

8. Chair Safety

Revised May 7, 2012

- If you are experiencing any discomfort, be sure to also review the section on
 - Making Changes to Reduce Discomfort (see Main Menu)

8. Chair Safety

- a) My chair rolls easily on the floor.
- b) If I weigh more than 250 pounds, I know my chair can safely support me.
- c) Screws that I can reach/see easily are in place and tight (none are loose or missing).
- d) My chair feels stable (when I lean from side to side or front to back, it doesn't wobble more than a co-workers chair).

Click here for more information on [chair safety](#)

End of Section

- To proceed to the next section
- Click on the link below or press <Tab> then <Enter>

[Making Changes to Reduce Discomfort / Workstation Settings](#)