

# Laboratory Chairs and Stools

## Physical Design

- Most work requires some mobility, in which case wheels or casters are recommended. They also have the advantage of moving easily to provide space to walk between benches and chairs.
  - Use hard casters for soft floors and soft casters for hard floors.
- For tasks requiring frequent sideways movements, the seat should swivel.
- The chair or stool should be height-adjustable to ensure comfort and compatibility with other furniture or equipment in the space.
  - If the chair or stool has a single piston hydraulic base with wheels then it must have five legs for stability (not four).

## Materials and Surface Coverings

- Cleanable, non-absorbent, and resistant to scratches, stains, moisture, chemicals, heat, impact, repeated decontamination, and high pressure washing if required.
- Urethane or vinyl are acceptable.
- Wood should only be used when it is sealed properly to prevent the absorption of liquid contamination.

## Condition

- Height-adjustments are functional so as not to negatively affect ergonomics.
- Wheels are not missing to prevent a tipping hazard.
- Surfaces remain intact and cleanable.

## Ergonomics

- For work requiring extended periods in a seated position, consider an ergonomic assessment to help prevent repetitive strain injuries or other musculoskeletal disorders.
- For an ergonomic assessment visit the [EH&S website](#) for more information and the referral form.

## SAFETY BULLETIN

### Considerations for the selection of chairs and stools in a lab setting:



Washable, non-absorbent, adjustable, wheels, five legs



Washable, non-absorbent, non-adjustable, wheels, four legs



Cloth covered, adjustable, wheels, four legs, worn wood (seal possibly compromised)



Washable, non-absorbent, non-adjustable, four legs



Washable, non-absorbent, adjustable, four legs



Washable, non-absorbent, adjustable, wheels, five legs

### Resources:

1. [Canadian Biosafety Standard Third Edition](#) - *CBS Matrix 3.4*
2. [Ministry of Labour](#) - *Ergonomics in the workplace*
3. [Canada Safety Council](#) - *Safe Sitting*

### Contact:

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