

Chair Checklist

Use this form as a guide to selecting a computer workstation chair. The more features a chair has, the more expensive it will be. The first section lists chair features that are necessary. The second section lists features that are nice, but not absolutely necessary.

The most important thing to do when buying a chair is to sit in it and make sure it is comfortable for you.

Necessary

Is the chair padded?	YES	NO
Is the padding comfortable?	YES	NO
Is the front of the chair seat rounded?	YES	NO
Does the chair backrest support the curve of the back?	YES	NO
Does the backrest support the back to at least the shoulder blades?	YES	NO
Is the chair height easily adjustable?	YES	NO
Does the chair back have lumbar (low back) support?	YES	NO
Does the chair have armrests?	YES	NO
Are the armrests padded and soft?	YES	NO
Can you adjust the height of the armrests?	YES	NO
Will the armrests allow you to pull up close to the keyboard?	YES	NO
Are the armrests long enough to support your forearms?	YES	NO
Does the chair roll without difficulty?	YES	NO
Does the chair have a stable base supported by five legs with casters?	YES	NO
Does the chair turn 360	YES	NO

Nice

Can you adjust the height of the lumbar (low back) support?	YES	NO
Does the backrest move forward and back?	YES	NO
Can the backrest tilt be adjusted so that you are more upright or less upright?	YES	NO
Is the backrest spring-loaded so that it leans back easily but still provides support?	YES	NO
Can the seat pan be tilted forward?	YES	NO
Are the armrests removable?	YES	NO
Is the distance between the armrests adjustable?	YES	NO
Can you angle the armrests?	YES	NO