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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