

HOME SWEET HOME

Selecting the right chair for your home office

If you plan to set up a home office, there are countless decisions that must be made about equipment and supplies. While a proper desk, telephone, computer and internet hookup are clearly important, many home office designers and planners agree that the most important piece of equipment is your chair.

Depending on what type of work you do, you'll be spending hours at a time sitting on your chair. The comfort level of your chair will affect not only your daily performance, but it will affect your mood as well.

One name associated with the design elements of a chair is ergonomic. This is a term used to describe furniture that is designed to reduce discomfort and applies to chairs, footrests, work surfaces, overhead lights, telephone headsets, etc.

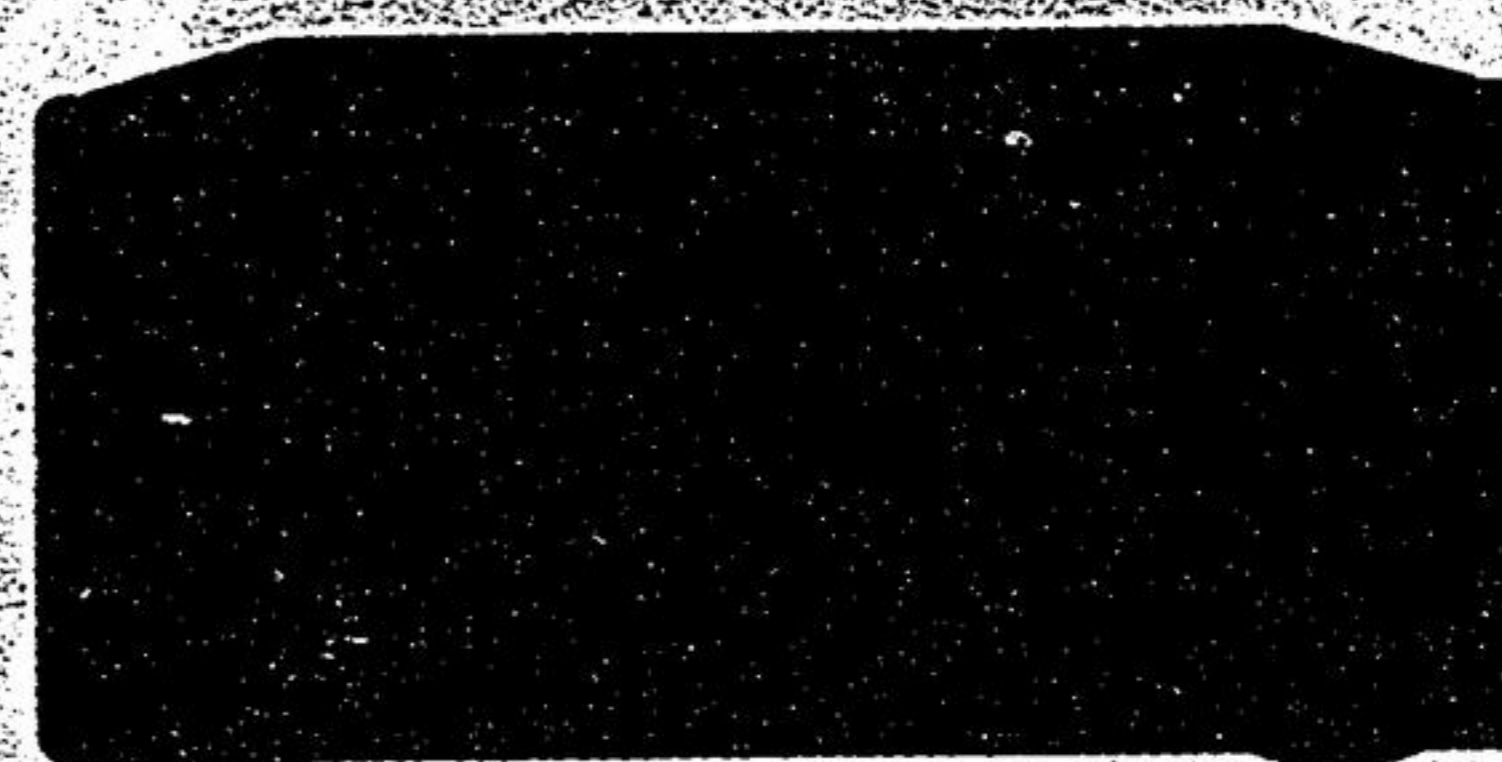
When choosing an ergonomically correct chair, choose one with lumbar support that distributes and absorbs your weight and that doesn't restrict the movement or position of your arms. If possible, sit in the chair for at least ten minutes, or arrange for an in-home trial.

Chairs that can be adjusted forward and backward, up and down,

Con't on page 24

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