

If it's Broken, Fix it!

Posted in: Office Ergonomics

Is your chair broken? Twisted? Does the cylinder keep giving you that sinking feeling when you sit on it? Is your seat foam in a constant state of depression?

How do you think your back feels? If your car isn't running well, you take it to a mechanic. Most of us use our office chairs for more than 4 hours per day, (some of us, many, many more). Putting your body into a seated position for so long can easily lead to neck, back or shoulder pain.

The solution is simple – tell your supervisor and get it fixed.

Sometimes, chairs actually come with lifetime warranties so the fixes are free! Take 2 minutes and do a quick check to make sure everything is in working order. Who knows, you may even find some adjustments on your chair you never knew you had!



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