

Basics of Ergonomic Seating

Proper ergonomic seating can help workers perform more efficiently and avoid muscle and eye strain.

Neck is straight or slightly forward.

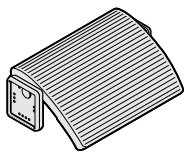
Shoulders are relaxed so arms hang naturally.

Back has full contact with the backrest (sit all the way back in your chair).

Elbows and forearms can rest comfortably on the arms of your chair, or on worksurfaces that are used for writing, paperwork, and other tasks.

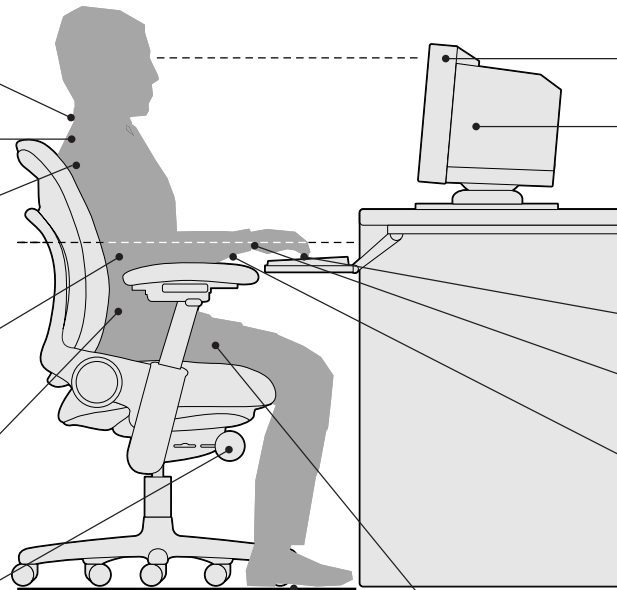
Lower back fits into curved lumbar support.

Tension is adjusted so backrest tilts easily, yet provides smooth, even support.



If worksurfaces and keyboard support are not height-adjustable, raise your chair's seat height to achieve the appropriate relationship to your tasks. If this leaves your feet dangling above the floor, use a Details footrest.

Call Details, 1.800.833.0411, or your Steelcase dealer, for additional information or price list.



Top of monitor should be at eye level.

Screen is 20 to 30 inches from the eyes.

Screen is at eye level slightly lower and directly in front of worker so head is not turned.

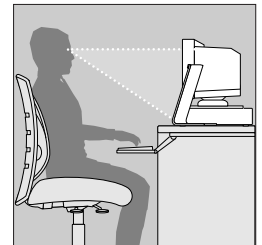
Keyboard is at elbow height.

Wrists should be straight when keying or mousing, not bent up or down.

When keying or mousing, forearms are parallel to the floor.

Thighs are parallel to the floor.

Feet are flat on the floor or on a footrest.



Keep frequently viewed objects, such as a VDT or source document, at or below the horizontal line of sight. Arrange display screen and documents to be equidistant from your eyes.

ANSI/BIFMA is the American National Standards Institute/Business and Institutional Furniture Manufacturer's Association. All Steelcase furniture meets or exceeds ANSI/BIFMA standards for structural quality. All Steelcase Seating products also follow the ergonomic guidelines established in BIFMA G1-2002.