

But make sure your chair is a good one for while you're seated; a chair which supports your body in a good position and is flexible enough to fit your physical dimensions.

A good chair provides supported movement

The middle lever on this chair allows you to tilt the backrest of the chair. You can adjust it to a suitable angle for you, ensuring your back remains supported.

Movement with support is a vital aspect of back care, and this chair has the mechanism to provide that.

On lower quality chairs, the seat back may be fixed and won't move

Here's the lever for the 'seat depth' to adjust the amount of thigh support for the length of your thighs. Adjust it so there's still a gap at the back of your knees.

A 'five star base' keeps you stable

> The right castors (wheels, basically) for your floor carpeted or hard - allow you to reposition but keep you stable.

Armrests are optional, but usually desirable. Make sure they are adjustable so they don't prevent you getting close to your desk - encouraging you to lean forwards and lose back support.

The tapered shape of the lower part of this chair's backrest is great for fitting and supporting your lower back with plenty of space for your bottom!

It's a plus point that the backrest is separate to the seat, allowing you to adjust the height to fit your shape and provide support.

> edge' stops pressure behind the knees

The 'waterfall

Here's the lever to adjust the height.

It's important to set your chair height so that your hips are slightly higher than your knees, your feet are in contact with the floor and your elbows are about desk height.

Setting your chair height too high or too low for your body will likely cause backache.

Using a height-adjustable desk can prevent backache too – as you can adjust your chair perfectly and then get the desk height correct. It also allows you to work in other positions.

This chair is the RH Logic 300 (medium back) Ergonomic Office Chair from Posturite Shop the great range of chairs with these features at posturite.co.uk/ergonomic-chairs

It's the 'gas

stem' which

moves the chair

up and down



Would you like individual recommendations for ergonomic chairs?

Book a DSE Assessment with an expert from Posturite – or ask your employer to! The individual guidance provided will be ideal for people who have back pain - or pain elsewhere.

Head to posturite.co.uk/assessments/dse-assessments to book yours.

What else can I do to look after my back?



Drink more water!

Some experts believe that dehydration can actually cause and exacerbate back pain.



Use a sit-stand desk

Postural breaks are good for your back - so break up your working day with periods of standing, as well as sitting and moving.



Carry out manual handling safely

Always stop and think before handling and if in doubt seek help. Use equipment where you can, always keep items close and don't bend or twist your back.



Choose the apple not the doughnut!

Being overweight can cause and worsen back pain. The more weight you carry, the more pressure there's going to be on your spine. Try to eat as healthily as you can and exercise regularly.





Elevate your screen

Use a laptop stand or, if you use a computer screen, adjustable monitor arms, to elevate your screen to eye level. A screen that is too low causes your head to hang forwards. This causes the neck and back muscles to work harder.

What's next?

Explore the ergonomic equipment available at posturite.co.uk For further support for musculoskeletal issues in the workplace, contact the Posturite team.

Always seek individual professional medical advice if you are concerned about back pain or another medical issue.

¹ Study by New Zealand's Massey University found that the more dehydrated participants were, the higher they rated their pain: https://www.huffpost.com/archive/ca/entry/dehydration-pain_n_9311154

Research links

