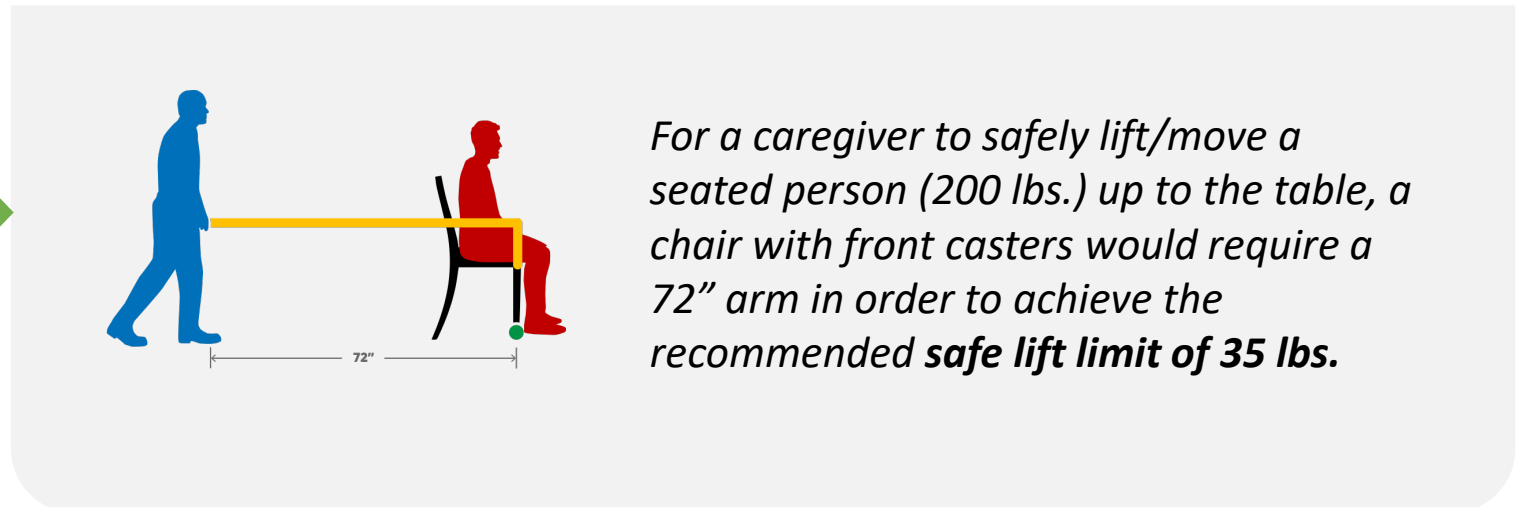
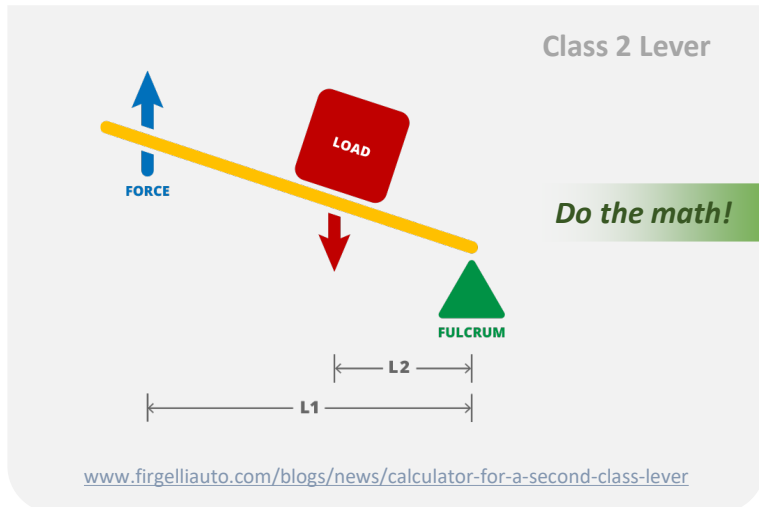
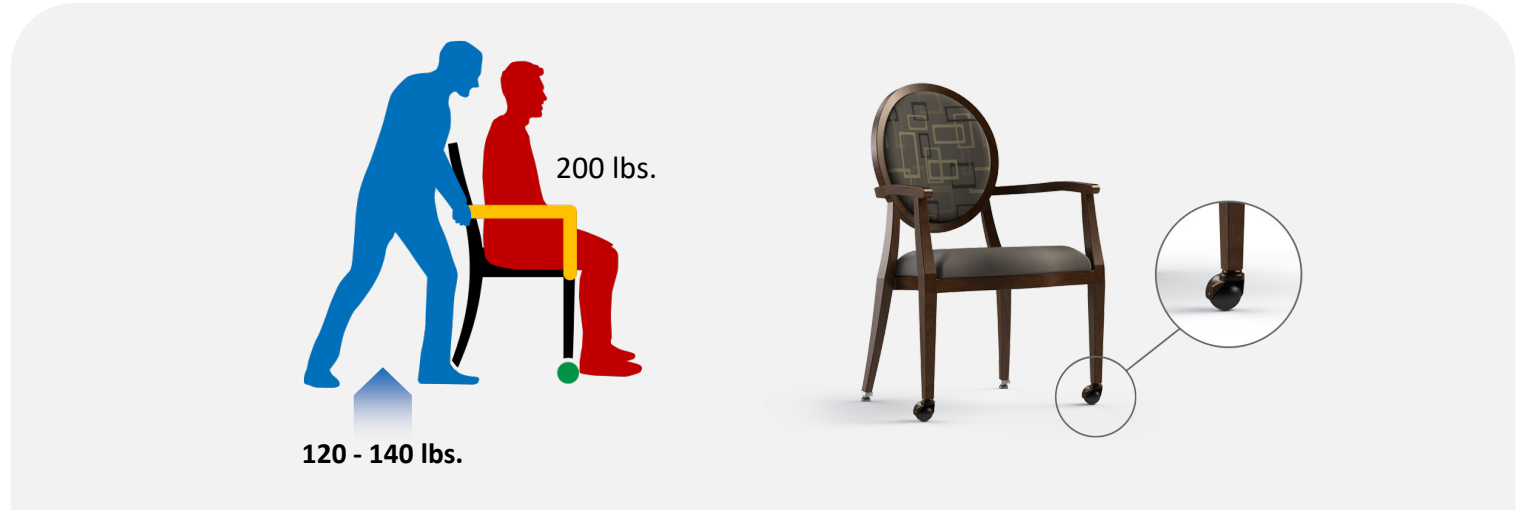


Front Casters: Create a "Wheelbarrow Effect" on Chairs



How much Physical Effort can a Caregiver Exert Safely?

A person can safely **LIFT - 35 lbs.** under normal conditions (no sudden moves or twisting)

A person can safely **PUSH - 20%** and **PULL - 30%** of their body weight.

* Silverstone Group

	LIFT ↑	PUSH →	PULL ←
140 lbs. Caregiver	35 lbs.	28 lbs.	42 lbs.
200 lbs. Caregiver	35 lbs.	40 lbs.	60 lbs.



Caution: When traditional chairs (with front casters) are placed into a dining room, the physical demands expected of caregivers when moving a seated person to the table, puts them at risk of incurring a work-related injury **each time meal assistance is provided!**