Best Practice Tips

When seated, ensure…

1. Adequate leg clearance
   - Sit at close to the bench and avoid sitting in front of desk drawers; remove pencil drawer for thigh clearance
2. Chair adjusted to support neutral postures
   - Elbows at bench/hood height for lab tasks, computer work; elbows 1-3” below bench for writing tasks or tasks with high visual demand
   - Sit close to the work surface with your ears aligned over your shoulders and hips
3. Feet fully supported
   - Short duration – footring; longer stretch – tall height-adjustable footrest
4. Keep frequently-used items within forearm’s reach

Goal: Neutral Seated Posture

Adjust your Lab Stool for Support and Comfort

Adjust in this order:

1. Foot ring
   - ensure that feet are supported
2. Seat height
   - adjust seat height with hips positioned slightly higher than knees
3. Seat depth
   - adjust seat depth to allow a small gap between front edge of seat and behind the knees
4. Backrest height
   - adjust backrest height to support the low back curve
5. Backrest angle
   - adjust backrest angle to support upright working posture