

Title:

How To Buy An Ergonomic Chair

Word Count:

573

Summary:

Ergonomic office chairs are a necessity if you have a sedentary occupation, spending long hours

What should you look for in a good ergonomically-designed chair?

As most office chairs are mobile, search for a chair with a minimum 5-pedestal base with casters

Keywords:

How,to,Buy,an,Ergonomic,Chair,executive,chairs,

Article Body:

Ergonomic office chairs are a necessity if you have a sedentary occupation, spending long hours

What should you look for in a good ergonomically-designed chair?

As most office chairs are mobile, search for a chair with a minimum 5-pedestal base with casters

With armrests, choose a chair with adjustable armrests that are broad, cushioned, and of course

It's also important to take the seat pan (the part of the chair where you sit) into consideration

A good ergonomic chair should let you easily adjust the chair's height. Find a chair with a pneumatic

The part of the chair that supports your lower back (lumbar) is very important. Cushioned lumbar

Back support is another factor to consider when choosing a chair. A decent chair will allow you to

A headrest is only necessary if you plan to use the chair to read and talk on the phone. In the

Now that you know what to look for, shopping for an ergonomic chair doesn't have to be difficult

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