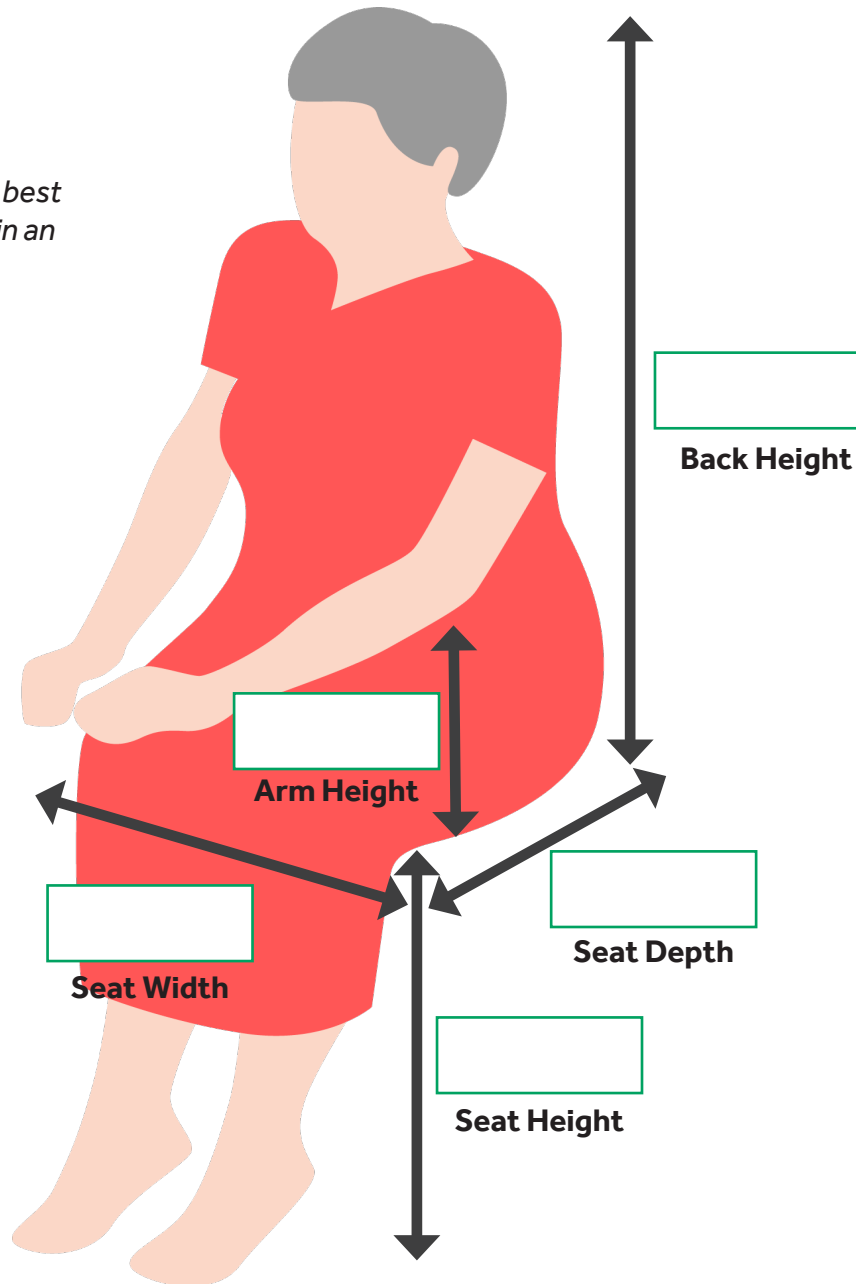


ONLINE OT KIT

# Seating Assessment Measurements Form

**Note:** Ideally these measurements are best taken when sitting in an upright chair.



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# Tips for Accurate Measurements

**1. Seat Height** - Measure from the floor (or footplate if required) to the top of the seat cushion. When using the tape measure, aim for the point where the back of the thigh, just behind the knee, makes contact with the chair.

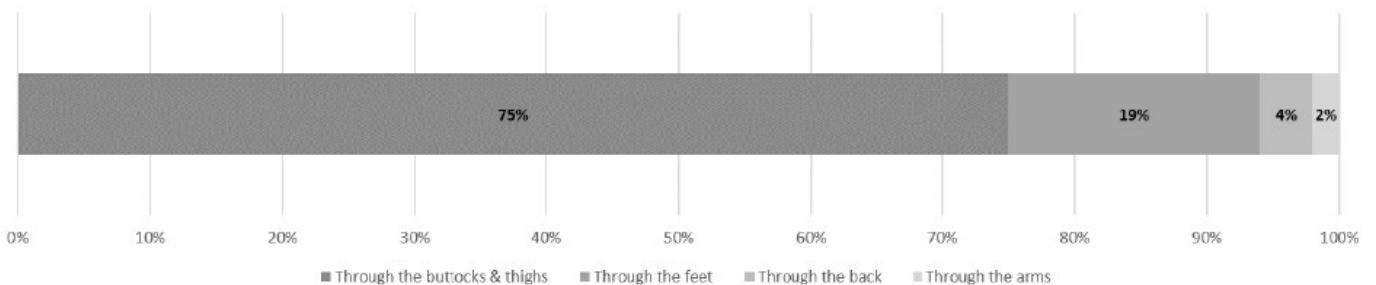
**2. Seat Depth** - This is the measurement from the bottom of the spine (sacrum) to the back of the knee. Ensure that the seat cushion is deep enough to support the entire length of the upper leg to the back of the knee without putting pressure on the back of the calf. Try to leave at least a fingers width gap between the chair and the back of the knee.

**3. Seat Width** - This is measured from hip to hip, or at the widest point of the client. To ensure the arms sit comfortably on the armrests, leave roughly a hands width either side of the buttocks. If the chair is too wide it can be difficult to hold good posture, too narrow and the person may not be able to sit right back in the chair.

**4. Armrest Height** - When measuring armrest height, measure from the elbow to the top of the seat cushion. To ensure maximum comfort, the shoulders need to be level and not raised up or dropped. Armrests that are too high will cause neck and shoulder pain. Too low and they can cause dragging on the shoulders, making getting in and out of the chair difficult.

**5. Back Height** - This is the measurement from the nape of the neck to the top of the seat cushion. The backrest should be high enough to support the back of the head whilst sitting right back in the chair.

## Weight Distribution Whilst Sitting



Getting seat sizing right helps to ensure body weight is properly distributed, reducing the risk of pressure sores.