

Sit-Stand Workstations

Ergonomic Setup for Standing Positions

Sit-Stand Desks

A sit-stand desk allows the user to alternate between sitting and standing by being able to lower or raise the desk. Having an option to work from a fully seated or fully standing position provides an opportunity for postural change.

There are three main types of sit-stand desks:

- Mechanical (manual)
- Standing desk converter
- Electrical

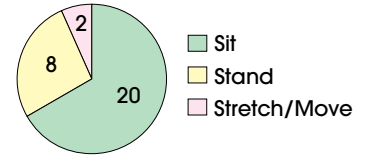
When working at a sit-stand workstation, proper ergonomic set up is very important. It is essential to make sure the workstation meets the needs of the user when both standing and sitting.

How long should a person sit or stand?

Sit/stand times can vary for each person.

As a general guideline, for every 30 minutes:

- Sit for 20 minutes
- Stand for 8 minutes
- Stretch/move for 2 minutes



Ref: Hedge (Cornell University)

Additional Resources

For information about proper ergonomic setup for sitting positions, please see the following EHS documents:

- [Office Ergonomics: Setting Up Your Workstation Tipsheet](#)
- [Office Ergonomics Infographic](#)

