



A **JOLLY** BACK IS A **HEALTHY** BACK

How to choose an office chair

If you're not quite sure whether you need a new office chair yet or you'd like to understand why you might choose a certain product, the following information (based on UK Health and Safety Executive, Seating at Work Guidance) offers some ideas to consider with your decision.

All Jolly Back chairs are assessed for function, quality, safety and value to offer you piece of mind when choosing and investing in new seating. We're here to help you choose the best product for your needs, so you have an investment to be proud of!

When choosing any seating, the **needs of the individual**, the **type of work** being carried out and the **workstation** need to be considered.

Some questions to ask about your current and future seating:

- Is the chair comfortable for the intended period of use?
- Is the lower back adequately supported?
- Is the upholstery sufficiently supportive and comfortable?
- Are edges sufficiently padded and shaped to prevent uncomfortable pressure on the thighs?
- Does the chair have adequate types and ranges of adjustment?
- Is the office chair height adjustable to allow work to be carried out at or below elbow height?
- Does the backrest adjust sufficiently in height and depth to allow the user to gain support?
- Does the chair have a forward-sloping seat tilt?
- Are armrests suitable for the task and workstation?
- Do the armrests allow the user to bring the chair far enough forward?
- Do the armrests allow adequate arm movement?
- Are footrests required and, if so, are they suitable?
- Are there special requirements for a chair at this particular workstation?
- Are there special user requirements?
- Are there special task requirements?

As many of us work from home, it's useful to consider and ask these questions about your seating at home too.

All the best and as always if we can help further, we'd love to hear from you,
Lorna Taylor, Physiotherapist and Director, Jolly Back