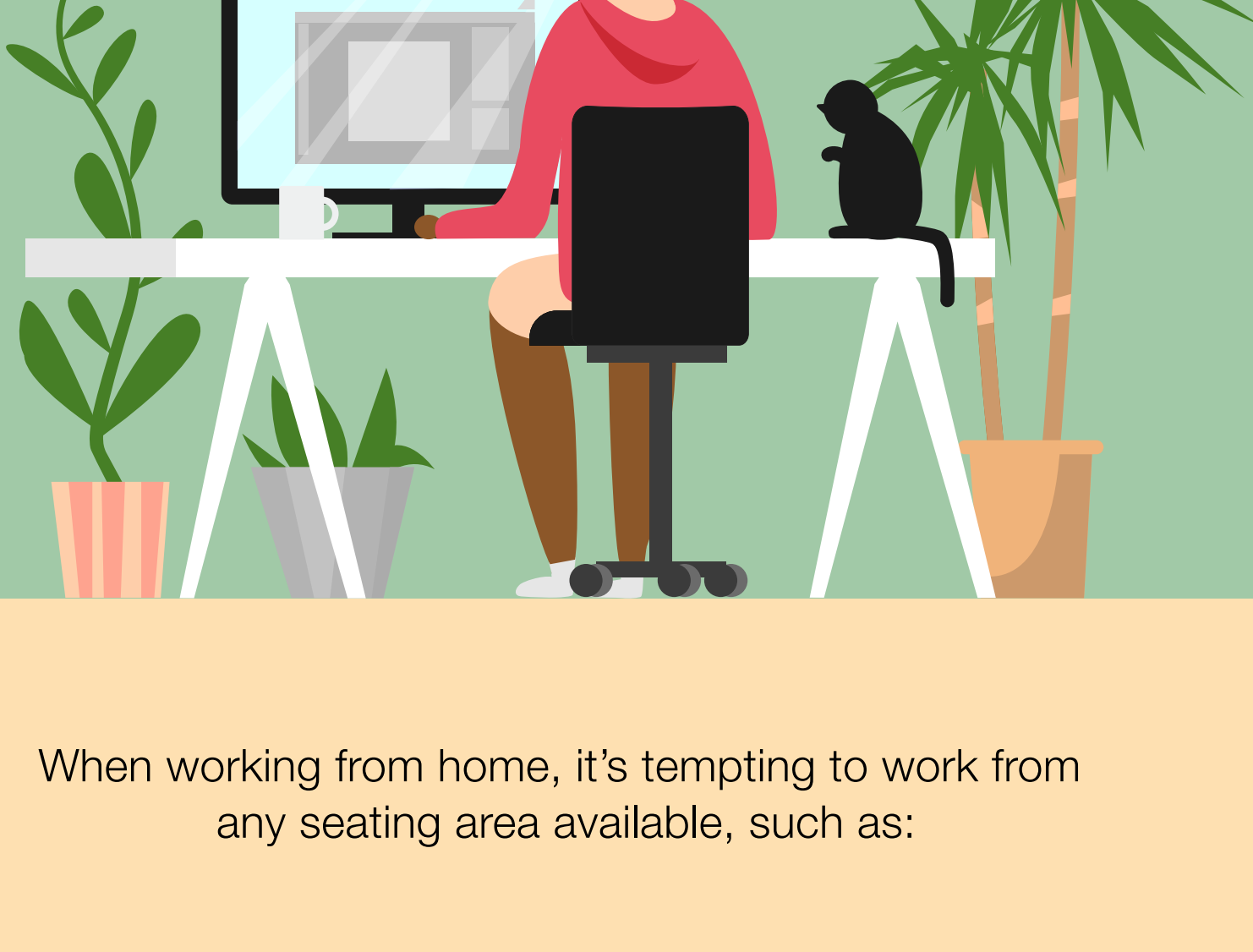


# How to choose a homeworking chair

Find the perfect chair for your home set-up with our handy guide



When working from home, it's tempting to work from any seating area available, such as:

Dining chairs



Bed



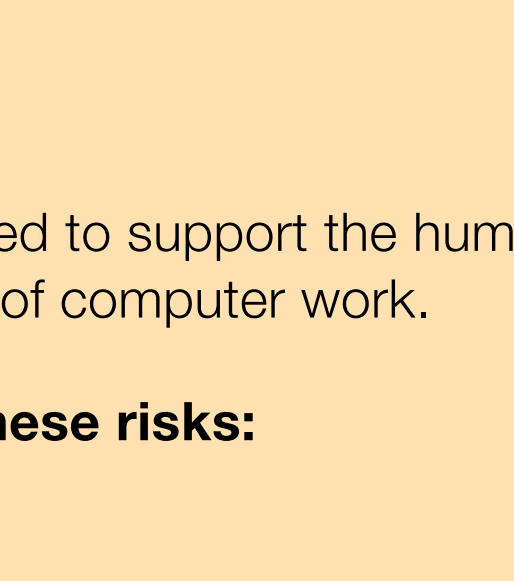
Sofas



Armchairs



Floor



These seating areas were not designed to support the human body comfortably for a full day of computer work.

Take a look at these risks:

No suitable support for the S-shape curve of the spine (can lead to lower back pain)

Sitting still for too long slows the metabolism, which makes it harder to regulate blood sugar and blood pressure, or metabolise fat, and can weaken muscles and bones



Lack of support causes slumping, hunching and other poor postures

Chin jutting forward leads to tech neck

Frequent, small finger and arm movements can lead to upper limb disorders

This is why it pays to find a homeworking chair that supports you in all the right places. Check out these steps to help find the perfect model for you:

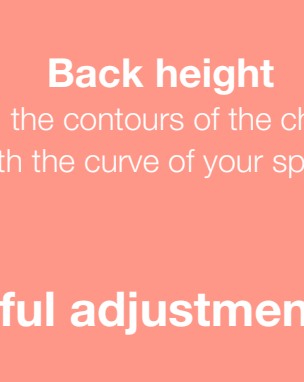
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## Choose a chair with adjustment options



**Seat height**

To change the height of your chair so your upper arms are relaxed by your body and forearms horizontal.



**Back height**

To align the contours of the chair back with the curve of your spine.



**Back angle**

To achieve a comfortable, supported position.

Other useful adjustments include:



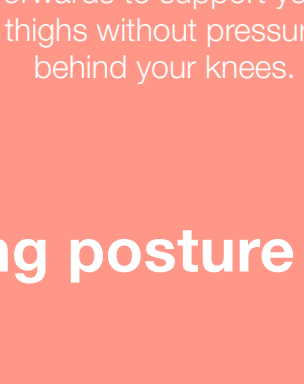
**Armrests**

While not mandatory, armrests can offer additional comfort and support.



**Headrest**

Adds additional support when you lean back to rest or take calls - good for tall people.



**Seat slide**

To move the seat back or forwards to support your thighs without pressure behind your knees.



**Movement mechanism**

Infinitely adjustable seat angle - lock in place, or unlock to enjoy natural movement for active sitting.

## Good working posture

Head in a neutral upright position - not hanging forward

Top of screen at about eye level, and arm's length away

Adjust armrests so forearms can be adjacent to desk, relaxed by side

Adjust seat depth so there is a little space behind the knees



Sit against the chair back for good support

Make sure the back rest shape fits your curves

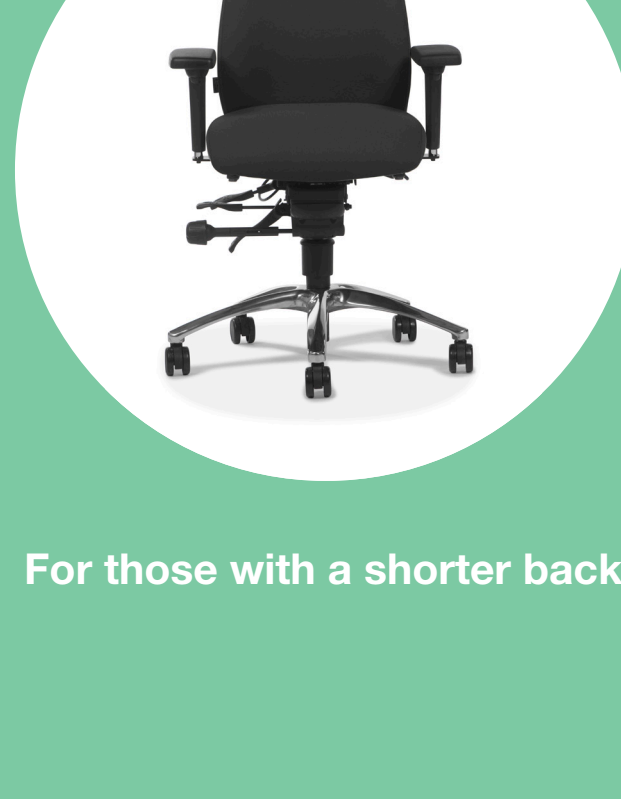
Adjust the seat height to find the right height for you

Feet flat on floor - use footrest if not

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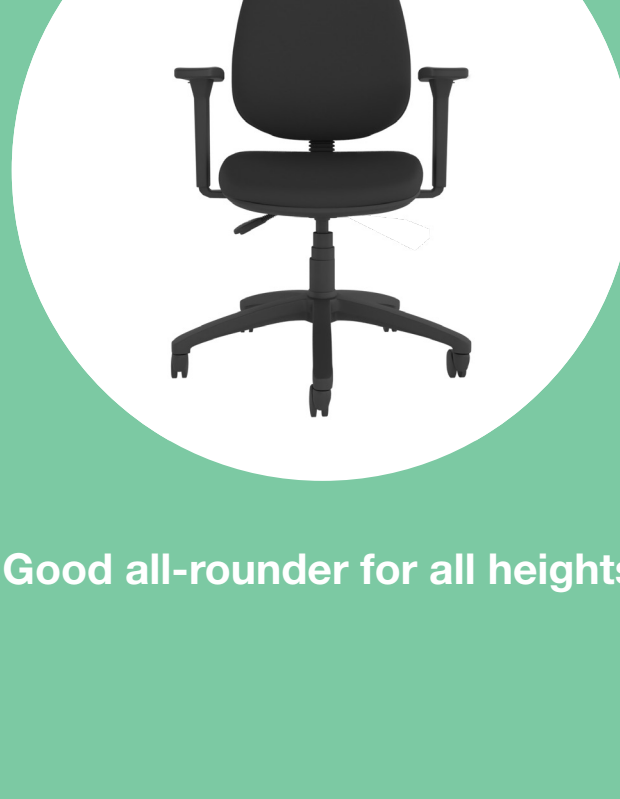
## Find the style that works with your body and surroundings

Low back



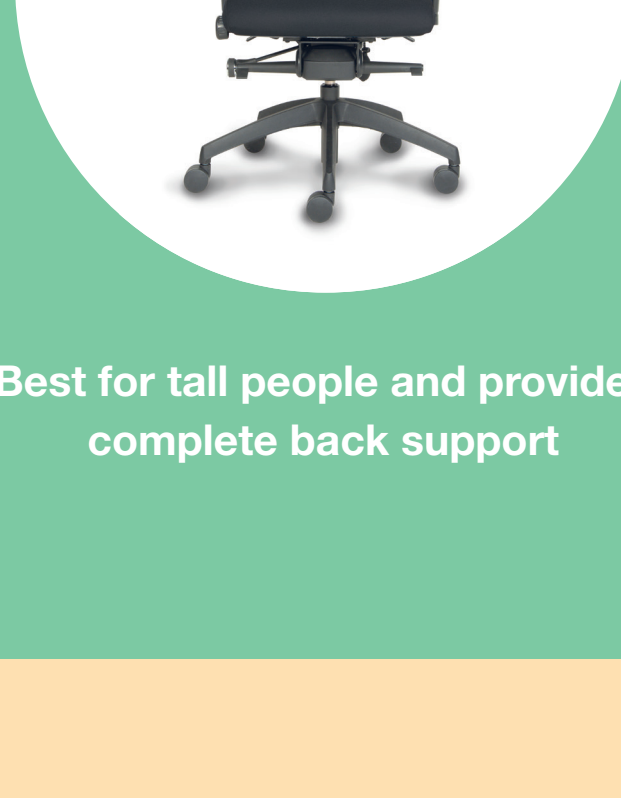
For those with a shorter back

Medium back



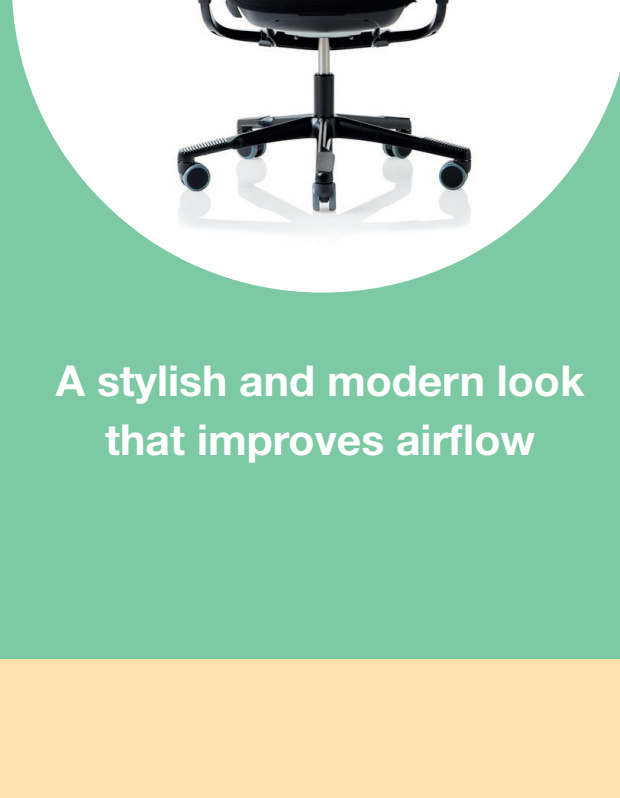
Good all-rounder for all heights

High back



Best for tall people and provides complete back support

Mesh back



A stylish and modern look that improves airflow

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## Consider a chair that promotes movement

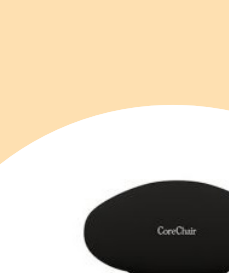
When you're working from home, it's easy to become sedentary. In the office you might be climbing stairs, walking to speak to colleagues in other departments, getting up to use the facilities or doing a tea round. At home everything is close by - unless we make an effort to stay active, our step counts naturally decreases.

It's not just movement in general we need to consider but also controlled movement of all our joints that affects our health and the way we feel. This is why you may want to think about a homeworking chair with a movement mechanism, such as those in **Flokk's HÅG collection**.

Benefits of active sitting chairs:



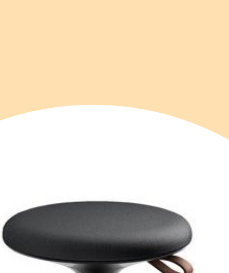
Help support your body in your different working positions



Allow natural, intuitive movement



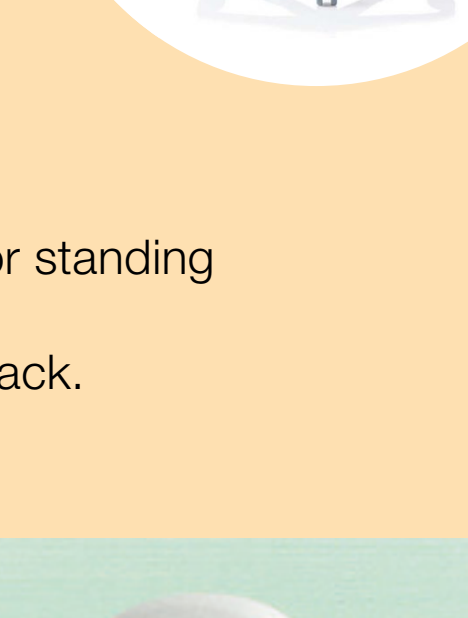
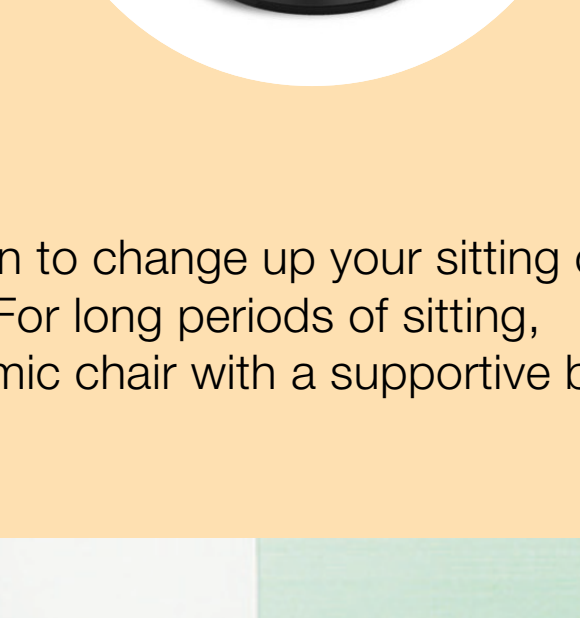
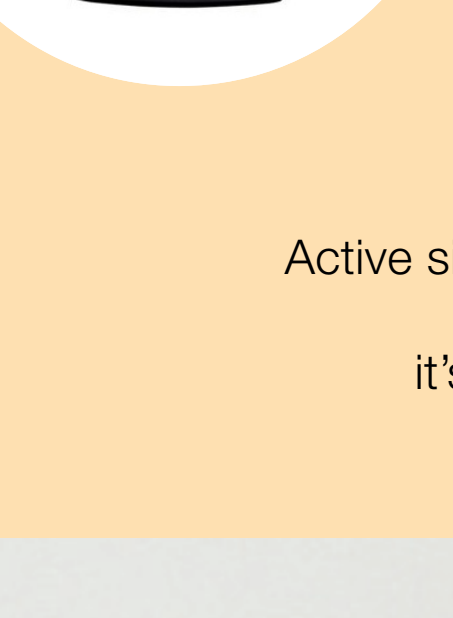
Activate your muscles



Stimulate blood-flow



Keep you feeling fresh and active without even have to think about it



Active sitting stools give you an option to change up your sitting or standing posture for short stints. For long periods of sitting, it's advisable to use an ergonomic chair with a supportive back.

**Natural movement all day**  
[Shop home office chairs](https://www.posturite.co.uk/business/ergonomic-chairs)

Even if you choose a chair with a movement mechanism, make sure you get up every 20-30 minutes for a brisk walk or stretch.

## What next?

You can browse our entire collection of home office chairs here: [posturite.co.uk/business/ergonomic-chairs](https://www.posturite.co.uk/business/ergonomic-chairs)

Remember, we're always here to help.

You can chat, message, or phone us throughout the day here: [posturite.co.uk/business/contact-us](https://www.posturite.co.uk/business/contact-us)