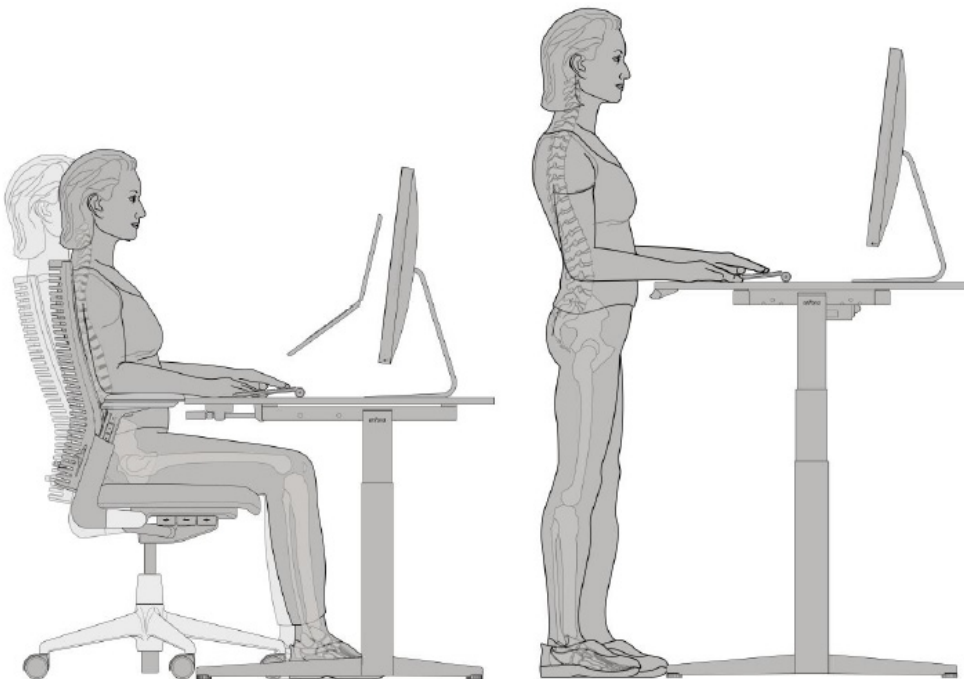


# Adjusting seat-height and workstation height

## MOVING WHILE SITTING!

Movements are essential for a good condition of the human body. The proper support of the body and the adjustment-possibilities of the desk-chair form a great attribution to a healthy way of working. Moving while sitting creates a dynamic load and pressure on muscles, strings and spinal discs. Besides that it also stimulates the blood circulation and with that also the removal of waste substances in the body. Always try to alternate monitor-related work with other activities. The more variation the better.

A chair with a synchronic-mechanism makes sure that the back-support and the seat always have a pleasant proportion/angle to each other. When the back-rest leans more backwards the seat will follow with a downward movement. This means that there will always be an optimal position between the spine and the pelvis.



## SEAT-HEIGHT

The optimal seat-height is in such a way that the upper and lower part of the legs form an angle between 90° and 100°. Feet have to be “flat” on the floor or on a feet-support.

## SEAT-DEPTH

Seat needs to be free from the popliteal (=rear-side of the knee).

## LUMBAR SUPPORT

The curved side of the adjustable lumbar-support needs to be positioned in the concavity of the back or just one position lower.

## ARMRESTS

Shoulders need to be in a relaxed position.. The upper arm hangs down alongside the body and the forearm (=lower part of the arm) rests on the arm-support in a 90°-angle with the upper arm.

## WORKTOP

Adjust the table height flush with the arm-support, or fractionally lower.

## BACK-SUPPORT

In case of monitor-related work try to facilitate an angle of 100°-110° between body and upper leg.

## MONITOR

The best height of the monitor is that the upper-edge of the monitor is at eye-level. And then turn the angle of the screen a little.

## KEYBOARD

Elbow, wrist and hand in a straight position and not in an angle.

## STANDING HEIGHT (WITH SIT-STAND WORKSTATIONS)

The height of the worktop, in case of standing position needs to be in such a way that the under-part of the arms form an angle of 90° to 100° with the body. Feet need to be flat on the floor.