



This is a broad overview; talk to us for the most accurate advice specific to you.

## The right fit for kit at work

Everyone of every size should be able to feel comfortable while working.

Let's look at your options when you or your colleague are larger or smaller than average in a particular dimension — no one is average in every way.

### Office chair

#### Double check your existing chair

Are you sure all the adjustments are set suitably for you?

For example:



### Did you know you can get a bariatric chair?

A bariatric chair is needed and likely to be more comfortable if your weight is over 150 kg.



Check the weight guidance on your own chair model.

Check individual chair specs for guidance on user weights.

### Let's talk thighs...

Good bariatric chairs sometimes have **contouring** on the seat. The designers have analysed pressure distribution and added this extra comfort feature for larger legs.

#### Risks

What are the risks when a person is too heavy for their office chair?



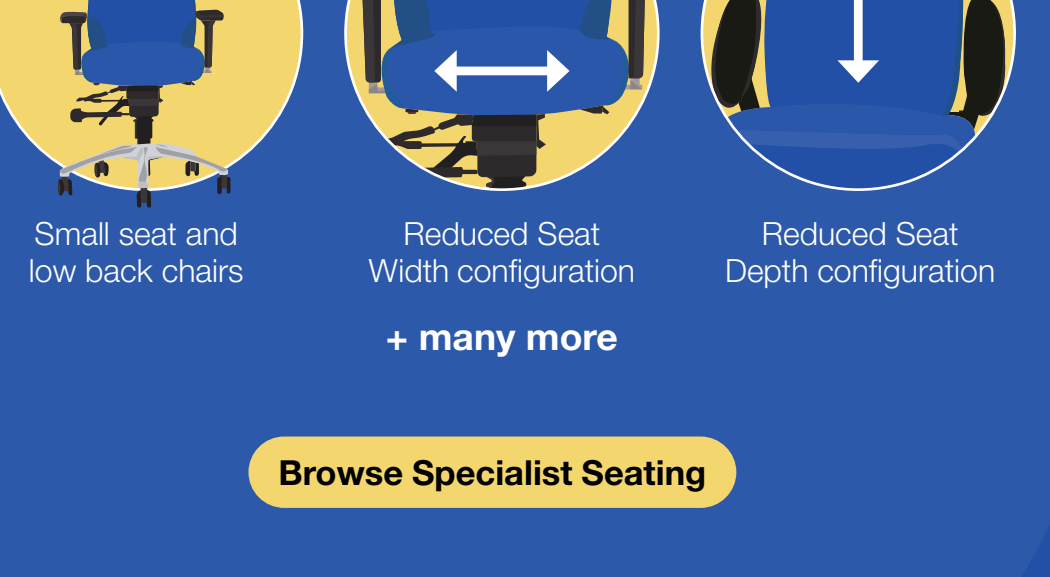
### A chair for a petite person?

Posturite can recommend an ideal chair when you tell us a **range** of body measurements, such as **leg length**, as well as your overall height. People's legs and torsos vary significantly in height!

A standard but highly adjustable ergonomic chair might be fine for you if you're shorter than average, once adjusted.



#### What's available?



+ many more

[Browse Specialist Seating](#)

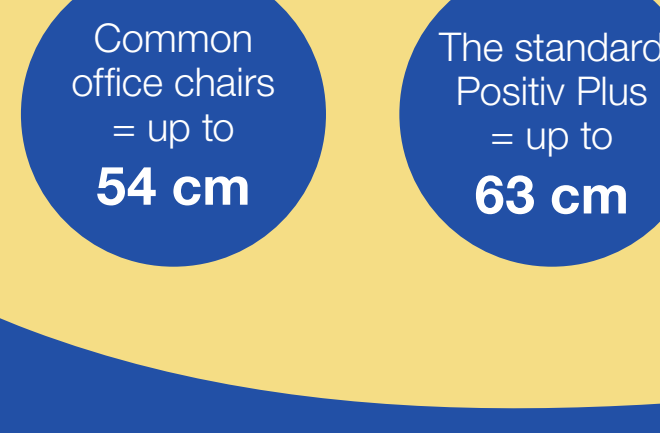
"For me, I don't think about size - I focus more on being powerful and confident."  
Simone Biles



### A chair for our tallest colleague

Again, check out the adjustments available on your existing chair. Can you make the **back rest higher** if you have a long torso, or the seat pan longer if you have long thighs?

Buying for a team? Look for super-adjustable office chairs to fit the greatest number of colleagues. For example:

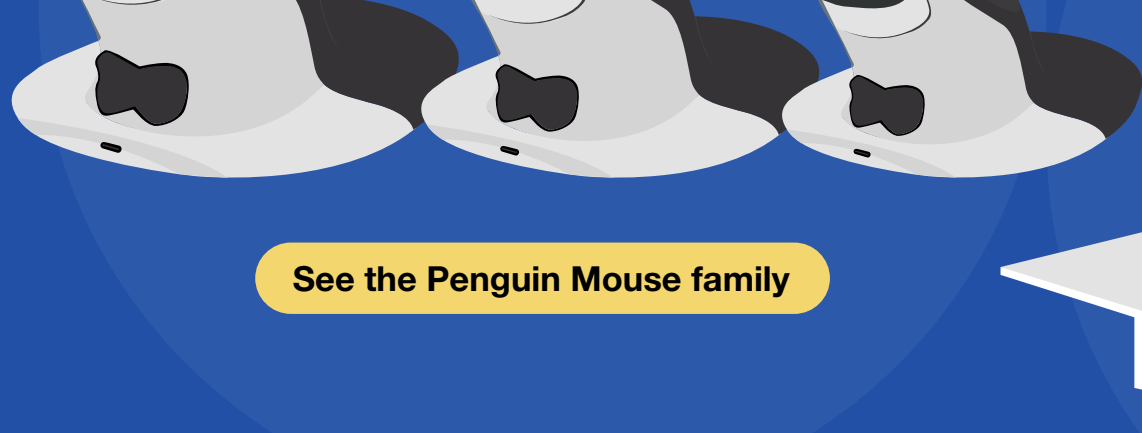


Fancy a 'high-back' chair? It's usually a choice rather than a necessity for a person.



### Mice

Great news! You can get ergonomic vertical mice specific to your **hand size**



[See the Penguin Mouse family](#)

### Desks

#### You raise me up

The beauty of a height-adjustable desk is you can of course

raise it ↑ and lower it ↓ to suit!

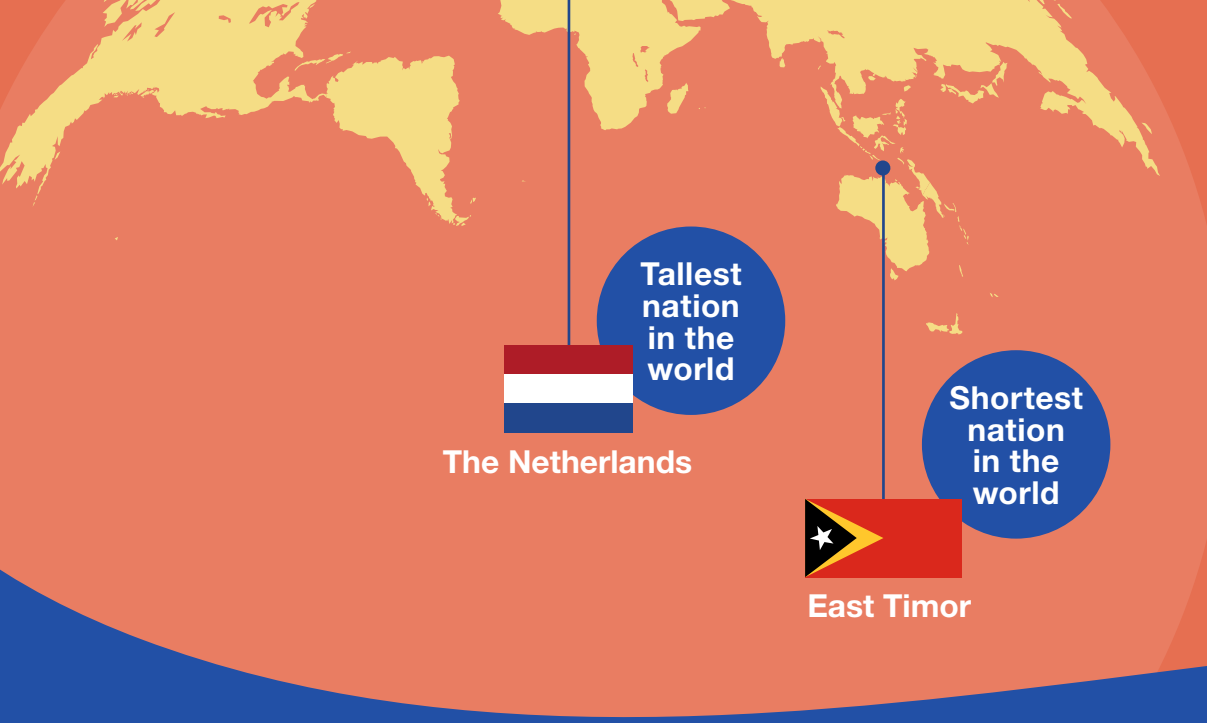


### Monitor Arms

Your monitor arm helps you get your screens the perfect height for you.



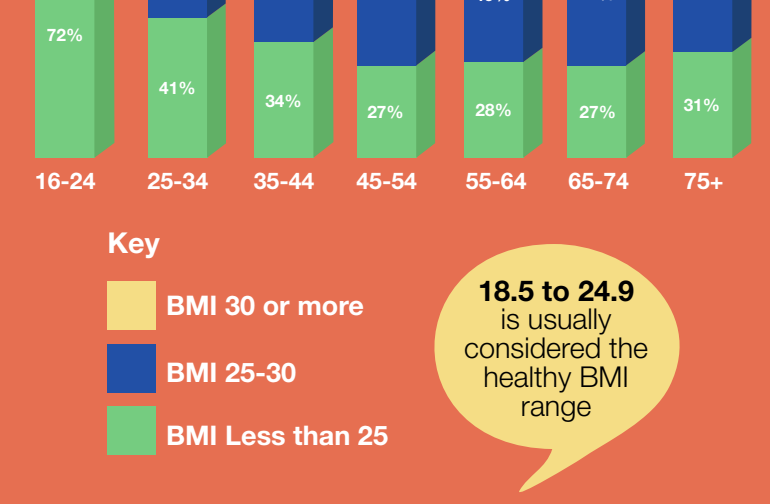
## SUPER STATS & TALL TALES



Tallest nation in the world  
The Netherlands

Shortest nation in the world  
East Timor

#### How our Body Mass Index (BMI) varies with age



18.5 to 24.9 is usually considered the healthy BMI range

### What's next?

Posturite is here to help you create a comfortable workstation that's right for you:

- You can message product specialists on email [dseadvice@posturite.co.uk](mailto:dseadvice@posturite.co.uk) or on the Posturite Live Chat for free assistance.
- Book a [DSE assessment](#) if you need one.