

# Finding Your Fit

Sizing guidelines for classroom chairs, desks and tables



*Furniture That Fits®*

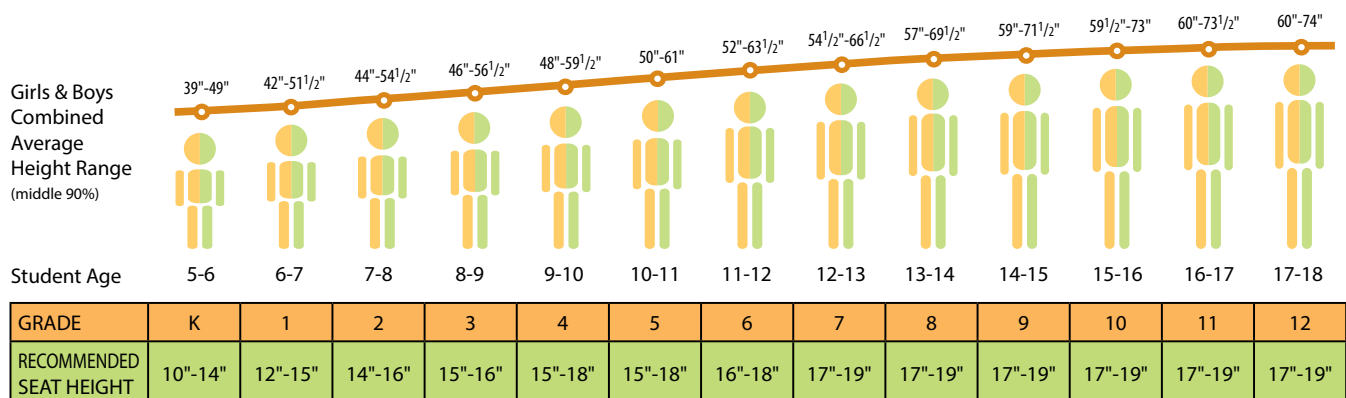
# Classroom Ergonomics

Children spend a lot of time at school sitting in chairs at desks and tables, so it's important to consider the comfort, efficiency and safety of their classroom furniture. A chair or desk that is too small or too big is uncomfortable and distracting. While right-sized furniture is critical for good ergonomics, ensuring proper sizing for all students can be challenging. Students often vary in size within each grade and growth also occurs as the school year goes by.

Selecting the appropriate chair, table and desk height is often based on a student's age. The chart below illustrates a general guideline for seat height range by grade. These guidelines may not necessarily work in every situation, because there is no one size fits all for classroom furniture. Additionally, some students may benefit from different types of movement to concentrate so you may want to consider flexible furniture options like our Adjustable Height Task Chairs, Rocking Chairs, C2M 4-Leg Chairs and Stand-Up Height Desks and Tables.

Planning for the range of sizes needed for each classroom at the beginning of the school year, as well as making adjustments mid-year, can help ensure that students are correctly positioned for learning.

SOURCE: Ergonomics in the Classroom is part of a series of training and educational materials on the topic of supporting sensory needs in the classroom. Written by Zoe Mailloux, OTD, OTR/L, FAOTA. To read more, visit [www.zoemailloux.com](http://www.zoemailloux.com).



## Suggestions Are For Students Of Average Height And Weight

School chair heights are listed as the measurement from the floor to the highest point on the chairs' seat pan. (Not the overall height of the chair as a whole.) This measurement should closely match the same measurement from your student's mid-knee to the floor.

If at all possible, measure the heights of a representative sample of students in each grade prior to each school year. This will help you more accurately determine your specific seating needs as time goes by. In some cases, it may work best to provide a range of chair sizes or adjustable height chairs to accommodate the variance in student heights.



# Finding Your Fit

Appropriate posture and position can increase the efficiency of work and keep students more engaged, comfortable and productive.

An ideal seated position is one with both feet lightly flat on the floor, ankles at 90 degrees, lower leg vertical, thigh fully supported to within an inch or more of the back of the knee, hip at a little over 90 degrees open angle which relieves the pressure on the spine.



# Adjustable and Fixed-Height Options

## Adjustable-Height Chairs

One size doesn't have to fit all. Adjustable-height chairs provide ergonomically supportive seating designed to fit a wide range of body sizes. Adjustable-height seats allow students to set the seat height to their exact body style. Virco offers a variety of task chair designs, some in two sizes, as well as lab chairs with height-adjustable foot rings, which are commonly used with stand-up height desks and tables.

## Mobile Task Chairs

- Two chair sizes offer seat-height adjustment ranges from 14"-17" or 16"-20½"
- Ergonomically designed seats with gently flexing backs
- A full family of seating styles for creating coordinated learning environments

## Mobile Lab Stools

- Seat-height adjustment range from 19½"-27"
- Adjustable-height foot ring can provide extra comfort when working at stand-up height desks and tables



ZTASK15 task chair



ZLAB  
19½"-27" seat height



ZTASK18  
16"-20½" seat height



ZTASK15  
14"-17" seat height

## Fixed-Height Chairs

A well-designed seat should be wide and deep enough to comfortably support the thighs. Virco offers over a dozen classroom seating lines, with seat heights ranging from 10" to 19". They are designed with student comfort in mind, incorporating rounded corners, smooth edges and a waterfall seat front to prevent unnecessary "edge pressure." All of our seating lines combine ergonomic contours for comfort and reliable construction for durability. For taller and larger students, our optional "EL" buckets, available on select models, provide a more generously proportioned seat and a larger, wider back for added support and long-lasting comfort.



**ZU418**  
18" seat height



**ZU415**  
15" seat height



**ZU413**  
13" seat height



**ZU410**  
10" seat height

## Adjustable-Height Desks and Tables

Desks and tables should also provide similar ergonomic features. Adjustable-height models allow tops to be set at a level that's comfortable for students. Tables and desks should offer adequate leg and thigh clearance, allowing students to easily access his or her seats. Work surfaces should be spacious enough to hold frequently used materials; that's especially significant where laptops and textbooks are often used together. It's also important that work surfaces be finished with smooth, rounded edges.



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Adjustable-height desks and tables can be raised and lowered in one-inch increments.





*"Everyone learns, works and attends better when they have a comfortable and supportive environment. Furniture which provides safe and healthy opportunities for movement is essential for optimal performance at all ages."*

*Zoe Mailloux, OTD, OTR/L, FAOTA*

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### **Proudly Designed, Manufactured And Assembled By American Workers**

Since 1950, when we opened our doors in Southern California, Virco has been proud to design, manufacture and assemble our products in the U.S.

One of America's iconic brands, Virco is the country's largest manufacturer and supplier of furniture and equipment for K-12 schools. All manufacturing processes – from metal fabrication and woodworking, to plastic injection molding, powder coating and chrome plating – are done in-house at our two state-of-the-art facilities in Torrance, California, and Conway, Arkansas.



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