

# How to choose a homeworking chair

Find the perfect chair for your home set-up with our handy guide



## 1

### Choose a chair with adjustment options



#### Seat height

To change the height of your chair so your upper arms are relaxed by your body and forearms horizontal



#### Back height

To align the contours of the chair back with the curve of your spine



#### Back angle

To achieve a comfortable, supported position

#### Other useful adjustments include:



#### Armrests

While not mandatory, armrests can offer additional comfort and support



#### Headrest

Adds additional support when you lean back to rest or take calls - good for tall people



#### Seat slide

To move the seat back or forwards to support your thighs without pressure behind your knees.



#### Movement mechanism

Infinitely adjustable seat angle - lock in place, or unlock to enjoy natural movement for active sitting.

### Good working posture

**Head in a neutral upright position - not hanging forward**

**Top of screen at about eye level, and arm's length away**

**Adjust armrests so forearms can be adjacent to desk, relaxed by side**

**Adjust seat depth so there is a little space behind the knees**



**Sit against the chair back for good support**

**Make sure the back rest shape fits your curves**

**Adjust the seat height to find the right height for you**

**Feet flat on floor - use footrest if not**

## 2

### Find the style that works with your body and surroundings

#### Low back



For those with a shorter back

#### Medium back



Good all-rounder for all heights

#### High back



Best for tall people and provides complete back support

#### Mesh back



A stylish and modern look that improves airflow

## 3

### Consider a movement mechanism

When you're working from home, it's easy to become sedentary. In the office you might be climbing stairs, walking to speak to colleagues in other departments, getting up to use the facilities, or doing a tea round. At home everything is close by - unless we make an effort to stay active, our step counts naturally decrease.

This is why you may want to think about a homeworking chair with a **movement mechanism**.

A movement mechanism help you balance your body in an intuitive way, allowing you to keep moving, activating your muscles and stimulating blood flow without even having to think about it.



**Natural movement all day**

Shop home office chairs ›

Even if you choose a chair with a movement mechanism, make sure you get up every 20-30 minutes for a brisk walk or stretch.

### What next?

You can browse our entire collection of home office chairs here:

[www.posturite.co.uk/homeworking-chairs](http://www.posturite.co.uk/homeworking-chairs)

Remember, we're always here to help.

You can chat, message, or phone us throughout the day here:

[www.posturite.co.uk/contact-us](http://www.posturite.co.uk/contact-us)