

EWI Works Seating Guidelines Checklist

<p>General Features Needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Height Adjustable Seat <input type="checkbox"/> Adjustable Lumbar Support <input type="checkbox"/> High Back <input type="checkbox"/> Angle adjustable and lockable backrest <input type="checkbox"/> Adjustable Arms <input type="checkbox"/> Seat pan slider (optional) <input type="checkbox"/> 5 Casters appropriate for flooring <input type="checkbox"/> Breathable Material 	
<p>Seat Height:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can you adjust the height so that your feet are comfortably resting on the ground or if necessary a foot rest? <input type="checkbox"/> Do you have a hip or back problem? Adjust the seat slightly higher so that the hip is slightly higher than the knee. 	
<p>Seat Depth:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can you adjust the depth so that there is approximately 2 to 3 finger-widths space between the seat pan edge and the calf? <input type="checkbox"/> Can the seat pan depth be adjusted? 	
<p>Backrest Height (lumbar height and depth):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can you adjust the backrest, or the lumbar support, so that the lumbar support sits comfortably in the forward curvature of your lower back? <input type="checkbox"/> Can you adjust the depth of the lumbar support to a comfortable position? 	
<p>Backrest Angle:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can you sit upright with an angle between the trunk and thigh of no less than 90 degrees and no more than 110 degrees? <input type="checkbox"/> Can the backrest can lock into place as needed? 	
<p>Armrest Height:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can you adjust the armrest to elbow height so that the shoulders are relaxed and the elbow or forearms are supported with the elbow at approximately 90 degrees? <input type="checkbox"/> Can you get close enough to the desk surface? Are the armrests too long? T-arms are best to allow you to get close enough to the desktop. 	