



# Seat Height Adjustment Guide

## How to Determine Your Correct Seat Height

### Calculating the Proper Seat Height

A basic formula to determine the correct seat height is the real work level – measuring floor to the work surface height – minus 12 inches. BioFit recommends using this figure as the mid-point of the seat-height-adjustment range of the chair you select.



40" (work level, height as measured from the floor to the top of the work surface)

-12"

28" (mid-point of chair or stool seat-height-adjustment range)

### Example:

40" (work level, height as measured from the floor to the top of the work surface)

-12"

28" (mid-point of chair or stool seat-height-adjustment range)

The formula above applies to most workers. BioFit ergonomic seating will properly fit 90% of workers without customization, while alterations can be made easily for the other 10%.

### In-Demand Flexibility Supports Worker Well-being, Performance

Most BioFit seating models generally have seat-height ranges of either four, five, seven and ten inches. This selection of adjustability ranges helps assure our chairs and stools fit the size and body type of individual workers and unique applications, delivering in-demand flexibility to accommodate users on different shifts or the same worker performing different tasks at different work levels.

### Questions?

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