

For a perfect fit

We are confident that by using "POSE" in conjunction with our modular Opera chairs the result will be a perfect fit. You can confirm this by trying out the recommended model for fourteen days on sale or return (UK only).

Where to measure yourself:

General

Although you can take the measurements yourself, it is frequently easier and possibly more accurate if you get someone to help you.

If your existing chair does not allow you to sit upright with your feet flat on the floor (as the diagram) please borrow a chair that will allow you to do this.

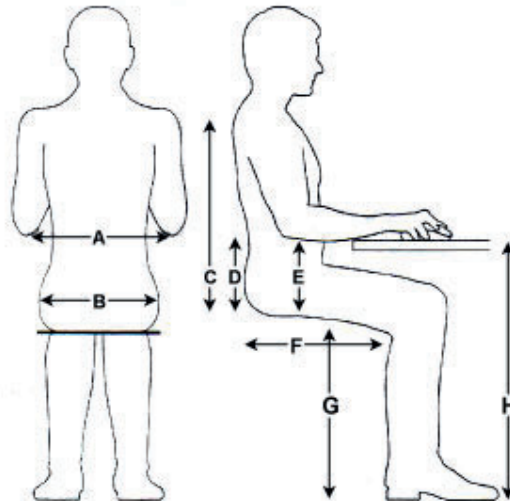
Apart from your height please take all measurements in cm.

Please complete the form as fully as possible.

A Measure the width between your elbows with them relaxed and at your side in a natural position.

B Measure the width of your hips at their widest point as you are seated. Try to get this as accurate as possible as this will determine the width of your seat.

C Measure from the top of the shoulder to seat surface. It is important to sit upright when taking this measurement. Measure from the chair seat upholstery to the top of your shoulder (feel for the hard outer part on the top of your shoulder).



D If you are unsure which lower back curve you have please tick "Medium curve".

E With your shoulders relaxed and arms bent at the elbow at a 90 degree angle, measure the distance between your seat and elbow. This will help us to identify the height of arm rest required.

F Measure from the back of your buttock (the rear of your pelvis*) to behind your knee (above your calf muscle).
* place a book vertically against the back of your buttock, measure from the book cover to behind your knee.

G Measure from your knee joint to the floor. When taking this measurement try to wear shoes you would normally wear.

H Measure your desk height, from the top of the work surface to the floor.

Alternatively, if you can find a stool or bench that allows you to sit upright, place it next to a wall and sit with your buttock against the wall, you can then measure from the wall to behind your knee.

when sitting correctly matters