

### Purpose of this guidance

This guidance is intended to help employees and managers understand what a suitable DSE chair looks like and the minimum features required to support safe and comfortable display screen equipment (DSE) work.

It supports the requirements of DSE assessments and aims to reduce the risk of discomfort and musculoskeletal problems associated with prolonged seated work.

This guidance does not require everyone to have the same chair, instead it explains the key adjustable features that allow a chair to be set up to suit different people and to support bulk procurement of office refurbishments and locations.

### What does a good DSE chair look like?

A suitable DSE chair should be adjustable, stable and supportive. The chair should adjust to fit the user, rather than the user adapting their correct posture to the chair.

A good DSE chair will typically have:

- A **height-adjustable seat**, allowing feet to rest flat on the floor
- A **height-adjustable backrest**, providing support to the lower back
- A **backrest tilt or recline**, allowing for an upright or slightly reclined posture
- A **five-point base with castors**, providing stability
- Armrests**, if fitted, are height adjustable and do not raise the shoulders

*Tip: A chair does not need to look complicated – if it adjusts in the right places, it can easily be set up to fit the users individual requirements to work safely.*

It is important that users take a few moments to adjust the chair when they first sit down, including the seat height, backrest and armrests where fitted, so that it feels comfortable and provides proper support. A chair that has not been adjusted may feel unsuitable when in fact it simply has not yet been set up correctly, so adjustment should always be tried before assuming that a different chair is needed.

### Seat depth (seat slide) – why it matters

A feature often overlooked is seat depth adjustment (sometimes called a seat slide). A seat slide enables users of different heights and different leg lengths to be able to adjust the seat depth to fit them. The correct seat depth will give users the appropriate support for both their thighs and leg length, and allow adequate spacing between the back of the knees and the back of the seat base.

### Recommended chairs meeting minimum DSE requirements

The examples below illustrate chairs that meet minimum DSE requirements, they are provided for guidance only – other equivalent chairs may also be suitable.

Health and Safety Guidance – DSE Chair Buying		
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# KCC Health and Safety Guidance

## DSE Chair Buying



**Example 1 – Chair without seat depth adjustment - suitable for users of average height and leg length.**

[Homeworker Ergonomic Office Chair](#) medium back height chair without seat slide suitable for users with average height and average leg length.

Typical features include: height-adjustable seat, adjustable backrest, stable five-point base, suitable for many users carrying out regular DSE work.

**Example 2 – Chair with seat depth adjustment – more suitable for users vary height and leg length**

[Homeworker Plus Ergonomic Chair](#) tall back height chair with seat slide (best all-rounder chair) that is suitable for users of differing heights and leg lengths.

Typical features are; height-adjustable seat, adjustable backrest and tilt, seat depth adjustable (seat slide). This type of chair is recommended in shared and hybrid working environments, or where individual adjustment vary greatly.

### What managers need to consider

Managers should ensure that:

- A DSE assessment is completed to identify individual requirements [HS214 DSE Workstation Assessment](#)
- Chairs that are provided for DSE work meets the minimum adjustable features of a good DSE chair as mentioned in this guidance
- Where a DSE assessment identifies any musculoskeletal risks, further adjustments or specialist DSE equipment may be required.

Further information: [HSS214 DSE Standard](#), [HS214 DSE Workstation Assessment](#), eLearning Delta [DSE](#) & [Office and Home Working](#). For further advice or information, please contact the Health and Safety Team [healthandsafety@kent.gov.uk](mailto:healthandsafety@kent.gov.uk) 03000 418456

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