

Hints and tips for using perching stools

- > When using a perching stool, you should set it up so the feet can be flat on the ground when you use it.
- > Try to make sure that the height you set it at is comfortable for the activities you want to do and the height of any table or work surface.
- > When you sit on a perching stool at a surface, the surface needs to be at about waist height. If you try to work on a low surface you will be leaning forward too far and may find it difficult to balance. It could also give you back ache.
- > If you are unable to get your legs under the work surface, you will have to work sideways. Therefore, you need to be able to twist and reach far enough to complete your tasks. This would not be suitable for someone with back problems.
- > If you are working next to a work surface with cupboards, you could try opening the cupboard door so that your knees can go into it. This would mean you could get closer to the area where you are working.
- > Perching stools have splayed legs, so you will need to ensure there is enough room for them and space for you to move around without tripping over the legs.

- > If you use the perching stool in the kitchen, you could try re-arranging your cupboards so the things you use most often are near the front. This would allow you to be able to reach them more easily when sitting on your stool.