



HOW TO BUY OFFICE CHAIRS ONLINE

Did you know the average no. of hours an employee sits on an office chair is 85,000 hours?

If you work sitting on a chair, it's best you get one that's ergonomic, comfortable & adjustable to avoid health risks.

Here are some important features you should look at before buying your office chair.



Stay Mobile

Whether you're moving around your desk or consulting with your colleague, wheels always come in handy. These wheels can be used to shift direction as well. When buying a mobile chair, the material should be tough enough to withstand your movement. Do not miss reading customer reviews to gauge the durability.

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Adjust the Height

A good posture has your thighs and hips on the same level, ensuring long-hour comfort.

So get an adjustable chair to maintain the right posture, also make sure the controls are easy to use & durable.

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Rest Your Back



The backrest should be adjustable to support the natural alignment of your back.

You should be able to adjust your chair in a way that's neither leaning forward nor backward, and caters to specific back needs such as lumbar, head, shoulder or neck support.

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Comfort Your Arm

Getting right armrest height saves you from arm strain, as well as protects your neck and shoulders.

You could opt for chairs that adjust both the height & width of your armrest for more personalised comfort.

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Support Your Spine

A contoured backrest of a chair supports the natural curve of your spine.

Maintaining a slight arch is essential to not slouch as the day progresses, and good lower back support minimises strain on lumbar disks.

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Get the Measurements Right

Your chair should be wide & deep enough to sit comfortably all day.

An ideal chair has a 2-4 inch gap between the back of your knees and the edge of the seat.

You should be able to adjust your seat backward or forward depending on your comfort.

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It's All About Material & Padding

When it comes to upholstery and construction, office chairs have plenty of options.

Since you sit for long hours, get a material that's breathable, like fabric mesh or opt for leather if your office gets too cold.

Get a padding that's neither too soft nor too hard.

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Does It Last Long?

Office chairs are an important investment, as you spend many hours on them. While features & budget are crucial, also make sure your chair is durable.

Depending on your usage, choose a chair that will withstand your long hours.

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