

CHECKLIST – OFFICE CHAIR



movement24
Betriebliches Gesundheitsmanagement



- Seat height (both soles of the feet on the floor, knee angle approx. 95°).
- Seat area (2-4 fingers wide to the back of the knee)
- Backrest (lumbar support in the area of the lumbar spine, resistance adapted to body weight).
- Armrests (at the level of the table edge, forearms resting flat)