it is always adjusted for you, will help you work comfortably all day.



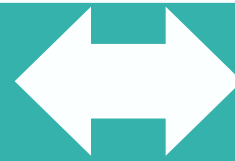
WHAT HAVE I GOT?

All chairs are different, so we can't here tell you what controls your chair has or where they are. You might not have everything on your chair that we list here. So take a few moments now to have a good look around your chair, play with every lever and button, and see what they do. Take your time, some of them may be well hidden



HEIGHT

Usually one of the more obvious levers. Set the chair height so that your feet are flat on the ground, and your thigh about level.



SEAT DEPTH

With your bum firmly in the back of the chair, adjust the seat slide so that there is a gap between the front of the seat and the back of the knees. Ideally, this should be about 3 fingers.



BACKREST ANGLE

It is a common misconception that a more upright backrest is better for you. The opposite is in fact true. Recline the backrest to an angle that is comfortable for you and rest back into it.



BACKREST

Adjust the lumbar support in the backrest so that it is comfortable for you - we are all different. Adjust the backrest height so that the lumbar support fits into the small of your back.

MAKING IT PERFECT

Don't ignore the smaller parts, an armrest for example, can cause a lot of issues if it is not adjusted correctly.



ARMRESTS

With hands resting in your lap and shoulders relaxed, adjust the armrest so that it meets your elbow. Adjust the width so the rest is comfortable under the arm. You may be able to turn the top which aids typing.



NECKREST

This is something to rest back into and should not contact the head or neck when working. Adjust so that it is out of the way, but comfortable when resting back.



DYNAMIC MOVEMENT

The bit most people get wrong!
Many chairs have a function which allows the chair to move with the body as you move. Leave it switched on and adjust the tension to suit your bodyweight.

If you have everything correct, it should look something like this



HELLO DESK!

The best chair in the world, correctly adjusted for you won't work properly if the desk isn't right.

If you are fortunate enough to have a height adjustable desk, adjust the desk so that the desk top is the same height as the armrests. Bring the chair as close to the desk as is comfortable.

If your armrests protrude forward of your body and cannot be adjusted backwards, you may need to lower the chair slightly to get close enough.

DO NOT ADJUST THE HEIGHT OF THE ARMREST

If you have a fixed height desk, bring the chair close to the desk. Adjust the height of the chair so that the armrests are level with the desk top -

DO NOT ADJUST THE HEIGHT OF THE ARMREST

If your feet are no longer firmly on the ground, you will need a footrest. If you are tall and the your arms are above the desk, you should look to raise the desk.



LAST BUT NOT LEAST

Now let's have a look at the equipment you are using

Screens. There is a tendency to set monitors too high and too far away. The top of the viewable part of the screen should be a little below eye level, and about an arms length away. Larger monitors may need to be further back.

With your wrists resting comfortably in front of you on the desk top, your fingers should rest on the keyboard. You should be able to reach the mouse without excessive movement of the arm or shoulder. Most keyboards have a number pad on the right and a bunch of arrows which account for about a third of the total width of the keyboard. This is not used by most people and demands excessive movement of the arms and shoulder.

Finally...

Now you're correctly set up for a days work. Be mindful of your body and the position it's in. When we are busy, we can easily adopt unhealthy postures without realising. Change postures if you can, take breaks, keep hydrated and stretch often.

ABOUT US



Backworld has been providing healthy desks and seating solutions in Devon for over 30 years. Paul Skinner took over the business in 2018 and passionately believes that everyone should be able to sit and work without pain.

We have a showroom in Marsh Barton Exeter that you're welcome to visit by appointment, or we have a big orange van, that can bring equipment to you.

Paul lives in Exeter with his husband Tony, and in his spare time loves white water kayaking, music and walking his dog, Frank Turner.

