



















- Seat Pan Angle Recline and/or decline
  - $\leq 6^\circ$  total
- Seat Pan-Backrest Angle
  - $\geq 90^\circ$
- Seat Pan-Backrest Recline
  - $0-15^\circ$
  - recommended range =  $0-30^\circ$  (if  $>30^\circ$  a head rest is needed)

## Ergonomic Chair Recommendations (BSR/HFES 100, 2002)

- Seat Pan Depth
  - $\leq 43\text{cm}$
- Seat Pan Width
  - $\geq 45\text{cm}$
- Backrest Height and Width (top of backrest)
  - $\geq 45\text{ cm}$  above compressed seat height (CSH)
- Backrest Lumbar Support
  - $15-25\text{ cm}$  above CSH
- Backrest width
  - $\geq 36\text{cm}$
- Armrest height
  - $17-27\text{cm}$  (fixed)
  - $18-27\text{cm}$  above CSH (adjustable)
- Armrest span
  - $46\text{cm}$
- Chair casters
  - Appropriate for type of flooring at workstation