What Makes a Good Office Chair?

A good office chair should fit your body, provide appropriate support and allow you to change position comfortably throughout the working day.



1 Stable, Mobile Base

A five-point base provides stability, while suitable castors allow the chair to move easily across the floor. A 360° swivel allows you to turn without twisting your back.

2 Adjustable Seat Height

A height-adjustable seat accommodates different body heights, allowing users to position their elbows at approximately 90–120° when using the keyboard and mouse, while keeping their shoulders relaxed.

3 Suitable Seat Width

The seat should be wide enough to accommodate the user's hips and thighs comfortably, without creating pressure at the sides, while allowing freedom of movement.

4 Adjustable Seat Depth

An adjustable seat depth accommodates different leg lengths, providing support for the thighs while allowing a small gap between the front edge of the seat and the back of the knees.

5 Supportive Backrest

A supportive backrest should extend to approximately shoulder height, with height and tilt adjustments to provide appropriate back support and allow comfortable changes in sitting position.

6 Lumbar Support

Lumbar support helps maintain the natural curve of the lower back, supporting an upright seated posture.

7 Adjustable Armrests

Adjustable armrests provide support for the forearms, helping to keep the shoulders relaxed. They should not restrict movement or prevent you from sitting close to the desk.

8 Suitable Size and Weight Capacity

The chair should be suitable for your height and body size, providing adequate support and comfort. It should also meet the manufacturer's recommended weight capacity.

KEY MESSAGE

The best office chair is not necessarily the most expensive. It is one that fits you, provides appropriate support and allows you to change posture regularly.

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This information is general guidance and should not replace professional medical or individual workplace advice.