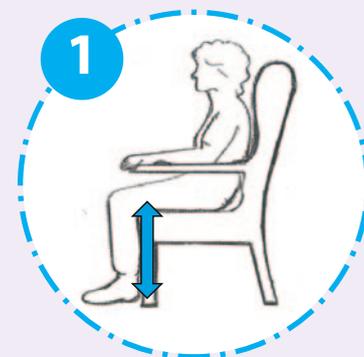


CHECKLIST FOR CHOOSING A SUPPORTIVE ARMCHAIR

It is very important to try before you buy and this means sitting on the chair before buying it. There are three important measurement which you need to know before you go shopping. You will need two other people to help you to take three measurements, which are:
(i) seat height, (ii) seat depth and (iii) seat width

1. Seat height (seat to floor height)

Your knees should not be higher than your hips. Your feet should be flat on the floor. To measure: measure from behind your knee to the sole of your foot whilst seated - Please see image 1.



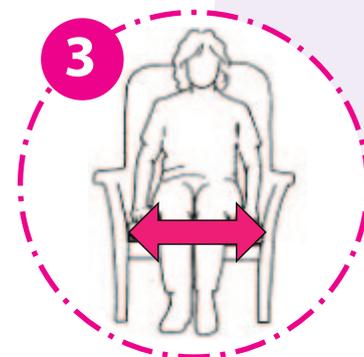
2. Seat depth (length from back of buttocks to behind your knee)

Your seat needs to be deep enough to fully support your thighs. But not too deep that you are lying down on the seat. To measure: One person places one hand on your seat behind your buttock and the other hand is placed two fingers behind your knee. The 2nd person takes this measurement. Measure between both hands, leaving a gap of an inch (a fingers breadth) behind the persons knee. Please see image 2.



3. Seat width

Your seat should be wide enough for you to sit comfortably in, but not so wide that you cannot use the armrests. Your chair should have armrests that support your arms comfortably. To measure: One person places their hands at either side of your widest point (generally at your hips) and the 2nd person takes this measurement. Measure the length from the outside of each hand. Please see image 3.



General considerations

Measurements: Two people are needed to measure someone correctly. The measuring tape should be laid flat rather than wrapped around the persons body.

Backrest: Choose a chair with a slightly sloped backrest which provides you with good back and head support.

Upholstery: Ideally, this should be slip-resistant.

Armrests: These should be the same height as your arms when folded.

Cushion: If you use a special cushion, bring it with you to trial with your new chair. This may affect the height of chair you need.

• Always sit in the chair yourself and try before you buy