Tips for picking a chair for working at home

A comfortable chair for home use can cost as little as $100, finding one that works for you is easier if you know which features help you to be more comfortable. Look for these key features when selecting a chair.

**Lumbar Support**

**Arm Height Control**

**Height Adjustable Seat Control**

**Padded Seat**

Additional notes for selecting a chair for home use

- Upholstery choice should be based on personal preference. Mesh, leather and fabric all perform well in the home.
- Wheels often snag on carpet or fill with pet hair, placing a desk mat under your chair may prevent carpet damage. Wheels that do not turn easily may need to have built up hair or fur removed like a vacuum brush roller.
- Not all chairs have similar weight ratings, be sure to compare your body weight to the chair’s maximum capacity, look for a 250lb rating.

Moving your mouse and keyboard down to a lap desk can reduce strain from working on a table or desk which is too high.