



### Custom-fitting a chair

Like a tailored suit, a custom-built chair should be made to follow the contours of a particular user's body. To design such a chair, have the person sit upright on a flat bench and take the measurements listed below. Using your measurements along with the illustration shown above, you can make a mockup chair from a light material like corrugated cardboard, laminated to whatever thickness of stock you need with thinned white glue. This mockup can help you design the chair and make the templates you will need to size its parts.

- For seat width, measure across the hips.
- For seat height, measure from the floor to the underside of the user's knee.
- For maximum seat depth, measure from the crook of the knee to the lower back.
- For arm rest height, measure from the seat to the elbow.
- To determine where lumbar support is needed, measure from the seat to the waist.
- For minimum backrest height for a dining chair, measure from the seat to the armpit.

(Source: *Building chairs, The Art of Woodworking*, produced by St.Remy Press, Montreal-New York)