

Importance of Proper Office Chair Armrest Adjustment

“If it's the right chair, it doesn't take too long to get comfortable in it” -**Robert De Niro**

If you are working in UK then you are spending 40 hours a week on a chair in your office which makes a chair one of most important thing in your office. If you are a person with not so picky nature but when it comes to [office chair](#) try to be as picky as possible. A chair should be comfortable because it creates an immense difference in your productivity. A bad chair leads to a bad day and bad performance. So many things need to keep in mind while buying an office chair like mobility, lumber support and budget. Another thing that need to consider is whether the chair is comfortable and it has armrests or not.

Armrests and their functionality:

Armrests give spaces for your hands and arms to rest. These are simply resting places in the chair to make your forearm comfortable so that you don't get tired while working for a long time

While buying [office chair](#) with armrests you need to consider your budget, working environment, and your office timings. What kind of material is used? Some people prefer padded later while other goes for plastic or wooden armrests

Material of Armrests

Armrests come in different material and shapes. They are available in market in different material like plastic, hardwoods a steel and leather padding. If you are working in a rough environment then chairs with plastic and steel armrests are appropriate for you they would not rust easily and would look new for a long time. If you are working for a high level organization then wooden and leather padded armrests would go with you environment. Wooden armrests will be durable but leather padding armrests will be softer and more comfortable but it would not last long as other material would.

Adjustment of Armrests:

Your armrests should make your arm a bit higher to that shoulder, in this way the strain in your shoulder and back would decrease you can instantly decreasing the pain awakening in your back legs and shoulder by choosing a good chair with an appropriate armrests.



Armrests: Appropriate or not?

To check whether your armrests are appropriate or not you need to check is it coming in way while working on keyboard or while writing something. Because armrests are only for resting part. They should not always be there. If armrests are higher than they are supposed to be it would cause strain in your shoulder and inflammation in your elbows. It would make you tired and uncomfortable. If it is appropriate you can easily work on your keyboard and can rest your arm anytime you want.it would not strain your any part of body.

Why so Important

If a person is spending 40 hours of times only in one chair, then an armrest without proper height can cause serious health issues which can lead to lifelong illness. Armrests are important to work at a proper position and prevent injuries or any kind of pain.

