

### Purchase Specifications for OFFICE DESKCHAIR<sup>1</sup>

1. Five-caster swivel base
2. Chair must be height adjustable
3. Lumbar support must be height adjustable
4. Seat cushioning must have a rounded front edge (no sharp edges)
5. Armrests, if present, must be height adjustable
6. Armrests, if present, must support both forearms and not interfere with movement
7. Seat width should be at least 35cm
8. Casters must be suitable for floor surface. Given the predominance of tile flooring in current office space, tile casters are to be provided unless carpet casters are specifically requested.
9. Fabric is non-slip and breathable

Chair Dimensions	Option 1	Option 2.
10. Seat Depth	48cm	43cm
11. Armrest Height	17cm from top of seat to top of armrest	17cm from top of seat to top of armrest
12. Seat Back Height	38-43cm -Must be height adjustable	38-43cm -Must be height adjustable
13. Lumbar Support	-Must be height adjustable, separate from seat pan -Should recline and adjust from 93-113 degrees	-Must be height adjustable, separate from seat pan -Should recline and adjust from 93-113 degrees

### Purchase Specifications for KEYBOARD TRAY<sup>2</sup>

1. Must be height adjustable
2. Tray must be stable and large enough to place the mouse as close to the keyboard as possible (at the same height and in the same plane). Approximate dimensions: 65cm wide x 27cm deep
3. Keyboard tray can be positioned flat or slightly sloped away from user
4. Must not have sharp or hard edges that can apply pressure to base of wrists or hands during usage

### Purchase Specifications for WRIST REST (GEL PAD)

1. Gel pad must be flat with curved front and back edges to avoid pinch points
2. Must fit on KEYBOARD TRAY identified above

### Installation Fee for KEYBOARD TRAY (Optional)

1. Identify cost of installation per unit purchased

<sup>1,2</sup>Adapted from Occupational Health Clinics for Ontario Workers (OHCOW) Office Ergonomic Handbook, 4<sup>th</sup> edition