



Take a Seat, Not a Fall

Falls are a common office accident and can cause disabling injuries. One of the main culprits, according to the National Safety Council, is the chair you sit on. While people are exposed to chairs all day long, they don't think of chairs as a fall hazard and so are less cautious than they would be around, for example, stairs.

To prevent chair falls:

- Don't scoot across the floor while sitting on a chair or lean sideways from the chair to pick up objects on the floor.
- Don't lean back in the chair and place your feet on the desk. It is possible to fall over backwards.
- Make it a habit to place a hand behind you when sitting to ensure the chair is in place.
- Sit into the center of the seat rather than the edge to avoid a sudden fall. Avoid backing up too far without looking or kicking the chair out from under.
- Never stand on a chair that has castors in order to reach overhead objects. Chairs with castors should consist of five legs for better stability.

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