



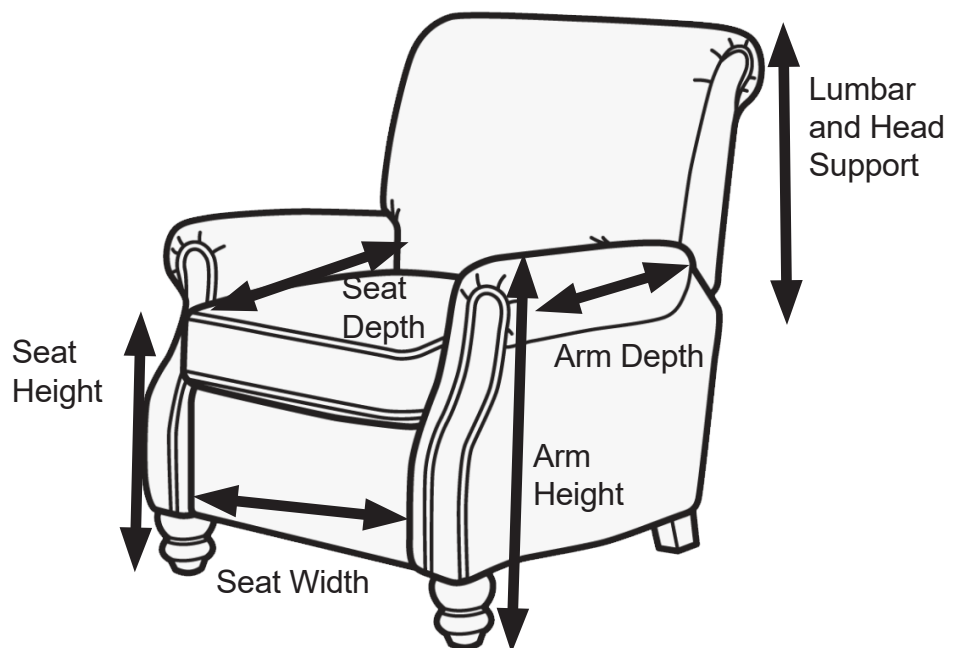
# Choosing a High Chair

When choosing a high chair it is not appropriate to sit in a chair for a couple of minutes when purchasing it and then expect to achieve the same degree of comfort after a few hours. You should try to sit in it for more than a few minutes, if possible.

Various types of chair raising equipment are available so, if height is the only problem, seek advice on this first.

When choosing a high chair it is important to consider the following:

- A. Seat Depth
- B. Seat Width
- C. Lumbar Support
- D. Head Support
- E. Arm Height and Depth
- F. Chair Seat Height



## Choosing the right chair: a quick guide

Helping someone choose the right chair can make a big difference to their comfort, safety, and independence. Use this guide to assess key measurements and ensure a good fit.

### Seat width

#### How to measure:

- While seated, measure the widest part of the person's body - usually across the hips or knees.
- Add **2 inches** to allow for movement, clothing, and comfort.

#### Why it matters:

- If the seat is **too narrow**, it can feel tight and restrict movement.
- If it's **too wide**, the person may not be able to use the armrests properly for support or transfers.

## Seat depth

### How to measure:

- Have the person sit fully back in the chair with their back supported.
- Ensure hips, knees, and ankles are at **90° angles**.
- Measure from the back of the seat to just behind the knees.

### Why it matters:

- A seat that's **too deep** may cause the person to slide forward or slump.
- A seat that's **too shallow** may feel unstable and uncomfortable.

## Seat height

### How to measure:

- Make sure the person is wearing their footwear.
- Measure from the floor to the back of their knee while seated with legs at 90°.

### Why it matters:

- Feet should rest **flat on the floor** to support safe standing and transfers.
- A seat that's **too high** can lead to slipping out of the seat and pressure sores on the sacrum.
- A seat that's **too low** can increase risk of pressure sore to the buttocks and make it harder to stand.

### Important:

Avoid using cushions to raise the seat - they can make the chair unstable and reduce armrest support.

## Armrest height and length

### How to measure:

- Measure from the floor to the underside of the person's bent elbow while seated.

### Why it matters:

- Armrests should support the forearms **without lifting the shoulders** or causing tension.
- They should be **long enough** to assist with pushing up or transferring safely.

## Further Information

For further information please contact the Occupational Therapy Department:

Lewis and Harris: 01851 448525

Uist & Barra: 01870 514002

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