

Ergonomics:

Sit – Stand Workstations

BENEFITS OF A SIT-STAND WORKSTATION: Sitting for long periods of time can create pressure on the lower spine, but standing too long can cause stress to the back, hip and knee joints, feet and major muscle groups. A sit-stand workstation gives you the benefits of both sitting and standing. Workers should strive for a variety of good postures throughout the workday including a few minutes of stretching.

Research on sit-stand workstations is not complete. Although evidence suggests that there may be a reduction in back discomfort, the literature notes that past studies have not used adequate comparison groups.

DO I NEED A SIT-STAND WORKSTATION? No, if you:

- Are currently happy with your workstation design.
- Experience little or no back discomfort.
- Have a job that requires you to frequently leave your desk.
- Have flexibility in your work schedule to leave your desk when you want.

Yes, if you:

- Experience difficulty sitting for 30 minutes or less.

DESIGNING A SIT-STAND WORKSTATION can be accomplished by using one or more of the following items: bi-level adjustable desk, keyboard tray with at least a 12-inch vertical range of motion, monitor arms, and, if allowed, wireless keyboards and input devices.

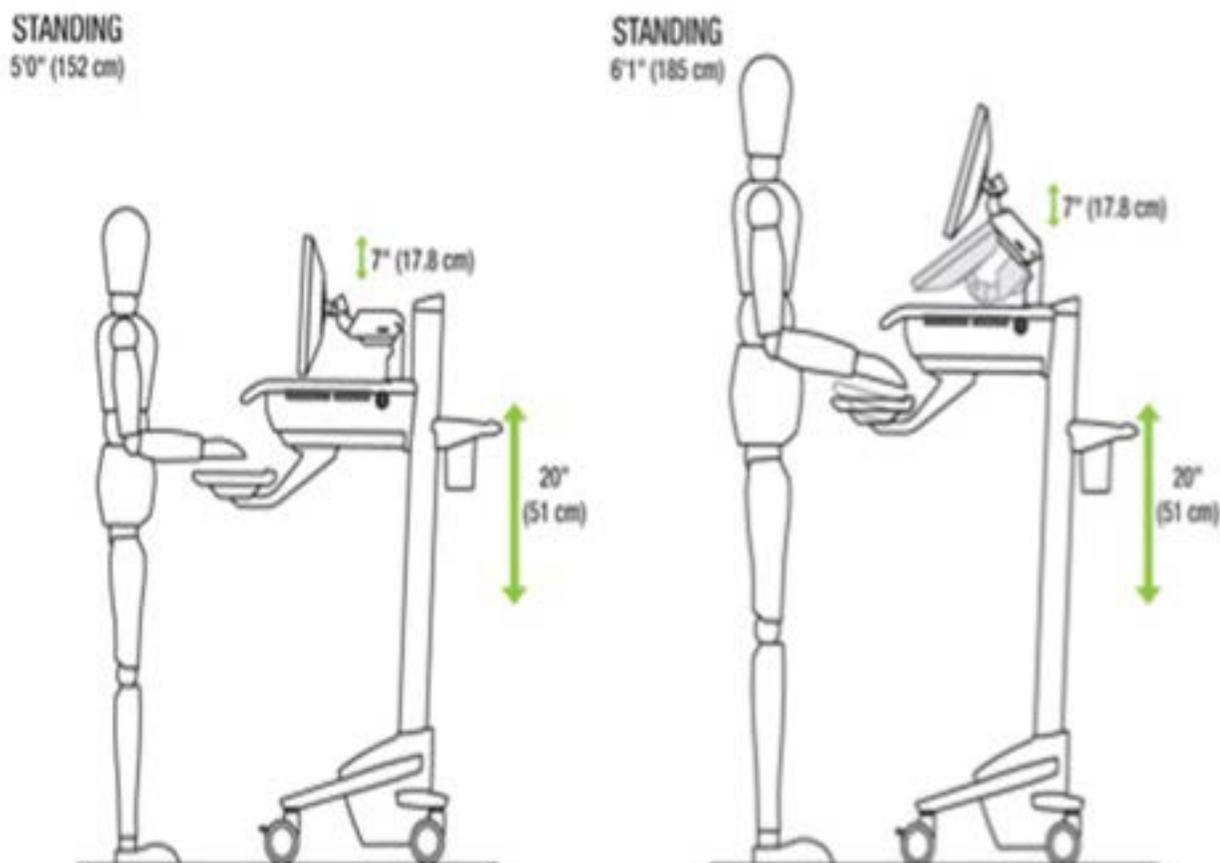
Understanding that there are different types of sit-stand workstations, you may need to modify the suggestions below to fit your specific needs. Sit-stand workstations can come as a whole desk unit, whereby the desk itself raises and lowers, or in a desktop unit, whereby the monitor and keyboard raises and lowers, leaving the desk as a stationary object.

Other design points:

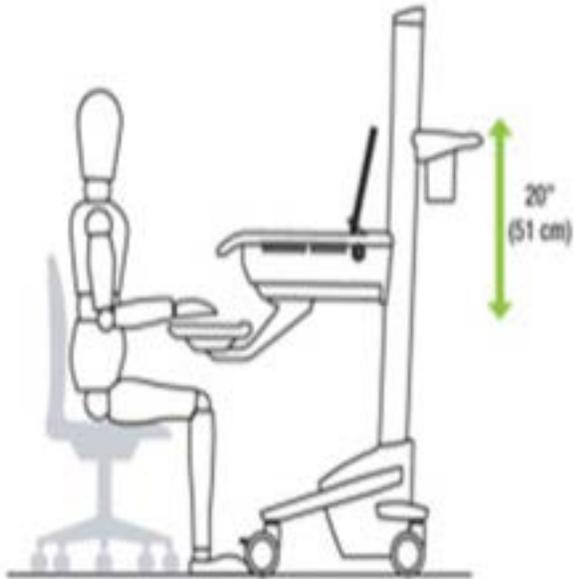
- Height ranges to accommodate all workers.
- If purchasing a tabletop style, ensure the monitor and keyboard height are independently adjustable.
- Easy to move positions to make minor adjustments throughout the day.
- Easy to reach work equipment and other items.
- A good-quality anti-fatigue mat.
- Supportive shoes (no high heels).

- The ability to raise one foot on a step of some sort.
- A good-quality adjustable chair.
- If your monitor is not high enough when standing, you may need to invest in an adjustable arm to mount your monitor on.
- It is important to ease into the workstation by alternating the standing time. For instance, start off standing for 20 minutes in each hour, and then increase each day or week to progress to standing for an hour or two at a time. A simple egg timer may be useful so you don't lose track of how long you have been in one position.
- Posture
 - o Neck is not tilted up or down when looking at the monitor.
 - o Arms and forearm are in a neutral posture (an elbow angle at or above 90 degrees will avoid nerve compression at the elbow).
 - o Feet are firmly on the floor, shoulder width apart. Avoid the “duck footed” stance; point your toes forward.
 - o Fidget — move your body. A static standing posture is no better than a static seated posture.
- Move — go for a walk. Don't forget, movement is the key and a short walk will help you feel great.

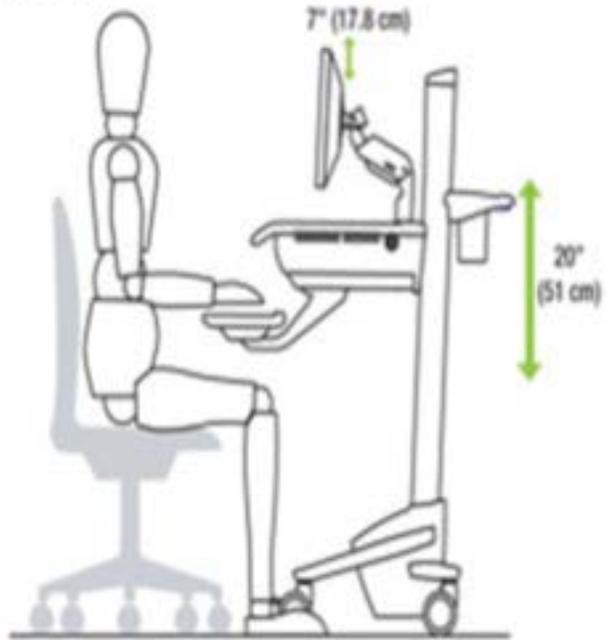
For helpful set-up tips, see the diagram below.



SITTING
5'0" (152 cm)



SITTING
6'1" (185 cm)



Information from U.S. Army Public Health Command Ergonomics Fact Sheet 88-024-0711.