

Office Ergonomics

Footrests

What to Look For in a Footrest

Use footrests as a last resort. Footrests are a way to shift postures or provide support for the feet if the chair cannot be lowered. Unfortunately, using a footrest when the chair is too high provides only one place for the feet to rest. The seated person only has the footrest and the castors under the chair as places for their feet and this limits the postures they can shift through throughout the day. The preferred solution is to add a shorter cylinder to the chair, and lower the desk height until the desk surface is approximately one inch above seated elbow height.

Height

A footrest should be height adjustable. Adjust the footrest until the thighs are parallel to the floor +/- 1-3 inches.

Rocking

When using a footrest, be sure to shift postures frequently. Some footrests have a rocking feature that allows the user to rock the footrest, increasing circulation and helping avoid static postures. The rocking action on all-plastic footrests tends to wear out quickly, so look for durable models.