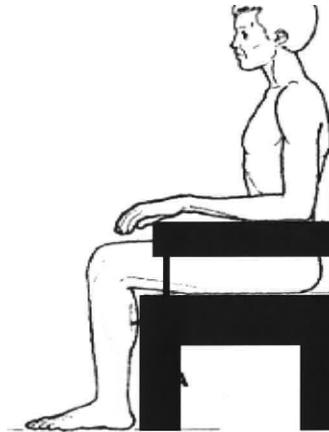


## Recognising Good Seated Posture.

**When sitting centrally in a chair that is the right size for you, your weight should be evenly distributed through your feet, thighs, bottom, back and forearms.**

**To find the right size chair for you:**

- Feet should be flat on the floor.
- Your bottom should reach back of seat with spine in its natural line.
- Ankles, hips and knees should be at 90°.
- Buttocks and thighs should be supported by the length of the seat, with a space behind knees of just 2cm – 2.5cm
- Top of thighs should be parallel to the floor.
- Your bottom and thighs should fit the width of the chair with approximately 2.5cm each side for comfort.
- Forearms should rest on both the armrests without hunching or dropping your shoulder



**If a chair is too high:** You will tend to slide your bottom forward to get your feet on the floor. This slide puts your spine into a 'C' shape with weight taken through the base of the spine and pressure is put on the sacrum. This can cause Shear pressure damage as you fight against gravity and slide forwards on the seat.

**If Seat is too low:** When seated in a low chair your knees will be higher than your pelvis, your pelvis will tilt backwards and spine will again take on a 'C' shape, putting pressure on your sacrum and buttocks leading to direct pressure damage.

**If the seat is too deep:** You tend to slide forward to get your feet on the floor. This slide tilts your pelvis backwards, your spine forms a 'C' shape and weight is taken through the base of the spine. This will lead to shear pressure on your sacrum and direct pressure on your heels as you support yourself to stay on the seat.

**If seat too wide:** You will tend to slump to one side or the other when seated to reach the armrests leading to uneven pressure on your buttocks with direct pressure on your buttocks and elbow/forearms as you fight gravity to stay upright.

**If armrests are too low:** You lose your forearm support when seated, and this weight is then added to the weight on your buttocks, without armrest support you tend to slump to one side or the other leading to uneven weight distribution.

For more information about how to measure for chairs see  
**'Guide to Measuring for Seating'**

[http://www.devon.gov.uk/guide to measuring for seating 06.02.14.pdf](http://www.devon.gov.uk/guide%20to%20measuring%20for%20seating%2006.02.14.pdf)