

Sit-Stand Workstations

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. Here is an example: for every 30 minutes, sit for 20 minutes, stand for 8 minutes, and stretch for 2 minutes. A 7.5-hour workday gives 5 hours of sitting, 2 hours of standing, and 0.5 hours of stretching/moving.

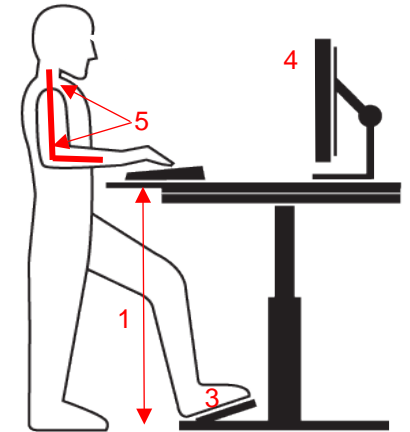
Other recommendations vary; try them all and see what works best for you. Having an option to work from a fully seated or fully standing posture provides an opportunity for postural change. The human body responds best to a balance between static and dynamic activity, between activity and recovery, between sitting and standing.



Source: <http://ergo.human.cornell.edu/hedqes3Ss.JPG>

Sit/Stand Guidance

1. Make sure your standing table height is approximately at your standing elbow height.
2. Use a supportive adjustable chair to sit periodically.
3. When standing for prolonged periods, consider obtaining an elevated footrest to reduce lower back discomfort.
4. The top of the monitor should be 2-4 inches below eye level.
5. Elbows should be approximately 90 degrees when typing. Keep the neck in neutral (not bending up or down) and the shoulders dropped and relaxed (no hunching).
6. Stand on an anti-fatigue mat (optional).
7. Wear comfortable shoes.
8. Remember to alternate postures. Use a timer if it is hard to remember when to sit.
9. Pay attention to how your body is responding, and choose the right schedule for you!



Source:
https://www.ccohs.ca/oshanswers/ergonomics/office/sit_stand_desk.html

Ergonomics is all about 'fit' and knowing that 'your best position is your next position' - movement.

Additional Resources

For information about ergonomics for sitting positions, please see Environmental Health and Safety documents:

- <https://ehs.utoronto.ca/wp-content/uploads/2015/10/1-Page-Office-Ergonomic-Tip-Sheet.pdf>
- <https://ehs.utoronto.ca/office-ergonomics-infographic/>