



# How to Fix an Unstable Ikea Poang Chair

Fix a dipping or tipping seat on the Poang chair sold by IKEA.

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## INTRODUCTION

If the Poang-style chair sold by IKEA is assembled incorrectly, it can cause the seat to dip and tip when it's sat on. This guide will describe the steps necessary to fix this problem and otherwise increase the stability of the chair.



### TOOLS:

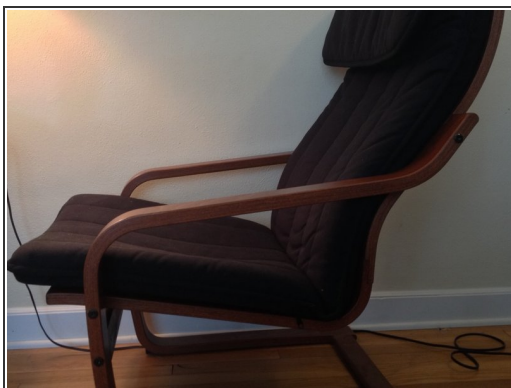
- [1/8" Allen Wrench](#) (1)
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## Step 1 — How to Fix an Unstable Ikea Poang Chair



- Start by removing the seat cushion from the frame.

## Step 2



- Remove the upper bolt, which attaches the back of the seat to the armrests.
- Remove the lower bolt, which is the upper bolt attaching the seat to the legs.
- ⓘ Remove the same bolts on the opposite side of the chair.



### Step 3



- To loosen the bolts, turn the Allen wrench to the LEFT, as shown in the video.

### Step 4



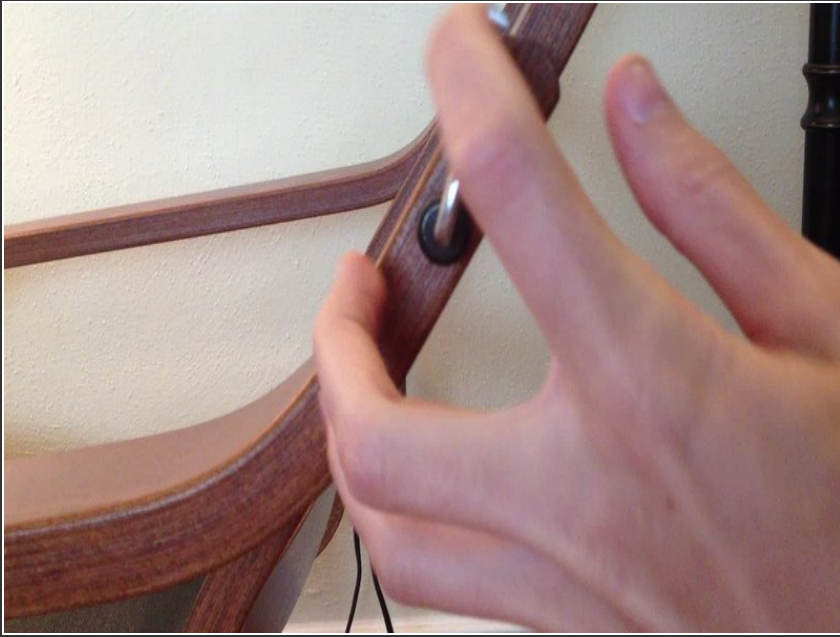
- Separate the back and seat of the chair from the legs and the armrest.

## Step 5



- Re-attach the bolts removed in Steps 2 and 3. Put each bolt into the correct location before tightening each bolt.
- ⓘ If the bolt attaching the seat tightens too easily, it is not in the hole and rests above or below the wood of the seat. This is what causes the tipping or dipping of the seat.
- ⓘ When attaching the bolt for the back of the chair, insert a plastic washer between the wood of the chair leg and the wood of the chair back. Without this washer, the two pieces will not sit flush. This allows the chair to shift and may cause the chair to become unstable.

## Step 6



- For maximum stability, fully tighten all of the bolts in the chair.
- As shown in the video, tighten by turning the Allen wrench to the RIGHT.

## Step 7



- Set the chair cushion on the chair seat.
- Secure the Velcro on the cushion to the Velcro on the chair back.