

# The Ideal Chair: A Summary

Lots of adjustability!

Chair Feature	Ideal Setting
Seat Height	<ul style="list-style-type: none"> <li>• Feet flat on the floor (or footrest).</li> <li>• Thighs parallel to the floor.</li> <li>• Knees: approximately 90°.</li> <li>• Hips: 90°-110°.</li> </ul>
Seat Pan Depth	<ul style="list-style-type: none"> <li>• Back fully supported by backrest.</li> <li>• 3 fingers-width space between back of knee and front edge of seat.</li> </ul>
Seat Pan Tilt	<ul style="list-style-type: none"> <li>• Approximately parallel to the floor (personal preference).</li> </ul>
Backrest Height	<ul style="list-style-type: none"> <li>• Lumbar support matched up with the small of the back (lumbar curve).</li> </ul>
Lumbar Support	<ul style="list-style-type: none"> <li>• Matched up with the small of the back.</li> <li>• Amount/tension of support is personal preference.</li> </ul>
Backrest Tilt	<ul style="list-style-type: none"> <li>• &gt;90°-115° angle with the seat pan.</li> </ul>
Armrests	<ul style="list-style-type: none"> <li>• Shoulders and arms relaxed (no shrugged/raised shoulders).</li> <li>• Forearms horizontal with a 90° angle at the elbow.</li> <li>• Arms as close to the body as possible (10° angle between shoulder and body).</li> </ul>

Start



[Office Ergonomics at Humber](https://humber.ca/peoples-and-culture/ohs/ohs-programs-and-services/office-ergonomics.html)

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