

- 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
 - 46cm
- Chair casters
 - Appropriate for type of flooring at workstation