

Adjustable Sit/Stand Workstations – Employers

Occupational Health and Safety legislation requires employers to identify and control MSI risk factors at work. Too much sitting and prolonged periods of sitting may lead to musculoskeletal injuries (MSIs) and more serious health problems.

Sit/stand workstations are a common control for continuous sitting and standing in the workplace. A sit/stand workstation allows the user to alternate between sitting and standing by lowering and raising the work surface, varying their body position more often. Sit/stand workstations must fit the needs of the user (body characteristics and tasks) for standing and sitting. Electronic sit/stand workstations where the entire work surface (table) adjusts in height accommodate more people and tasks.

The workstation must:

- Accommodate neutral sitting and standing postures and the working heights required for tasks.
- Allow the user's feet to be supported by the floor or a foot rest when sitting.
- Raise and lower easily and efficiently.
- Support the equipment and materials needed. The surface depth (or monitor arms) must accommodate a minimum 19 ¾-inch viewing distance from monitors.
- Provide enough space to perform required tasks.

Additional considerations:

- A flat footrest five inches in height may be comfortable for standing. Footrests used for sitting may not be high enough for standing.
- Consider anti-fatigue mats, where appropriate.
- Cables, electrical access, storage of materials, and the general layout must not make adjusting the work surface difficult.
- Monitors must easily raise and lower independently from the work surface for easy adjustment when switching between sitting and standing.
- Teach workers about the risks of continuous sitting and standing and how to use their sit/stand workstation.

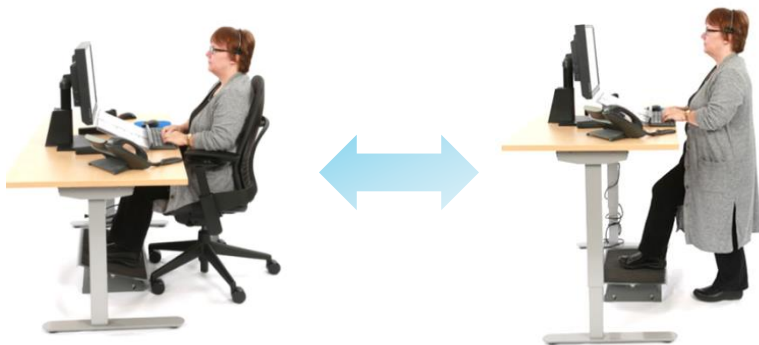


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Sit/stand workstations allow workers to sit less, while moving and changing their body position more, preventing musculoskeletal injuries and improving overall health. Standing too long may lead to foot, knee, hip, and back issues. Correct use of your sit/stand workstation means maintaining good posture and frequently changing your body position.

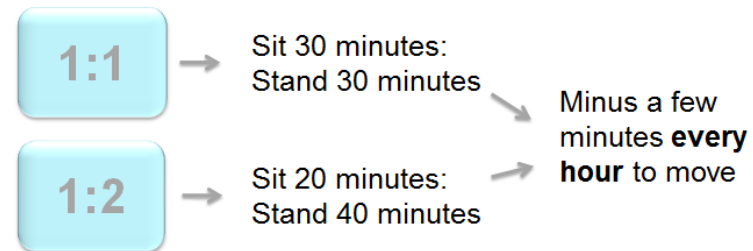
Maintain Good Posture

- Work in neutral posture when sitting and standing.
- Perform computer work and other light tasks with the work surface at elbow height when sitting and standing.
- Adjust the height of your monitor(s) as needed when alternating between sitting and standing. Keep the active viewing area of the screen slightly below eye level.
- Wear supportive footwear with low, wide heels no higher than one inch when standing.
- Alternate between both feet on the floor and one foot on a footrest when standing. Use the footrest early. Alternate feet often.



Frequently Change Body Positions

- Alternate sitting and standing often. Find a ratio that suits your needs. Your health professional may make recommendations. In general, aim for a sit:stand ratio of:



- Do not sit for more than 30 minutes.
- Stand for less than 45 minutes.
- Take frequent breaks from standing during the first hour.
- Build up your standing tolerance over time.
- Give your body time to adjust to your new routine.

Do not wait until discomfort sets in. Behaviours like slouching and shifting your body to one side indicate you have been in one position too long. Take frequent breaks away from your workstation to move and change the position of your body. Stretch periodically.