

Sit-to-Stand Workstation Recommendations

Working in varied postures has metabolic advantages. Standing increases blood flow and leads to the physiology of active blood sugar breakdown and upsurge in energy around the body. This occurs when standing is balanced with other positions such as sitting and exercise (stretching, walking, cycling, jogging, swimming or moving in some way). However, if standing becomes the main position we adopt while working, then postural overload is a likely result. Standing all day is bad for your health, as is sitting. It has been shown that varying postures throughout the day can improve workers' ratings of comfort, health & productivity. So the key is to build frequent movement variety into the normal workday (see overpage).

If you are new to a standing workstation, please consider your own medical history when trialling standing postures. Introduce standing work gradually to assess your tolerance and if you feel discomfort, please complete the Pulse module *"Office Ergonomics Essentials"*, then seek assistance from your OSLO or WEG.

Workstation Ergonomics

These factors apply to both sitting and standing work:

- Desk height: with forearms resting on desk, elbows should be bent 90-100° and shoulders relaxed. Desk shouldn't touch thighs at all while sitting or wheeling. If discomfort, consult your local OSLO.
- Keyboard: approximately 15cm from edge of desk to allow forearm rest when not typing, 'B' in front of bellybutton, keep flat to avoid wrist strain. If discomfort, contact WEG to try other styles.
- Mouse: as close to torso as possible to avoid shoulder/neck strain, use arm movements to slide mouse not hand movements to avoid wrist/forearm strain. If discomfort, contact WEG to try other styles.
- Monitor: your eyes should align with the top toolbar (ie where you'd type a web address), monitors should be arm's length in front of you, if multiple monitors are used adjust work practices to avoid excessive neck movements where possible. NB monitor height may need to be adjusted when changing between sitting and standing postures due to leg length.

Sitting work

Working while seated should make up the bulk of your time as there is good support for your body from a suitable workstation setup however we shouldn't become complacent in this sedentary posture. As well as the above factors, consider the importance of your chair: seat height will vary depending on shoes, hips should be slightly above knees with thighs parallel to floor, and back rest should lightly support your lower back and be quite upright to avoid leaning back. If discomfort, visit WEG chair room to trial other chairs.

Standing work

When an adjustment of posture is required, switch to a standing work station and consider the following adjustments compared to your seated work:

- Posture: ensure you distribute bodyweight evenly between both feet beneath your hips, avoid dropping onto one hip or leaning on one elbow, try to think of a straight line through ears, shoulders, hips, knees and ankles.
- Lighting: when monitors are adjusted relative to the windows and overhead lighting, glare can sometimes become visible so ensure you check this and adjust your monitor to avoid squinting or altered posture due to glare.

NB if your tasks require precise movements or concentration (e.g. assembly of items, handwriting, reading hardcopy of fine print) then your desk will need to be higher to avoid slumping.

Tips for sit-to-stand workstations

- Use Workrave break software to prompt you for change from sitting to standing and to take breaks.
- Wear suitable, supportive footwear for standing work. Consider foam insoles for extra support.
- Change posture regularly but also remember to take regular breaks away from your workstation to move your muscles, get fresh air and rest your eyes away from your screen.

The best posture is your next posture, so just keep moving!

HEDGE'S 3S's IDEAL WORK PATTERN



For a 7.5 hrs day this gives a total of:

- 5 hours/sitting
- 2 hours of standing
- 0.5 hours of moving
- 16 sit-to-stand transitions

(<http://ergo.human.cornell.edu/CUESitStandPrograms.html>)