

Are you sitting comfortably?



A chair should be an integral part of ergonomic office life. To make sure you are getting the most out of your chair, follow our simple advice. The chair should allow the user to move easily and freely; we recommend that you leave the chair unlocked to make full use of the chair's movement whether on the phone, reading or reaching. When typing or working at the computer, the ideal seat angle would be tipped slightly forward to encourage an open posture. If you have been sitting for a while, move your feet around to stimulate the blood flow, and try not to slouch. If you are going to use another chair, make the effort to adjust it to ensure you are receiving maximum support before you commence work.