

## Slips, Trips, Falls + Ergonomics

An incident occurred when an employee was in the process of sitting on a chair like the one pictured at right.

Chair unexpectedly tipped and employee fell onto her posterior, experiencing an injury to the back, neck and shoulders.

During investigation, chairs were found to be in good condition and equipped with correct carpet casters.

### Be aware when using chairs with casters.

#### Things to consider

- Chairs with casters may shift slightly but should not roll freely a significant distance; if they do, contact EHRS to have the chair casters inspected
  - If front casters are rotated toward the rear of the chair and a user sits on the front edge of the seat, there is a potential for the chair to tip
- areas are not moved to non-carpeted areas.

#### Recommendations

- Be sure to sit squarely on the seat pan and avoid sitting on the front edge of the seat