



TIPS ON CHAIR SAFETY TO AVOID INJURY

- Reclining while putting your feet up on a desk or having the front legs of the chair come off the ground
- Rolling while seated for extended distances. Chair wheels can jam causing the chair to tip over. If the distance is more than a step away, get up and walk
- Reclining too quickly- can lead to the chair tipping backwards
- Leaning to one side to reach something can cause side tipping
 - Move you chair or walk instead
- Putting all your weight on the very front of the chair can cause the chair to tip over.