

# Ergonomic Checklist

- Sit in a slightly reclined position, about 15 degrees. It's the most comfortable position for most people, regardless of the type of chair. This creates a stable sitting posture and distributes body weight evenly across the chair.
- Sit far back in the seat to make full contact with the backrest and achieve the best possible support and relief. Make sure the seat cushion is adjusted properly so that you can reach the backrest comfortably.
- Sit at a height appropriate in relation to the floor. When sitting against the backrest and in a slight reclined position, your feet should be able to touch the floor. This contributes to balance in the chair and reduces pressure on the thighs.
- Adjust the height of the desk to align with the chair so that you can keep your shoulders relaxed and avoid stretching to reach the desk. This helps prevent unnecessary leaning forward, which can be straining over time.
- Adjust the height of the screen so that your gaze naturally falls on the upper third of the screen. This is a good starting point for an ergonomic workstation.
- Place the keyboard, mouse, and other tools within easy reach on the desk so that your arms don't have to stretch or rotate.
- Let the chair follow your movements and lock it only if necessary. You should regularly change your working position but keep the chair's settings.

Your chair offers a range of ergonomic benefits to maximize utility. To get the most out of it, you need to adjust your chair correctly. If you need further assistance, you can watch our instructional videos or contact us. We're happy to help you further!

