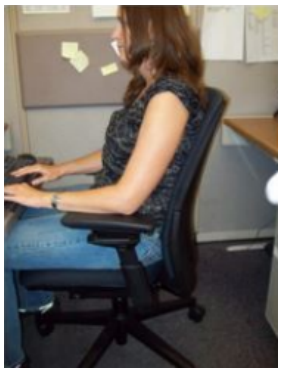
Troubleshooting Back Discomfort Guideline

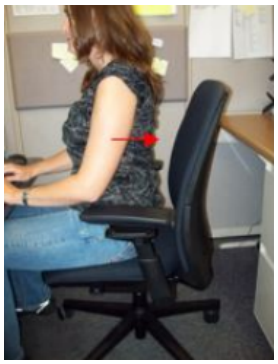
Issue: June 12, 2018
Revision: July 17, 2018

1. Are you sitting with your hips back to consistently rest your back on the chair backrest?

Correct Posture
Backrest provides consistent back support



Incorrect Posture
To correct, move your hips back into the back of the chair.

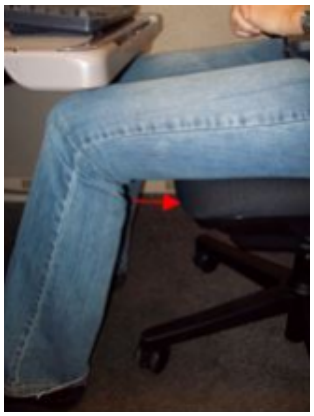


2. Is the front edge of the seat 2-3 finger widths from hitting your calves during sitting?

Correct Posture
Consistent leg support.



Incorrect Posture
To correct, adjust seat depth forward to improve leg support.



3. Are your feet supported?

Correct Posture
Feet are supported on the floor or a footrest.



Incorrect Posture
To correct, lower chair height or use a footrest.

