



Duke Ergonomics Occupational & Environmental Safety Office

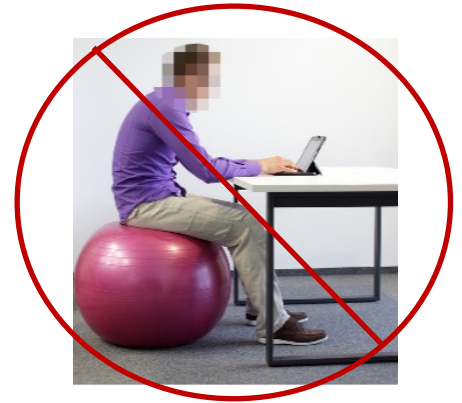


Exercise Balls are Not Recommended for Use as Office Chairs

Injuries associated with use of exercise balls as chairs have been reported.

Safety concerns related to exercise balls include:

- Lack of stability and fall risk
- Lack of adjustability required for prolonged use including seat height, back support, and seat depth
- Possible misuse



If you are looking for options to increase movement and activity throughout the day, here are safe and comfortable alternatives:

- Purchase a chair with essential ergonomic features
 1. View essential features [here](#)
 2. View recommended chairs and ordering process [here](#)
- Use a sit-stand workstation; recommended models can be found [here](#)
- Take frequent breaks to alternate between sitting and standing or walking
- Stretch; click [here](#) for a recommended stretching program



For more information, visit www.safety.duke.edu/ergonomics

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