

The appropriate height of my chair

Unsupported legs have to be held with the musculature of trunk and legs which ultimately leads to strain.

My seat is too high

My feet should be able to rest firmly on the floor...



... because in sitting 40% of the weight is translated to the floor through the legs.

The appropriate height of my chair

When other users share the same workplace so that table and chair are adjusted to a taller person than myself.

Feet rest



The appropriate height of my chair

When the back of the chair is tilted backwards.



Firm pillow

The appropriate height of my chair

For a short period of time moving to the front of a high chair serves as an alternative to using the feet rest.



**Alternative
seating
position**