

## Distracted Sitting!



Over the past several months, we distributed information on the increasing number of falls from chairs and stools.

The frequency for these types of incidents is continuing to rise and we felt this would be a good time to revisit the topic.

Falls from chairs and stool incidents for 2018 were assessed for common causative factors and other identifiable information.

Here are a few we felt would be most helpful for you:

- \* Employee was sitting on the edge of a rolling stool and attempted to stand or was about to sit and sat on the edge. (11)
- \* Nurse was giving instructions or “rooming” a patient and lost balance. (4)
- \* Employee was reaching to retrieve an item that had fallen or was performing another task that put them off balance while seated. (7)
- \* Employee slipped from chair or stool. (3)
- \* Employee slipped from new chair that has a slippery seat or new chair contributed to the slip and fall. (2)
- \* Chair became entangled with another chair or nearby object. (2)

\* Employee had possible balance problem that may have contributed to fall from chair. (1)

Whether working at an office desk or in a clinical setting, that may or may not include patient contact, employees must be aware of and maintain good seating stability. Not going beyond their center of gravity when reaching and using firm arms support and legs when sitting or rising from a chair or stool will help maintain balance. Supervisors should ensure and request staff inspect their chairs and stools for defects or extremely slippery seats or wheels and have them inspected and repaired. Provide employees safety tips on office safety or have the Physical Therapy Department conduct an ergonomics session with a focus on proper body mechanics.