

How to choose an office chair

Basic features of the office chair

Office chairs are the foundation of our workstations and warrant proper investment. However, the options available now can be daunting as there are several evolving features in chairs as well as an advent of cheap, lower quality chairs. Review the following information to guide decision making for purchasing an office chair.

At the bare minimum, an office chair should have the following features to have the adjustability appropriate for a wide range of employees:

- 5 Caster Base
- Seat with adjustable height and depth
- A rounded front edge of the seat
- Backrest that reaches from hip to at least the mid-back and tilts back
- Adjustable lumbar support
- Removable armrests that are adjustable in height and width.

Beyond this, there are other considerations to be made while selecting a chair:

- Long-term warranties. Well manufactured chairs should offer warranties for at least 5 years
- Ample seat cushioning. Cheaper chairs often skimp on cushioning in the seat
- Coarse fabric that breathes. Slippery materials such as vinyl may cause you to slide away from the backrest

When buying an office chair, remember these are long-term investments that could potentially be used by multiple employees over its lifetime.

Specialized office chairs

While most office chairs are appropriate for most employees, you may need to purchase specialized chairs for employees with specific needs. These chairs are typically found at specialized office furniture stores and include features such as:

- Higher weight capacity
- Smaller or larger seat pan
- Smaller or larger backrest
- Increased seat height adjustability.

Due to the specialized nature of these chairs, where and when possible, it's recommended to attend a showroom to try the chair first. Many stores with a storefront are open to setting appointments to provide an opportunity to review and try the chair first.

Resources

1. [Corporate Supply Agreement - Seating](#)
2. [Careers & MyHR Ergonomics Page](#)