

The Office Chair Fit Checklist

A one-page reference for evaluating any office chair before you buy it. Free to print, save, or share.

1. Lumbar Support

- Does it move up and down (height-adjustable)?
- Does it also move forward/back (depth-adjustable)? This matters more than height alone.
- When you push into it, does it meet your lower back — not your mid-back?

2. Seat Depth & Height

- Sitting fully back, is there a 2-3 finger-width gap behind your knees?
- Does the seat pan slide to adjust depth, or is it a fixed length?
- At the chair's lowest setting, do your feet rest flat on the floor?
- At the chair's highest setting, does it reach a comfortable height for your desk?

3. Armrests

- Height-adjustable?
- Width-adjustable (move in/out to match your shoulders)?
- Pivot inward toward the desk for typing?

4. Recline

- Is recline tension adjustable to your body weight?
- Does it lock at a comfortable angle, or only recline freely?

5. Your Specific Situation

- Under 5'4" or over 6'2"? Double-check the stated min/max seat height against your actual measurements.
- Under 5'2"? Seat depth matters more than height — look for a genuinely shorter seat pan, not just a lower cylinder.
- Managing back or sciatic discomfort? Prioritize depth-adjustable lumbar and a waterfall seat edge.

This checklist is a companion to Deskfield's full chair guides, including the Office Chair Decision Guide, the Ergonomic Chair Buying Guide, and guides for specific budgets, heights, and discomfort. Research-based, updated as products and pricing change — not a substitute for medical advice.