

## Taking correct measurements for a DSE Chair

Use this guide to help select a suitable chair where a standard chair might not be suitable or to confirm if the standard chair available is acceptable.

Differences in the shape, slope and angle of the backrest or the position and style of armrests can make a big difference to individual comfort.

**Note:** All measurements should be in mm. The individual should be seated, with a good upright posture and feet on the floor directly in front of them. (A four-legged chair, or chair without arms may be helpful).

### Taking user measurements to calculate:

#### A. Lumbar support

If specific lumbar support is required, measure from the seat to the middle of the required position of the air cell.

#### B. Backrest Height

Whilst sitting upright, measure from the top of the seat pad to the top of the shoulder (the bony prominence at the outer edge of the shoulder, not the slope).

#### C. Neckrest

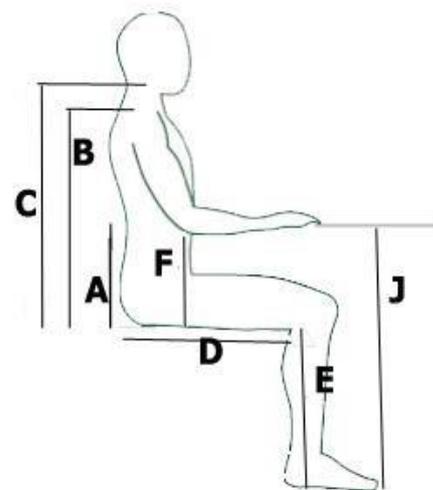
A headrest option is also available on selected models for additional support. Measure as for B 'Backrest Height' but up to the base of the skull.

#### D. Seat Depth

Measure from the back of the buttock along the thigh to the back of the knee. When seated you should be able to place two fingers together between the edge of the seat and the back of the knee, and we will make an allowance for this. A seat slide can offer a minimum of 50mm additional seat depth.

#### E. Seat Height

Make sure the user is in a seated position and the feet are flat on the floor. Measure from the back of the person's knees to the floor. Ensure their typical footwear is considered.



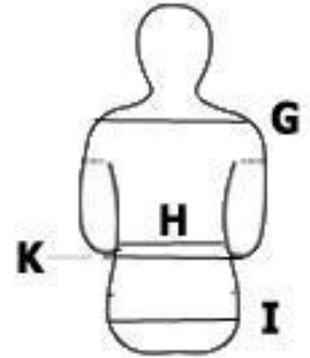
The measurements taken so far should be adequate to determine a suitable chair for most people, unless there are specific reasons as to why further measurements might be needed, in which case the below can provide further guidance.

### **G. Backrest shape**

Measure across the width of the shoulders.

### **H. Backrest width**

Measure across the smallest part of the back – the waist. Ensure the individual is sitting upright before measuring across the back at the widest point.



### **I. Seat Width**

Measure the width of the hips at the widest point. It may be easier to measure the person sat on a chair without armrests.

### **J. Confirming seat height**

Measure the height of the desk from floor to the surface of the desktop. It would also be worth noting the thickness of the desk and any obstructions such as bars underneath the desk for clearance.

### **K. Width of armrests**

With the arms relaxed and close to the body, measure from one elbow to the other at the centre point.

#### **Important to remember!**

- Many chairs are designed for commercial use and are typically suitable for users weighing up to 23 stone, although this can vary from model to model. Part of your health and safety obligations as an employer is to ensure chairs are fit for purpose. To ensure chairs are suitable, it is important to consider if the user's weight is within the limits of any chair provided.
- Make sure you identify whether armrests and/or a headrest is required.
- Make sure you consider whether armrests need to be adjustable so as to fit above or below the desk surface and to allow the user to sit close to the edge of the desk.
- It is also essential to know what type of flooring the chair will be used on as some are more suited to hard floors or carpets and having the wrong castors on chairs can cause accidents!