

How to sit correctly



Find the right seat depth

Sit as far back into the chair as possible

There should be a 2-3 finger gap between the back of your knees and the chair. Adjust the depth of your seat using the seat slide if necessary

Adjust your armrests

Take a deep breath and relax your shoulders

Adjust your armrests so that they support your forearms

Your arms should rest at a natural angle and not feel 'pushed up'

Sit at the right height

Pull the height adjustment lever on your chair so that your armrests are level with the top of the desk

If your feet don't touch the floor when your armrests are level with the desk then you will need a footrest

If you have a height-adjustable desk, raise or lower the desk using your armrests as a guide

Adjust your accessories

Adjust your monitor (or laptop) so that the top of the screen is in-line with your eyebrows

Keep your keyboard and mouse close to prevent sore shoulders from over-reaching

Need more advice? Get in touch

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 www.posturepeople.co.uk