Ergonomic Office Chairs—Temporary Home Office

The purpose of this document is to provide cost-effective office chair options (generally under $450). The list below is not an exhaustive. If you need additional assistance, please contact ergonomics.info@ubc.ca.

If financially possible, we encourage you to review our standard list of ergonomic office chairs.

Process Considerations

WORK TOGETHER
Each situation is unique. Managers and teams are encouraged to work together to identify feasible solutions that support productivity and wellbeing.

HR/FINANCE GUIDANCE
Review guidance from HR/Finance regarding working from home equipment.

CREATIVE SOLUTIONS
Adapting home workstations using common household items is encouraged. Refer to UBC’s Ergo Guide for temporary home offices and watch UBC’s Home Office Ergo Webinar.

BORROW OFFICE EQUIPMENT
Borrowing existing equipment may be a cost-effective solution if delivery or pick-up can be arranged. Talk to your Manager about what options might be available for you. If picking up your chair please see considerations #2 to #5 on the following page. DEPTs can refer to UBC’s Telecommuting Guidelines to track borrowed equipment.

EQUIPMENT OWNERSHIP + PURCHASING
Determine who will own the equipment when remote work arrangement changes. DEPTs can track borrowed equipment or check with UBC’s Tax Manager about tax implications for funding whole or partial home office purchases.
Considerations for Purchasing & Borrowing

1. YOUR HEIGHT + SIZE

Some chairs have the option to be ordered with small, standard, or large seat pans or have an optional sliding seat depth adjustment. If you are shorter than 5’5, taller than 5’11 or weigh more than 300 lbs, let the vendor know and they can assist you in determining which size is best for you.

2. YOUR TABLE HEIGHT

If you’re working with your keyboard on your tabletop, you want to make sure that your chair can go high enough so that your keyboard and mouse are below elbow level. Let the vendor know your table height to determine if you will benefit from a standard or tall gas cylinder. If borrowing your office chair, check that it will go high enough for your table. If your feet do not touch the ground, please use a footrest.

3. YOUR FLOORING

Let the vendor know if you have carpet or hard flooring in order to ensure that you have the correct type of wheel. If borrowing your office chair, you may need an area rug if you have hardwood floors.

Ask the vendor how soon the chair will be available, if assembly is required, if there are labour fees. Ask about the delivery process. Chairs typically weigh 60lbs, have a footprint of 26” X 26” and are 35 to 45” tall. Let the vendor know what to expect for the delivery in terms of parking availability, stair or elevator access. Consider any COVID-19 related concerns associated with the delivery. If picking up the chair, please use 2 people and ensure that both are comfortable handling this weight.

5. FIT IN YOUR SPACE

Measure your workspace to ensure the chair will fit. See above stated dimensions. Optional upgrades, colour and fabric customization may be available at an extra cost.
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<tr>
<th>CHAIR</th>
<th>FEATURES</th>
<th>AVAILABLE FROM</th>
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<tr>
<td>Global: Avro</td>
<td>• Height: Adjustable&lt;br&gt;• Lumbar: Adjustable height &amp; depth&lt;br&gt;• Seat pan: Depth adjustable&lt;br&gt;• Armrest: Height adjustable&lt;br&gt;• Tilt: Multi-Tilt&lt;br&gt;• Avro MLV3103. <a href="#">Full details</a></td>
<td>Vancouver. <strong>Kate Hatami</strong>, <a href="mailto:Kathleen.Hatami@staples.com">email</a></td>
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<td>Okanagan. <strong>Alan Homeniuk</strong>, <a href="mailto:Alan.Homeniuk@Staples.com">email</a></td>
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<td><strong>UBC Pricing Available:</strong> Considerable reduction from online list price</td>
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<td>Global: Ibex</td>
<td>• Height: Adjustable&lt;br&gt;• Lumbar: Adjustable height&lt;br&gt;• Seat pan: Fixed size (depth adjustable optional)&lt;br&gt;• Armrest: Height adjustable&lt;br&gt;• Tilt: Multi-Tilt&lt;br&gt;• Ibex MLV2803. <a href="#">Full details</a></td>
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<td>Global: Obus Form Comfort</td>
<td>• Height: Adjustable&lt;br&gt;• Lumbar: Adjustable height (depth adjustable optional)&lt;br&gt;• Seat pan: Depth adjustable &amp; petite size available&lt;br&gt;• Armrest: Height &amp; width adjustable&lt;br&gt;• Tilt: Multi-Tilt&lt;br&gt;• Obus Form Total Comfort: 1241-3. <a href="#">Full details</a>&lt;br&gt;• Instructions: <a href="#">PDF</a></td>
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<td>Global: Vion</td>
<td>• Height: Adjustable&lt;br&gt;• Lumbar: Adjustable height&lt;br&gt;• Seat pan: Depth adjustable &amp; petite size available&lt;br&gt;• Armrest: Height &amp; width adjustable&lt;br&gt;• Tilt: Multi-Tilt&lt;br&gt;• Vion 6322-3. <a href="#">Full details</a></td>
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| Haworth: Soji    | - **Height:** Adjustable  
                    - **Lumbar:** Adjustable height (depth adjustable optional)  
                    - **Seat pan:** Depth adjustable  
                    - **Armrest:** Height adjustable (width adjustable optional)  
                    - **Tilt:** Synchro-Tilt  
                    - Soji SJT-20-411A5A,3A_18,XT_1,TR_F,TR_F.  
                    - [Full details](#)  
                    - Instructions: [Video](#)  | Vancouver & Okanagan  
                    [Peter Chen, Brooks Corning](#)  
                    [pchen@brookscorning.com](#)  
                    UBC Pricing Available: Considerable reduction from online list price |
| Keilhauer. 6C    | - **Height:** Adjustable  
                    - **Lumbar:** Adjustable height  
                    - **Seat pan:** Fixed, not depth adjustable  
                    Seat can be ordered in small or standard  
                    - **Armrest:** Height adjustable  
                    - [Full details](#)  | Vancouver & Okanagan  
                    [Carol Anne Parkhill](#)  
                    [parkhilldesign@shaw.ca](#)  
                    UBC Pricing Available: Considerable reduction from online list price |
| Sit-on-It. Novo Midback | - **Height:** Adjustable  
                        - **Lumbar:** Adjustable height  
                        - **Seat pan:** Optional seat slider  
                        - **Armrest:** Height & width adjustable  
                        - **Tilt:** Synchro-Tilt  
                        - **Casters:** Dual carpet/hardwood  
                        - Instructions: [Video](#)  | Vancouver & Okanagan  
                        [Kenny Reid or Theresa Wild, COI](#)  
                        [kreid@coi.bz; twild@coi.bz](#)  
                        UBC Pricing Available: Considerable reduction from online list price |
| Sit-on-It. Wit High Back | - **Height:** Adjustable  
                          - **Lumbar:** Adjustable height  
                          - **Seat pan:** Optional seat slider  
                          - **Armrest:** Height & width adjustable  
                          - **Tilt:** Synchro-Tilt  
                          - **Casters:** Dual carpet/hardwood  
                          - Instructions: [Video](#)  | Vancouver & Okanagan  
                          [Kenny Reid or Theresa Wild, COI](#)  
                          [kreid@coi.bz; twild@coi.bz](#)  
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Please contact your preferred provider for a formal quote and/or additional details.  
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| Standard Systems Q-Ten  | • **Height:** Adjustable  
                         | • **Lumbar:** Adjustable height  
                         | • **Seat pan:** Seat slider  
                         | • **Armrest:** Height & width adjustable  
                         | • **Tilt:** Multi-Tilt  
                         | - [Full Details](#) | Vancouver: [Chairlines](https://www.chairlines.com)  
                         | Vancouver & Okanagan: [Source](#) |
| Standard Systems 2001 GT| • **Height:** Adjustable  
                         | • **Lumbar:** Adjustable height (raise backrest up/down)  
                         | • **Seat pan:** Fixed size, not depth adjustable  
                         | • **Armrest:** Height adjustable  
                         | • [Full details](#) | Vancouver: [Chairlines](https://www.chairlines.com) |
| Tempur-Pedic Mesh       | • **Height:** Adjustable  
                         | • **Lumbar:** Adjustable height (raise backrest up/down)  
                         | • **Seat pan:** depth adjustable (but even in the shortest position, the seat may be a bit too large for individuals shorter than 5’5)  
                         | • **Armrest:** Height (width adjustable by loosening bolt under armrest to pull bracket closer to seat)  
                         | • [Instructions: Video](#) | Vancouver & Okanagan: [Costco](https://www.costco.com) and [Staples](https://www.staples.ca) |
| HATTEFJÄLL             | • **Height:** Adjustable  
                         | • **Lumbar:** Adjustable  
                         | • **Backrest angle:** adjustable  
                         | • **Seat pan:** depth adjustable  
                         | • **Armrest:** Height adjustable  
                         | • [Instructions: Video](#) (scroll down) | Vancouver & Okanagan: [Ikea](https://www.ikea.com) |

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