

SELECTING THE RIGHT CHAIR

How do I Select a Chair?

1. **A contoured backrest** will give your back the comfort and support it needs. Pick a chair shaped to match the natural contour of your spine.
2. **Height adjustable backrests** provide your back with customized comfort and support.
3. **Don't go too soft.** For total comfort, seat and back foam must be dense enough to support your weight evenly and it should be sculpted to fit the human form.
4. **Look for "waterfall" seat cushions** that slope down at the front of the chair. This important ergonomic feature helps improve circulation to your lower legs.
5. **Rest your arms.** Armrests help keep your arms in a comfortable position, reducing shoulder, neck and back strain. Most manufacturers offer arms with various adjustments such as height, width, tilt and/or pivoting.
6. The **pneumatic height adjustment** lets you alter your seating position throughout the day with a smooth, easy, one-touch action.
7. **Please remain seated.** Make sure all adjustment controls can be reached from a seated position. Keep moving. Multi-tilt and operator mechanisms are important for data entry or computer work. They allow you to vary your position while maintaining maximum support.
8. **Good chairs have casters** for easy mobility. Choose a chair with a choice of casters designed for carpets, hard surfaces or a combination.



Milton Terry Associates offers a **"Trial Use"** program on many of their popular chairs!
Ask one of our sales associates to try before you buy!

*Information provided with the assistance of Global Total Office.

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