

# 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)
- Electrical
- Standing desk converter

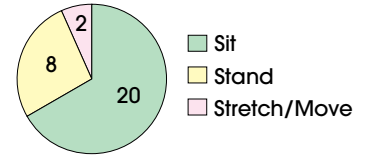
When working at a sit-stand workstation, proper ergonomic set up is very important. It is essential to make sure the workstation meets the needs of the user when both standing and sitting.

### 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](#)

