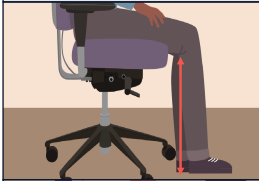





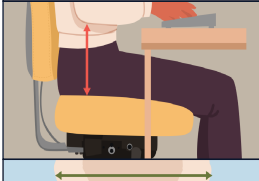
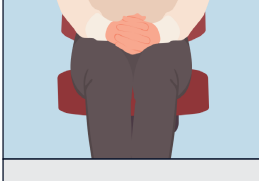


CHAIR MEASUREMENT GUIDE

DIMENSION		HOW TO TAKE THE MEASUREMENT	YOUR MEASUREMENT (CM)
	Back of knee to floor	Measure from under your knee to the floor (taken in everyday work shoes)	
	Seat height	Find a comfortable sitting height (with your hips level with or slightly higher than your knees and your feet in contact with the floor or a footrest) and measure from the top of the seat to the floor (taken in everyday work shoes)	
	Hip width	Measure the outer distance between your hips when sitting (the seat width should be more than this)	
	Back of buttock to back of knee	Measure from behind your buttocks to just behind the back of your knee	
	Seat depth	Measure from the depth of your current chairs seat - from the rear of the seat to the front edge	
	Seat to shoulder	Measure from the top of the seat to just in line with the top of your shoulder	
	Sitting elbow height	Measure from the top of the seat to under your elbow	
	Elbow to elbow width	With your arms close by your side, take the measurement from between both mid elbow points	
		DESCRIPTION	YOUR INFORMATION
Desk height (1)		From the floor to the top of the working surface	
Desk height (2)		From the floor to the underside of the working surface	
Your height		Taken in every day work shoes	
Your weight		Measured in KGs	
Do you wear heels?		Yes/No	